



**It's Your Turn!**

Vitality Living Active Adult Decision Guide





## About Vitality Living

- Vitality Living is a premier provider of active adult, independent living, assisted living, and memory care.
- Vitality Living is a team of seasoned retirement living professionals passionate about creating vibrant communities for older adults, regardless of physical or cognitive challenges. **Our goals are to eliminate labels that reinforce stereotypes of aging, empower choice, and create environments where all residents are successful.**
- With over 200+ years of experience, Vitality Living's leadership firmly believes that the industry must evolve and change to more capably meet the wants, tastes, and demands of the older adults of the future. Every team member is inspired to re-imagine the experience of older adults living in a community setting. We challenge every perception, advocate for choice, and reject the status quo.
- Learn more at [vitalityseniorliving.com](http://vitalityseniorliving.com).



# GET TO KNOW THE ACTIVE ADULT LIFESTYLE

## Finally, it's your turn!

Active adult retirement living is a lifestyle for those ready to engage in life rather than maintain a home. Retirement should be more than chores and household responsibilities, so ***say goodbye to the honey-do list and look forward to doing what you really want to do!***

Vitality Living's active adult lifestyle retirement communities are ideal for older active adults looking to give up the stress of home maintenance and yard chores and instead spend their time enjoying favorite interests, hobbies, and passions and exploring new opportunities.

***You can finally design your ideal future!***

The communities are purpose-built for ease of living, with the right blend of activities with your neighbors and privacy. A variety of services and amenities are included in monthly rent – housekeeping, maintenance (never change a light bulb again), meals, life engagement, and transportation.

A variety of housing options is available, with choices including suites, villas, number of bedrooms, attached garages, and more. You're sure to find a layout that suits your wish for a balance between "downsized" and spaciousness.

They're also age-defined, meaning residents must be 55 or older to live in the communities.



## Is the Active Adult Lifestyle Right for Me?

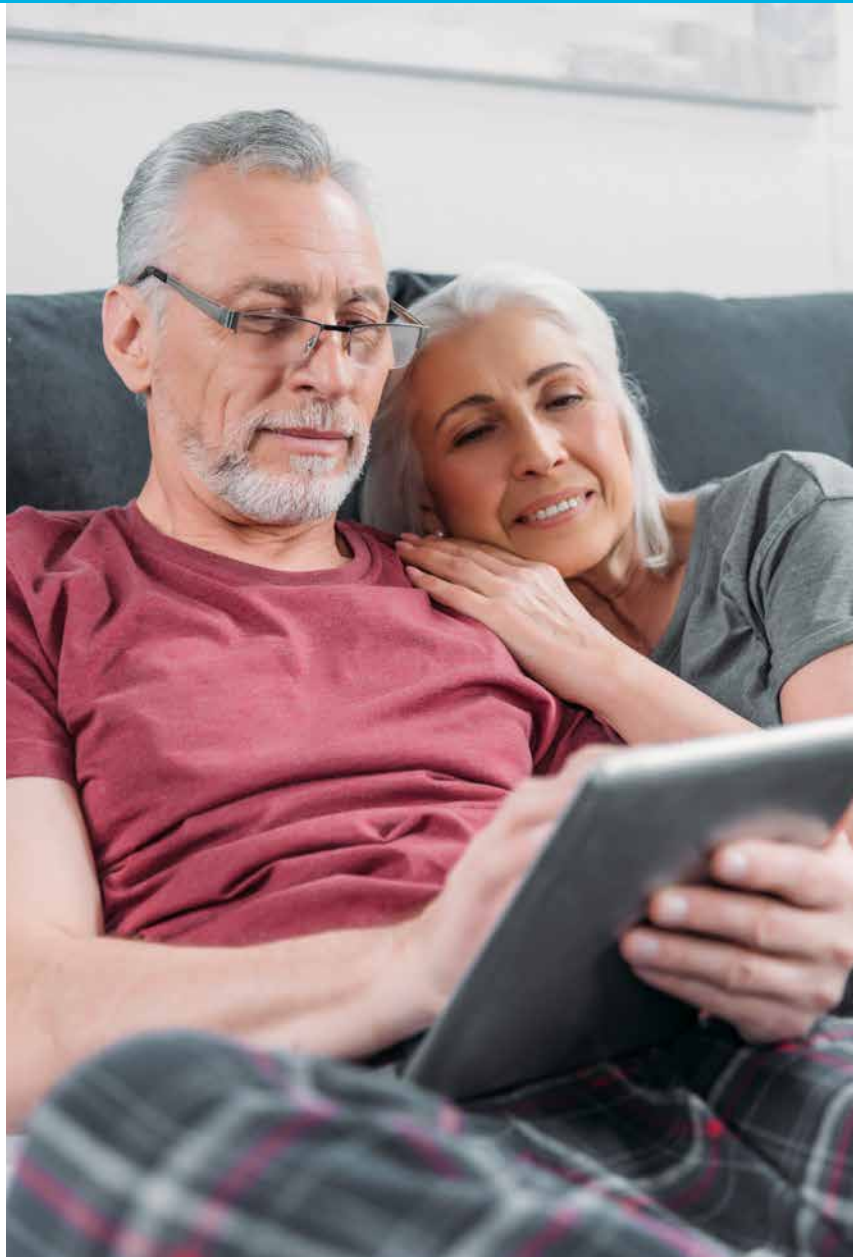
### What's Most Important to You in Retirement? A Quiz

