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Press Release

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"Aging isn't for sissies," Betty Davis

Denver, Colorado - April 10, 2009 - Point well taken! So, rather than sit on the sidelines, now's the time to take advantage of every opportunity to enjoy life. Spend time with loved ones. Volunteer and mentor those in need. Travel to places you haven't been. And, of course, take care of your health. Having a positive attitude and being happy and engaged with others is an integral component of health and well being.

The good news is that growing older means you have choices. You've spent years pursuing a career and raising your family, now you can spend time on yourself and enjoy favorite pastimes that have been postponed.

Once you reach retirement age, you also no longer have to continue to live in the same old house where you raised your family. You can ditch the lawn mower and snow shovel, and have

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some fun. Home doesn't necessarily have to be the version that comes with a "white-picket" fence.

Right now, there are so many varieties of retirement communities available for those 55+ who want to actively enjoy life with others of the same age. Many senior lifestyle websites provide information on what's available for your individual lifestyle.

If you are considering making a move to a retirement community, the following are descriptions of the different types of age-preferred communities that are available for seniors choosing to enjoy an active lifestyle.

55+ Active Adult Lifestyle Communities are 55+ age-restricted communities that offer resort-style amenities such as golf or a large recreation center with a calendar of social activities. These may be ownership, rental or land lease communities. Home or health care services are generally not provided.

Independent Living Communities offer seniors apartments for lease on a monthly basis. This type of community offers independent seniors recreational, educational and social activities amongst other seniors. Home or health care services will generally not be provided.

Continuing Care Retirement Communities (CCRC) are residential campuses with apartments for lease that provide a continuum of care -- from assisted living to skilled nursing care, all in one location. A large, non-interest bearing deposit is generally required that provides residents a life-time lease as well as access to the assisted living and nursing services if needed. Usually there is a medical exam prior to acceptance and ongoing financial monitoring into this type of community. Home and health care services are included in the monthly fee, whether needed or not.

New Choice for Seniors

Now available in Colorado is a brand new category for senior living - Life Services Retirement Communities. This type of community is designed to offer those who are 55+ the same home ownership advantages as your present home, as well as the inclusion of home and health support services that can be used on an "as-needed" basis. Resort-style amenities and social activities amongst seniors are also offered.

The first of its kind is being built near Arrowhead Golf Course in the Southwest foothills of Metro Denver, GrandView of Roxborough. It offers the same no-maintenance lifestyle as well as the social, recreational and benefit advantages that are offered at other types of retirement communities. As a Life Services Retirement Community, GrandView's biggest distinction

is the a la carte menu of home and health support services and the true deeded home ownership aspect as luxury condominiums are available from the upper \$300's to \$900's. Life Services Retirement Communities do not require a medical exam or financial review. For more information on how living in a Life Services Retirement Community can enrich your life, please call 303-744-8000 or visit online at GrandViewLife.com.

Explore the variety of retirement communities available in Denver and find out what makes sense for your lifestyle, your health and well being.

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