



# Richfield Living



## Retirement at Richfield Living

*Active lifestyle, security, and comfort*





## Welcome to Richfield Senior Living

Nestled among the foothills of the Blue Ridge Mountains, in the heart of Roanoke County, Virginia, you will find Richfield Living. A not-for-profit retirement community, our roots trace back to 1919 and the vision of two nurses, Jane Morgan Harris and Cary Holladay.

These dedicated professionals shared a determination for bringing quality care to residents of the Roanoke Valley. Their earliest efforts focused on mobile clinics and in-home care. They soon convinced the county supervisors to donate an old house to use as a nursing home.

Today, our idyllic, 52-acre campus offers older adults all the benefits of a continuing care retirement community. From independent living options to assisted living and skilled nursing care, you'll have peace of mind knowing the assistance you need can be found here.

For many of the residents, the retirement journey started with a move to independent living. Also known as residential living, this type of home combines freedom and security with social activities and wellness opportunities. Richfield offers older adults, who are seeking this lifestyle, a choice of apartments, cottages, and brand-new villas.



# What is independent living?

If you are just beginning to explore your retirement options, you may be wondering what is meant by *independent living* and what benefits are included when making such a move. Seniors and their families are sometimes unfamiliar with the difference between independent and assisted living. Yet, this is an important distinction to understand.

While an assisted living community focuses on providing support with personal care and activities of daily living, an independent, also known as a residential living community, is dedicated to providing services that support an active lifestyle. This housing option makes it easier for older adults to have the freedom they need to live every day to the fullest.

Those who choose residential living typically have their own private apartment or villa. Depending upon the community, living options can vary in size from a cozy studio apartment to a spacious three-bedroom villa or cottage.







Here are a few benefits that older adults enjoy most about independent living:

- **Amenities and services:** Residential living usually includes lawn care, interior and exterior home maintenance, transportation, and utilities in the monthly fee. Meals and housekeeping are often available for an additional fee.
- **Social activities and wellness:** Opportunities to socialize are many times a leading reason that seniors choose to move to a residential living community. When you are free from household maintenance and chores, like lawn care and snow shoveling, you have more time to reconnect with old passions or pursue new ones. Most properties offer meaningful ways for residents to connect with one another and the world around them. These usually include life-enrichment activities, wellness programs, and volunteer opportunities.
- **24-hour campus security:** Residential living communities also offer individuals a safe and secure environment. At Richfield, for example, security personnel are on campus around the clock. This helps with everything from crime prevention to emergency response. Fire suppression systems and an emergency call system are standard features.
- **Access to more care:** When an independent living community is part of a continuum of care, residents benefit from easy access to assisted living, rehabilitation services, and skilled nursing care should the need arise. This might be on a short-term basis after an illness or surgery, or long-term if health status changes. For example, if a resident of Richfield's independent living has a planned surgery, they can rehab on campus before returning to their apartment or villa.

If independent living sounds like a good fit for you or a parent, pour a cup of coffee and settle down in your favorite chair. We'll give you an insider's look at what retirement looks like at Richfield Living.



# Retire at Richfield

At Richfield Living, you can trade your lawn mower for a fishing pole and a few peaceful hours on one of our two campus lakes. No more shoveling snow, cleaning the gutters, or trying to find a repairman to fix the refrigerator. We handle all maintenance and repairs inside and out.

Here's what a typical day looks like at Richfield Senior Living.

## A day in the life at Richfield

There's always something to do and someone to enjoy it with, according to Helen Landis, a resident of one of our Lake Estates independent living cottages. Helen has made *"lots of great friends"* since moving to Richfield with her husband, Harold. She is making the most of residential living.

You'll find Helen and her friends participating in activities every day. But it isn't just the activities that she appreciates. What also makes Richfield so welcoming is that everyone has a *"friendly attitude wherever you go on campus."*

A Richfield independent living resident, like Helen, might spend the morning lingering over a cup of coffee and conversation with a neighbor before heading off to morning devotionals or a workout at the Wellness Center. The afternoon might be spent in a watercolor workshop or tending to a garden plot.







Here are a few of the many life-enrichment activities, events, outings, and programs residents can participate in during a typical day at Richfield:

- Joining a sing-along with a visiting class from Lakeside Preschool
- Taking a stroll on one of the walkways around our beautiful campus
- Planting and nurturing your own raised garden bed or plot
- Fishing in one of our lakes with a neighbor or even a grandchild
- Grabbing a milkshake or other tasty treat from a visiting food truck
- Visiting the campus library or the nearby Glenvar Library
- Enjoying a workout or swim at our state of the art Wellness Center
- Attending a Lunch & Learn on financial planning
- Playing a round of golf with a friend or neighbor
- Volunteering on campus or in the nearby town of Salem, Virginia
- Watching an old movie, like Top Hat starring Fred Astaire, in the Shenandoah Room
- Hiking at nearby Green Hill Park
- Getting a new hairstyle or haircut at the on-site Beauty Salon
- Joining a resident outing to a restaurant or shopping center
- Participating in life-long learning opportunities, such as art classes
- Taking in a cultural event, like the Roanoke Symphony Orchestra
- Making s'mores on the patio on a cool afternoon
- Attending a community-wide event, such as a Mother's Day brunch or a Kentucky Derby party
- Engaging in a spirited game of cards, such as bridge or pinochle
- Volunteering on campus or for a nonprofit agency in the local area
- Picnicking in a scenic spot by a campus garden or along the lakes

Research clearly shows that living with purpose helps older adults enjoy a longer, healthier life. You'll find plenty of opportunities to do just that every day at Richfield!