Is the active adult retirement living lifestyle right for you? [Take this quiz to find out!](#)

### *Questions to Ask When Looking at Active Adult Retirement Communities*

Here are some great questions to ask yourself and the staff as you're looking at an active adult retirement community:

- What are the monthly fees?
  - What's included in the fee and what isn't?
  - Is a parking spot(s) assigned?
  - What are the deposits and entry fees? Are they refundable if I change my mind? Does the deposit get applied to the first month's fee?
  - What are the active adult residents like: age range, how many are currently living in the community?
  - What are some of the regularly scheduled activities in the community?
  - What are some of the trips you regularly take?
  - What are some of the special trips you occasionally take?
  - Is there an option to have meals in a community dining room?
  - What amenities are in the community (like a pool, fitness room, eating options, walking trails, tennis courts, salon)?
- Ask to meet some of the staff you'll be interacting with, like the activities director, maintenance director, or chef.
  - Ask to talk with some of the residents about life in the community.



# Affordability Worksheet: Comparing Your Current Expenses to a Retirement Community

## Comparing the Cost of Home versus Senior Living

At first glance, it may seem that staying at home costs less, but make sure you're comparing the *total cost of living at home*, not simply your mortgage and rent costs as this has a large impact on affordability. At home, you also pay for food, utilities, home maintenance, property taxes, insurance, entertainment, and healthcare. Factor those costs into your current monthly expenses for a more apples-to-apples comparison with potential senior living costs.

