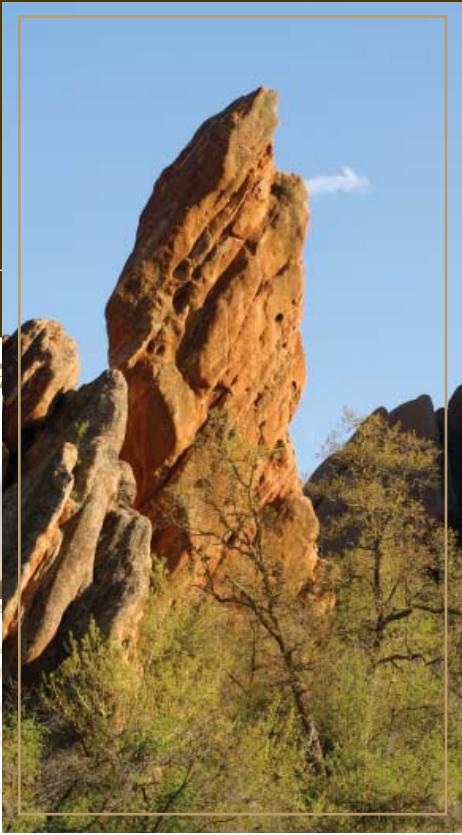


# The View Pointe

GrandView of Roxborough

Summer/Fall 2011



## Retirement Housing 101

When you look at retirement housing options do you get really confused? Are there terms you don't understand and/or do you think that all communities are basically the same (they aren't)? The following questions and answers are a brief overview of this topic. For a more detailed explanation, and answers to other questions go to: [www.GrandViewLife.com/retirement\\_living\\_101.html](http://www.GrandViewLife.com/retirement_living_101.html).

### 1. Are there different types of senior housing?

Yes! There is Independent Living housing, where residents must be able to take care of themselves with little or no assistance from others. Housing varies widely, from apartment-style living to freestanding homes. Homes can be rented or purchased. Assisted Living is normally apartment living (rental) where staff is available 24 hours a day to help the resident. Residents pay an established monthly fee for the residence and services. CCRC's are senior housing campuses which provide a continuum of care that includes transferring from independent living, to assisted living to skilled nursing as care needs increase. Residents pay an entry fee for a lifetime lease on their residence and also pay a monthly fee for services. Life Services Retirement Community (LSRC) is a neighborhood of deeded condominium homes. It offers the same type of full-service benefits and amenities as most CCRC's but differs in that a full menu of support and health care related services are brought on an a la carte basis to the owner, in the privacy of their own home. There are no transfers to assisted living or nursing homes. GrandView is an LSRC.

### 2. What's the difference in a life time lease vs. ownership?

When a person pays an "entry fee" into a CCRC they are not purchasing a residence, but rather buying a life time lease. There is no deed and therefore no property ownership. A lifetime lease entitles the person to live in the residence or in another part of the community (assisted living or nursing home) for life. The person cannot take out a loan against this, sell nor leave the "lease" to their heirs. Upon the termination of the lifetime lease, all or only a percentage of the original entry fee may be returned to the owner usually after contingencies are met. Deeded ownership means just that. The person legally owns the property and can sell it, rent it out, take a loan out against it or make it part of their will. GrandView, an LSRC, has deeded ownership.

### 3. If I should ever need it, will all communities allow me to have 8, 12 even 24 hour help in my residence so I wouldn't have to move anywhere?

In Independent Living Communities, you are responsible for finding your own assistance and can only have limited help. If you need more, you will need to move out of that community. In a CCRC, because of licensing requirement, only some assistance in your residence is allowed. If more is needed, then it is legally required that you move to the assisted living portion on or off campus. Even if you want to stay in your residence and hire your own staff to assist you, you can't. The Medical Director has the ultimate authority to transfer you to more restricted environment. In a LSRC (GrandView), the answer is yes! You can have as much help as you need and it can be provided in your home. It is truly "aging in place".

  
**GRANDVIEW**  
ROXBOROUGH  
Living the Rewards

[www.GrandViewLife.com](http://www.GrandViewLife.com)

1.888.744.8001 • 303.744.8000

## OPEN HOUSES

October 9 and 22, 2011

November 6, 16, and 26, 2011

December 11, 2011

11:00 to 3:00 pm

6265 Roxborough Park Road, Littleton

Register for Dinner for two at Arrowhead Golf Course. Refreshments will be served.

## Lunch & Learn Presentations

October 13 and 26, 2011

November 9 and 17, 2011

December 7 and 21, 2011

11:00 to 12:30:00 pm

6265 Roxborough Park Road, Littleton

Please join us for a complimentary "Lunch & Learn" presentation and find out more about GrandView. Call Steve or Kim at 303.744.8000 to reserve your space.



"Like us" on Facebook to be entered to win a prize!

## Yes, you own your condominium home, complete with a deed!

There are only 79 luxury condominium homes offered for sale at GrandView of Roxborough. Homes range in size from 852 to 2,167 square feet and include a private balcony. There are a series of designer packages for you to personalize

your home. Underground parking is also available. Prices start from the upper \$300's

Right now, you can reserve a condominium home at GrandView of Roxborough with a \$1,000 no-risk, fully refundable deposit. This allows you to purchase your condominium home during the initial pre-sale period, and lock in the price and location while prices are at their lowest.

## Recipes of the Month

At GrandView, we look forward to offering you scrumptious gourmet meals along with traditional favorites. But until you become an owner at GrandView, you'll have to make this yourself. This wonderfully delicious recipe will surely delight you and impress your friends! *Bon Appétit!*



### Almond and Flax Crusted Chicken

4 (4 oz) boneless chicken breast	2 Tbsp. ground flax meal
½ tsp. salt	1 Tbsp. olive oil
1 Tbsp. almond butter, optional	1 tsp. lemon juice
2 cloves garlic, minced	¼ tsp. cayenne pepper or to taste
1 tsp. dried parsley	¼ tsp. paprika
1 tsp. dried basil	1 tsp. dried thyme
1 tsp dried oregano	¼ cup almond meal (may substitute crushed almonds)

Preheat oven to 350 degrees. Using kitchen mallet, pound breasts uniformly flat, if desired. Combine almond and flax meal and salt in small bowl and stir to mix uniformly. Combine oil, almond butter, lemon juice, garlic and all spices and herbs in medium bowl. Mix thoroughly. Add chicken to mixture and let marinate for at least 5 minutes. Remove chicken from marinade and place on baking dish. Sprinkle half of almond flax mixture evenly over chicken. Pat each breast with your hand to ensure it adheres and forms a crust. Gently turn over each breast, being careful not to disturb coating, and repeat the process using remaining almond-flax mixture.

Bake 25 to 30 minutes or until meat thermometer reaches 165 degrees.