## Wellness Matters at Richfield

Staying active also means engaging in routine physical activity. At Richfield Living, we create an individual wellness plan for each resident. They can use it as a guide for workouts in our on-site Wellness Center.

Located on the first floor of the Rehab Center at Richfield, the 2,500 square foot Wellness Center offers state of the art fitness amenities:

- HUR-brand fitness machines that reduce stress on joints during workouts
- A salt-water therapy pool to enhance quality of life for individuals with chronic diseases, like osteoarthritis
- A variety of exercise classes and programs, such as yoga and stretching
- Staff to assist with your individual fitness plan and goals

Lake Estates resident, Harold Landis, agrees with his wife about all there is to do at Richfield. He's a dedicated believer of the benefits of the Wellness Center. Harold credits his workouts there with helping him manage a chronic disease and *"keep moving."*

Harold and Helen spend an hour at the center every Monday, Wednesday, and Friday. According to Harold, the workouts benefit more than just his physical well-being. He says when he's busy on the machines, he is able to *"forget his problems for a while."* The boost in spirit from his workouts allow Harold to *"walk away feeling better"* after each visit.

It isn't just residents who benefit from all Richfield has to offer. For loved ones, the community brings peace of mind and deep appreciation. Just ask Kathy Smith, the adult daughter of an almost twenty-year resident.





## Peace of Mind for Adult Children

Some have described a move to senior living as a gift that seniors can give to their children. Knowing a parent is safe and secure provides adult children with peace of mind, and a sense of gratitude to the dedicated staff members.

Kathy Smith's mother lived at Richfield for almost twenty years. She moved in as an independent living resident, and transitioned to assisted living at the Oaks for the last year of her life.

Kathy said it was a decision her mother made on her own hoping to *"take the burden of worrying about her off the kids."*

Described as a *"people person,"* Kathy says her mom was on the go all day, every day. She volunteered at the gift shop and beauty salon, and participated in every on-campus life-enrichment activity she could.

When an adult child is free from worrying about who will do a parent's laundry or how to arrange transportation for them to go to the grocery store, families are able to spend quality time together. Reconnecting over intergenerational activities instead of chores helps families build lasting memories at Richfield.



# Your Choice of Independent Living Homes

If you decide to retire at Richfield Senior Living, you'll have a variety of residences from which to choose—a cottage, an apartment, or a brand-new villa. You'll benefit from standard services, as well as those that are available for an additional cost.

Seniors and their families also appreciate our renewable rental agreements. This is because individuals can choose a housing option and rental agreement that best meets their individualized needs.

## Independent Living at Richfield

Our independent living options include a variety of choices:

**Knollwood Apartments:** Provides residents a choice of studio, one- and two-bedroom apartments with a variety of floor plans.

**Ridgecrest Apartments:** Offers older adults a federally subsidized living option. Monthly rates for the studio, one- and two-bedroom apartments are assessed based on the senior's personal financial situation.

**Lake Estates:** Our charming cottage homes come with patios. Residents can choose from a two- or three-bedroom cottage with an attached garage.

**Town Center:** This is our new expansion. When completed, it will bring a total of 140 more apartments and villas to campus.





## Included in the Monthly Fee

Here are the standard services and amenities included in our monthly fee for residential living housing:

- Electricity, gas, water, and trash removal
- 24-hour campus security
- Rich variety of activities and events
- Complimentary transportation to local destinations
- Emergency call systems in the bedroom and bath
- Complimentary access to the Wellness Center
- Inside and outside maintenance and repairs

## Additional Services to Consider

For an additional fee, independent living residents can also enjoy these additional services:

- Services in our beauty/barber shop
- Home delivered meals
- Housekeeping services
- On-site physician office
- Care in our dialysis center

Independent living residents also have priority access to short-term care in our Rehab Center, assisted living community, and nursing care center should the need arise.



# Why Retire in Roanoke County, Virginia?

If you are wondering why you should consider Roanoke County for the next chapter in life, wonder no more. This vibrant, scenic county has a rich heritage and an abundance of recreational and cultural activities. The high quality of life and low crime rate have earned Roanoke County numerous awards for best places to live.

Retirees can enjoy visits to many local destinations:

- Make a trip to the Taubman Museum of Art
- Enjoy a play at the Mill Mountain Theater
- Talk with the animals at Mill Mountain Zoo
- Take in a concert at Salem Civic Center
- Play a round at Greenfield Disc Golf Course

There are many reasons to retire in Roanoke County, Virginia:

- **Pleasant climate:** Older adults may appreciate the area's more moderate climate. Snowfall is far below the nation's average, while the number of sunny days exceed it.
- **Cost of living:** The county has a lower cost of living than the national average. For retirees, that can help make a limited income go further.
- **Air and water:** Roanoke County air quality meets the national average, and water quality far exceeds it. Both are important for living a healthier life.
- **Hospital and physician access:** It's an unfortunate reality that older adults tend to be higher consumers of health care. Roanoke County has more physicians than the national average, as well as several hospitals. Salem, one of the largest cities in the county, is home to a Veterans Administration (VA) Hospital.





# Richfield Living

## Visit Richfield Senior Living

Where you live during retirement matters greatly. From access to health care to opportunities for life enrichment, finding the right retirement community to call home takes time and effort.

An important part of your search is spending time on the campus of any residential living community you are considering. Visiting and touring the community, attending a few activities, meeting residents, and enjoying a meal or two can help you make the best choice.

Call us at 540.378.9772 to schedule your private tour today!