## Cost Comparison Worksheet

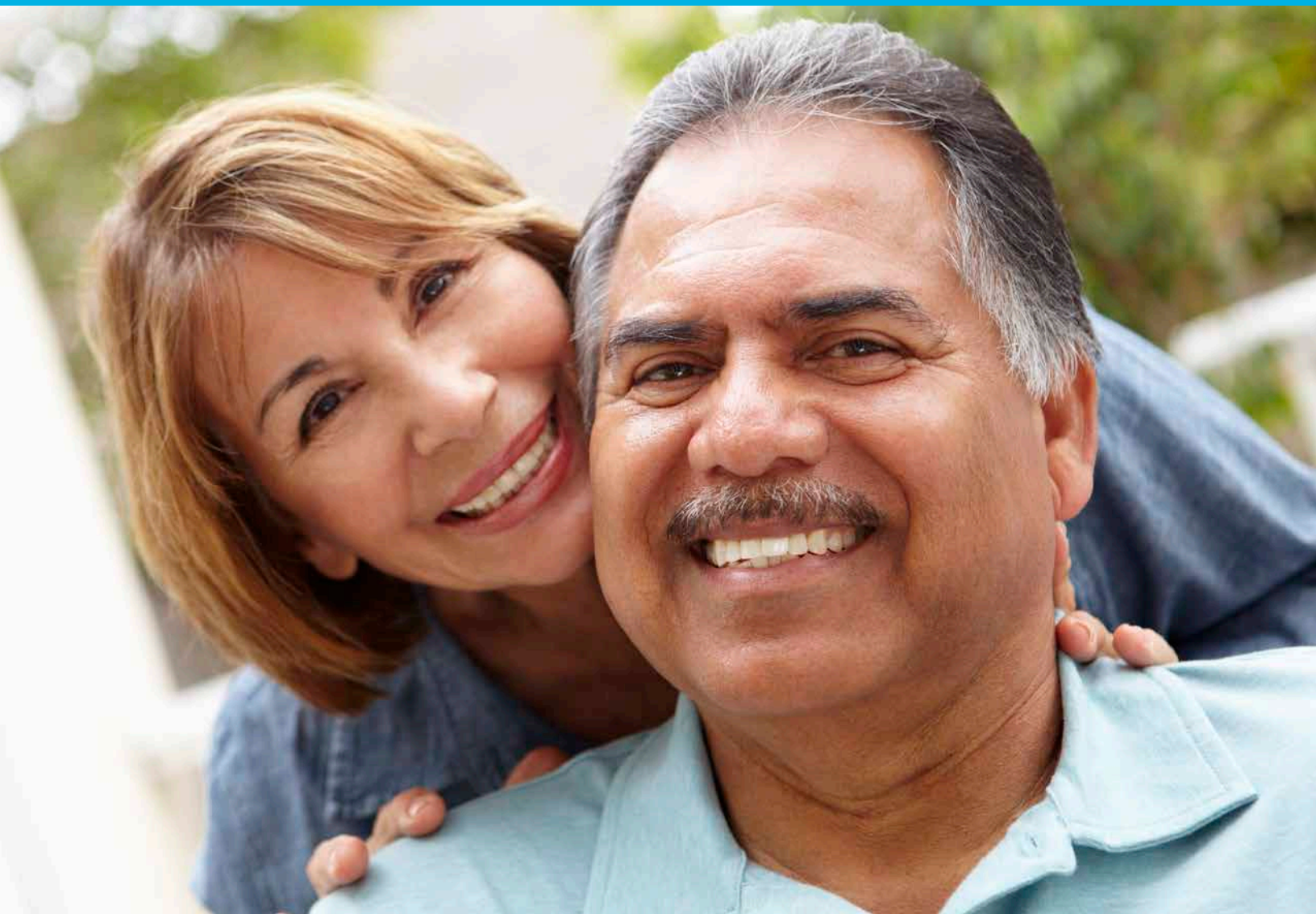
MONTHLY EXPENSES	COSTS AT HOME	SENIOR LIVING COSTS
Mortgage or rent		
Property tax and insurance		N/A
Home maintenance and repairs		included
Lawn care and yard maintenance		included
Housekeeping		included
Utilities ( <i>electricity, gas, water, trash removal, etc.</i> )		included
24-hour security		included
Transportation ( <i>insurance, gas, registration, repairs</i> )		included
Dining ( <i>may not be included with all AA communities</i> )		included
Social and entertainment		included
Exercise and wellness		included
<b>Total Monthly Expenses</b>		



### *But what's the value?*

Even if your comparison shows a senior living community may cost more, make sure to keep the positive impact on quality of life in the equation. And remember, there's no price tag on peace of mind.





## Where to Retire? Vitality Living's Variety of Active Adult Communities

**Vitality Living's active adult and independent living communities are located in 6 states and counting!**

Vitality Living's active adult lifestyle communities are located in Florida, Georgia, Louisiana, and Mississippi, and its independent living communities are in Alabama and Tennessee. New locations are opening all the time!

Each location has a unique identity, just like the cities and towns they're located in. Learn more about the locations and what makes each one unique!



## Copeland Tower Living in Metairie, Louisiana

Located between the excitement of New Orleans' French Quarter and the shores of Lake Pontchartrain, Copeland Tower Living in Metairie is an active adult community that includes a state-of-the-art fitness center and spa, a heated outdoor pool, fitness classes, yoga and exercise, and a Copeland's-inspired dining room.

