



PRESBYTERIAN
SENIOR LIVING

Thriving During Retirement

*A Look at the Programs, Services
and Amenities in a Life Plan Community*



TABLE OF CONTENTS

Introduction 3

In this Guide 3

Enjoy Exceptional Dining..... 4

- No more menu planning, grocery shopping, or cooking
- Daily chef-prepared meals designed to delight your palate, with a variety of choices served restaurant-style
- Culinary services team that can accommodate special dietary needs

Engage in Community Life 5

- Dedicated community life team to create/host programs
- Resident clubs and committees to encourage involvement
- Wide range of activities throughout the day
- Group outings to local/regional destinations

Focus on Fitness..... 6

- Daily exercise classes and fitness center on campus
- On-site health and wellness fairs
- Health committee presentations on a variety of topics

Stay Social 7

- Spaces for informal gatherings (lounge areas, outdoor patios)
- Volunteer opportunities on and off campus

Conclusion 8





Introduction

People look forward to retirement for many different reasons. One of them is the freedom to spend your days however you like. But whether your dream is traveling the globe, cheering on the grandkids at after-school events, or pursuing long-neglected hobbies, leaving the working world behind is a big change.

It's not uncommon for retirees to be surprised by how much they are still tied down. That lack of flexibility is often related to their house. Maintenance tasks and the financial costs associated with owning a home can limit what you're able to do during retirement. One solution to consider is a move to a life plan community.

Life plan communities are a type of senior living that offers lifestyle programs and services, in addition to tiered healthcare options, all on the same campus. They are designed to meet an older adult's needs when they are independent and active, as well as if their situation changes and more support or care is necessary.

Inside this Guide

Many active adults are attracted to the lifestyle available to them at a life plan community. They can live independently in an apartment or villa while enjoying chef-prepared meals and a rich variety of activities, from clubs to fitness programs, as well as ample opportunities to socialize. It can help to make retirement an adventure.

In this guide, we'll take a closer look at the services that residents of Presbyterian Senior Living (PSL) communities enjoy. They are designed to provide residents with freedom, flexibility, purpose, and friendship.

Enjoy Exceptional Dining

When you visit a PSL community, it will quickly become apparent that stereotypes about dining services are outdated. Residents leave behind the hassle and stress of menu planning, grocery shopping, and cooking when they move. At PSL communities, we handle all the details. You'll be able to sit back and enjoy daily chef-prepared



meals that are designed to delight your palate. On a typical evening, you'll have a choice of entrees, which might include lemon-roasted salmon or braised chicken with olive and citrus. And for dessert, you might choose between New York-style cheesecake and sweet potato pie.

Residents also have a choice of dining venues at each of our PSL life plan communities. At Kirkland Village, for example, the casual atmosphere of The Marketplace provides a unique and memorable mealtime experience. Or you can start the evening at the upscale Cherrywood Dining Room and Skylight Lounge with a drink at the bar with friends, and then enjoy food made to order by the creative culinary staff.

At Pine Run Village, you can savor delicious meals throughout the day. The Grille & Pub serves breakfast, lunch, and dinner. It's the place for pub-style food like pizza, burgers, fresh salads, and creative sandwiches, plus three chef's special entrees each night. Cathedral Village is home to the Fireside Café, which features cafeteria-style dining, and The Village Pub, which offers restaurant-style meals. These are just a few of the many dining options you'll find at PSL locations.

It's also important to know that the culinary services team can accommodate special dietary needs. That helps ensure residents with medical conditions receive the nutrition they need to stay healthy and active.

Engage in Community Life

A goal shared by the team at all PSL communities is helping residents thrive. At each location, a community life team is responsible for creating and hosting programs. Using our [Thrive Wellness](#) approach, these dedicated team members offer activities that nurture six dimensions of wellness: vocational, social, physical, spiritual, social, and emotional.



Community life teams help organize and encourage involvement in resident clubs and committees. These groups assist with everything from program ideas to menu suggestions. When residents have that level of input into community operations, it helps them feel empowered and connected.

Team members also plan a wide range of daily activities and outings for residents to participate in throughout the month. If you take a look at the resident event calendar, you'll find everything from gardening, hiking, and fishing to arts, crafts, movie nights, and card tournaments. Other offerings include group outings to popular local and regional destinations, such as shopping malls, museums, theaters, and more.

Residents on some PSL campuses also have a chance to participate in lifelong learning classes through partnerships with local colleges and universities. It's an opportunity that not only protects cognition but also provides opportunities to socialize.

Focus on Fitness

Fitness is a part of everyday life at PSL communities. That includes both formal and informal events and activities. When you visit a PSL life plan community, you'll see daily exercise classes in progress and residents taking advantage of our on-site fitness centers. Options range from chair yoga and stretching classes to walking clubs, strength training, and low-impact aerobic activities.

Because we recognize that wellness means more than just physical workouts, we offer programs that help residents expand their knowledge about healthy aging. You'll find on-site health fairs and presentations on a variety of wellness topics organized by PSL resident health committees.





Stay Social

There's plenty of evidence to show how important it is to stay social as you grow older. By doing so, you may be able to prevent or delay medical conditions associated with isolation. [Isolated older adults are at risk for health issues](#) ranging from diabetes and depression to heart disease and some forms of cancer. Another benefit of life plan communities is the many built-in opportunities for socializing. In addition to the activities and events outlined above, informal gatherings take place across PSL campuses every day.

Visitors to our communities will find residents enjoying conversation over a cup of coffee or lemonade in one of our dining venues or watching a movie in the lounge. You might also see residents enjoying some time in the community's beauty/barber shop or soaking up the sunshine while playing a game of cards on the patio. These interactions with neighbors create a feeling of connection that is sometimes hard to find during your retirement years.

Another social activity many residents enjoy is volunteering. PSL communities have an abundance of volunteer opportunities, both on and off campus, that residents can take part in. Encouraging residents to share their time and talent through volunteerism is just one more way PSL promotes emotional and spiritual wellness.

Conclusion

Our programs, services, and amenities help make our campuses vibrant places to call home. If you are considering a move to a life plan community, we encourage you to visit a PSL campus near you. It's the best way to learn more about the lifestyle that makes our communities so popular. Call today to set up a time!



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