Copeland Tower Living is conveniently located off of I-10 at Causeway Blvd, a central location for the Northshore communities of Madisonville, Covington, Mandeville, and Bay St. Louis and along the I-10 corridor for easy access to Baton Rouge and Lafayette. It's the perfect location for Metairie Mardi Gras, to take in a New Orleans Saints or Pelicans game, or for a second home to escape the northern winters.

Vitality Living is happy to partner with the Copeland Family to open our first community in Louisiana. The Copeland Family is committed to making their community better not only with this community but through their foundation. The Al Copeland Foundation is committed to saving lives and ending cancer.

[Learn more here.](#)





### ***Vitality Living Madison in Madison, Georgia***

Madison, Georgia was recently featured as one of *Architectural Digest's* "Most Beautiful Towns in America", and now it's home to Vitality Living Madison, a premier retirement living campus. Vitality Living Madison lets you experience life your way, with a vibrant, active lifestyle and two living options: villas and villages.

Campus amenities include a state-of-the-art wellness center, a heated outdoor pool, hiking trails, pickleball court, yoga and exercise room, planned activities, dog park, and campus security. Your backyard is 73-landscaped-acres and is uniquely designed for your well-being and enjoyment.

The apartments are well-appointed with quartz countertops, stainless steel appliances, premium flooring, high ceilings with crown molding and ceiling fans, shaker cabinets, and more!

The campus is located less than two miles from beautiful Madison and is only a 45-minute drive to Atlanta's Hartsfield-Jackson Airport, making it an ideal jumping-off point for your next adventure trip!

[Learn more here.](#)

Interior Design by Zeb Grant Designs







**LANDMARK *Lifestyles***

INDEPENDENT LIVING

### *Landmark Lifestyles at Tupelo in Tupelo, Mississippi*

Landmark Lifestyles is bringing the charming town of Tupelo an active retirement living campus unlike any other in the area. More importantly, imagine yourself living vibrantly and worry-free at Landmark!

Landmark Lifestyles at Tupelo is a 117-unit senior living community in Tupelo, part of an exciting new mixed-use development. 23 retirement living cottages with attached two-car garages are part of the first phase opening in 2021. Landmark is just minutes from Legion Lake, Bel Air Golf Course, restaurants, and a shopping center.

Phase 1 amenities include outdoor spaces, walking paths, and a clubhouse. Future amenities in phase two include outdoor dining with a fire pit, a library, beauty salon, fitness center, and a state-of-the-art care center.

[Learn more here.](#)





### ***YourLife™ of Palm Beach Gardens, Palm Beach Gardens, Florida***

Independent Living with Supportive Services at YourLife™ brings it all together – a warm, welcoming community that immerses you in comfort and ease, complemented by an array of amenities designed with today's active seniors in mind. This is a community designed to make every day a joy. Come indulge in the active, engaging lifestyle you've aspired to – without any of the worries. Swimming. Art instruction. Cooking demonstrations. Movies. Book clubs. Card games. Relaxing strolls. Rejuvenating fitness classes. Delicious dining. Friends and family. Beautiful surroundings. And more.

In the heart of this vibrant, active community, you'll find a place to call your very own. Choose a floor plan and style that fits your needs from our studio, one- and two-bedroom options. All apartments feature well-appointed kitchenettes, large windows to let in the sun, and ample closet space. We even develop individualized programs and activities centered around your favorite hobbies and interests. You spend your days just as you please, as busy and involved, or as relaxed and quiet as you desire.

[Learn more here.](#)





## Other Vitality Independent Living Communities



Traditions

*Traditions of Mill Creek in Brentwood, Tennessee*

[Learn more here.](#)



Traditions

*Traditions of Athens in Athens, Alabama*

[Learn more here.](#)



*Maybelle Carter in Madison, Tennessee*

[Learn more here.](#)







## Downsizing – Finding New Independence by Simplifying Your Lifestyle

### Keep, Sell, Donate, or Throw Away?

You've made the decision to simplify your life and embrace new independence by downsizing your house and moving to an active adult community, so congratulations! A range of opportunities awaits you as you enjoy the best years of your life.

Selling a house and moving can be among the most stressful life events, but with some expert tips, it can go much more smoothly. And when the move gets to feeling stressful, remember that your exciting new active adult lifestyle awaits you!

A house full of possessions and the memories they hold for you can feel like a mountain to climb when you consider just how to part with many of them. Here are a few tips to make it more manageable.



Start small by focusing on not just one room at a time, but on one closet or cabinet. As you go through each item, ask yourself which of these four categories it should go in:

### Keep

The “keep” pile is for items you use on a regular basis. The most common “keep” items for adults moving to an active adult community are in the kitchen, bathroom, and wardrobe. Items with strong emotional value like family photos and artwork are keepers too. An easy rule of thumb is, if you haven’t used it or worn it in the past year, it definitely needs to go into one of the other categories. Ask yourself, does it have a place in your new home? Also, furniture and items in rooms that won’t be in your new residence, like guest bedrooms, formal dining and living rooms, and attics and basements will all probably need to go. Remember, you’re trying to simplify your lifestyle!

### Sell

Items that are useful and have value to others should be considered for sale. Furniture, major appliances that won’t be sold with the house, small kitchen appliances, lawn and garden equipment, and tools are some of the prime candidates for sale. Consider whether or not an item is in good enough condition that a young family, for example, would find it appealing to buy. Great options for selling your household items are holding a garage sale, listing on an online neighborhood hub like [nextdoor.com](https://www.nextdoor.com), or hiring an estate sale company.





### **Donate or Give Away**

Numerous charitable organizations like the Salvation Army, Goodwill, and churches are eager to accept donations of clean, wearable clothes, bedding, towels, and smaller household items that can be used to help people in need or resold to benefit the organization. A few phone calls to organizations in your area will assist you in determining what kinds of items are in demand and being accepted.

### **Throw Away**

Any item that doesn't fall into one of the above categories is probably a prime candidate for throwing away. If it's broken, damaged, stained, smelly, or just doesn't have much value intrinsically or personally, it's time to send it to the dump.

By organizing your possessions into these four categories and parting with the ones you're not keeping, you're that much closer to getting ready for the next step on your way to your active adult lifestyle – selling your home!



## Selling Your Home: Questions to Ask When Interviewing a Real Estate Agent

Once you've made a sizable dent in downsizing your possessions, you're ready to take the next step in selling your house: finding a real estate agent. While you can look online and read reviews, the best way for finding a top-notch real estate agent is to ask friends, acquaintances, and neighbors for referrals. A glowing reference from someone close to you is worth much more than any online review. Narrow down the field to two or three real estate agents and set up an appointment with each – at your home – and listen to their presentation. Some helpful questions to ask during the appointment are:

- What houses in the neighborhood have you sold in the past year?
- What is the range of prices that houses in the neighborhood are selling for? (Referred to as “comparables” or “comps.”)
- Based on the comparables, where do you think our house should be priced to sell?
- What promotion will you do to sell the house, such as advertising, enhanced listings, photography, videography, open houses, and showing other real estate agents?
- What commissions and fees will you charge to sell the house?
- What things about the house do you see that need to be addressed before it can be put on the market?
- Will we be dealing with you directly or with a team member?
- What is the best way to communicate with you?
- How long is the real estate agent contract?

An experienced and professional real estate agent should be prepared and willing to answer all of these questions for you at the interview or able to get you answers quickly. Ultimately, you want to get a good feeling about the real estate agent you choose, feel confident in their abilities, and trust that they are working in your best interest to sell the house quickly and at a fair price.



## Tips to Get Your House in Show-Shape

You've downsized your belongings and hired a real estate agent, now what? There's a real science to preparing a house to be shown to potential buyers, whether it's in photographs, video tours, open houses, or private showings. The key to having your house in "show-shape" is getting it in a condition for a potential buyer to be easily able to see themselves living in it. Here are some tips to getting your house in show-shape:

- In the kitchen, clear off the countertops of everything smaller than a toaster oven or microwave. Scrub – really scrub – the countertops, sink, and range top. Thoroughly wipe down the appliances.
- In the bathrooms, clear off the countertops of everything. Scrub the countertops, sinks, toilet, shower, tub, and floor. Remove all towels, soaps, shampoo bottles, and other items. Consider bringing in a cleaning service if the grout and fixtures are stained or show any mold or mildew.
- Replace burned out lightbulbs, and any bulbs less than 40 watts should be replaced with brighter bulbs. A bright house shows much better than a darker one, so turn on all the lights before a showing.







- Soft background music and other neutral sound effects like water bubbling in a decorative fountain can help to mask any undesirable noise like traffic.
- Mow and edge the yard, and trim and weed the landscaping.
- The front door makes a tremendous impression, so scrub it and/or apply fresh paint if necessary to get it looking great.
- Depersonalize the house as much as possible, which includes removing portraits and any personal mementos. Remember, you want the potential buyers to be able to imagine their possessions in the house, and that's hard to do if all they see are your possessions.

Your real estate agent will surely have other advice for you to get your house in show-shape. They have years of experience buying and selling homes for their clients, and they know what details are important, so follow their advice and hopefully, your house will sell quickly, and at a fair price.



## Moving Decisions: Professionals or DIY?

Moving. It can be physically and mentally exhausting. Unless you have done a phenomenal job of downsizing your possessions to an amount that can fit in the back of a pickup truck, you're probably faced with several rooms full of furniture and boxes to move to your new home. Here are some considerations to take into account to help you decide if your move should be do-it-yourself or professional:

### Number and weight of boxes

It's a universal law of moving: Moving boxes are deceptively small, so the amount of boxes you think you are going to need is probably less than half of the amount you're really going to use! On top of that, possessions are heavy, especially books, pots and pans, dishes, and so on. Consider whether or not you want to physically pick up every box you pack two times – once to get it into the moving truck, and again to get it out of the moving truck. If you're up for the challenge, then you're a good candidate for a do-it-yourself move. If not, consider a professional mover.





## Size of furniture

If you've freed yourself of your furniture in the downsizing process and are planning to start over in your retirement home with all new furnishings, you're in an enviable position of a fairly easy do-it-yourself move. If you can't bear to part with your leather couch and marble pedestal dining room table, then how you are going to move them becomes a major consideration. If you're not physically up to the task and don't have reliable help, hiring a professional mover is worth it.

## Stairs

Living in a single-story house and moving to a single-story house is the ideal situation for do-it-yourself moving. However, if you have staircases to negotiate on either end of your move, it's a judgment call whether you want to carry boxes and furniture up and down stairs yourself or watch as professional movers do it for you with ease.

## Driving and Distance

Driving a larger rental moving truck demands a great deal of care and confidence. If you're not accustomed to driving a larger rental moving truck, it may come as a surprise at how different from a car or SUV they are to handle. They take much longer to accelerate and brake, their turning radius is much wider, they take up much more of the lane, and parking and backing up are challenging at first. Plus, the liability is entirely on you. If any of this causes you concern, you have a few other options.





Portable moving and storage containers have been a solid alternative to driving your own moving truck for years now. Companies like PODS will deliver a container to your driveway, which you can then fill up at your convenience. When you're done packing, you request a pick-up and they will then either deliver it to your new address or will store it if needed.

If you're really not excited about renting a moving truck or loading and unloading a portable container, a professional mover is probably for you.

### **Your health and physical strength**

If you're feeling as fit and strong as you were when you were in your twenties, or at least your early 40s, then taking on a do-it-yourself move may be a good option. If you suffer from any sort of back or knee problem, a heart condition, or are otherwise not up to several days of moderate physical exertion, you should seriously consider a professional mover.

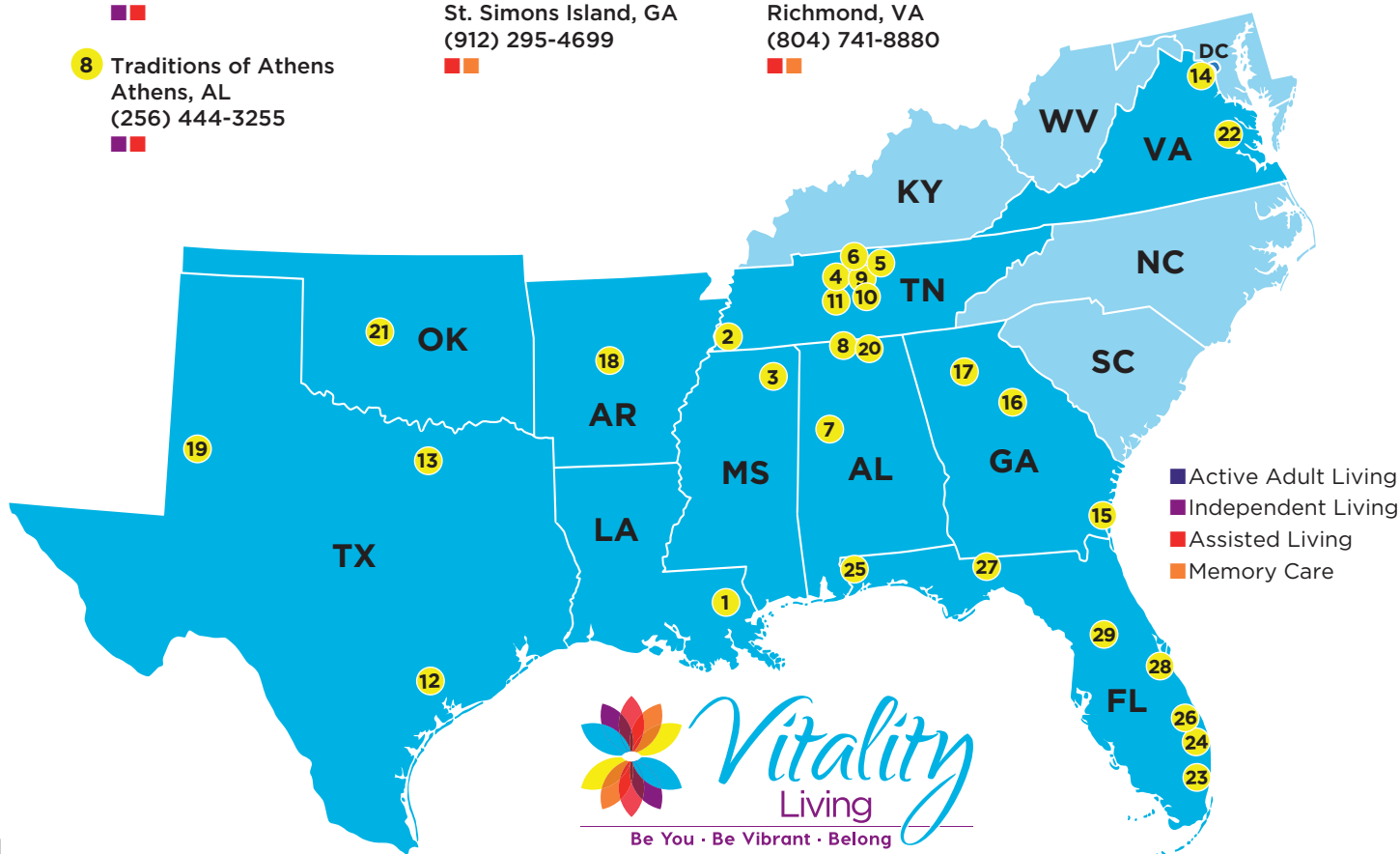
### **Dependable helpers**

Last, some parts of moving just simply require more than one set of strong arms and legs, like carrying that couch down a flight of stairs. You'll definitely need to recruit a few fit friends and relatives to help out. There's always the chance that, when moving day comes around, one or more of your helpers is a no-show, or can only commit to a few hours instead of the whole day. A professional mover takes away that uncertainty.

Much like electricians and plumbers, hiring professional movers is worth it for their expertise and skill. If the task is really more than you are comfortable taking on yourself, you can't go wrong with their experience.



- 1 Copeland Tower Living  
Metairie, LA  
(504) 526-4598  
■
- 2 Gardens of Germantown  
Germantown, TN  
(901) 755-5450  
■
- 3 Landmark Lifestyles  
at Tupelo  
Tupelo, MS  
(662) 340-8664  
■ ■ ■
- 4 Maristone of Franklin  
Franklin, TN  
(615) 591-7676  
■ ■
- 5 Maristone of  
Providence  
Mt. Juliet, TN  
(615) 758-1237  
■ ■
- 6 Maybelle Carter  
Madison, TN  
(615) 868-2290  
■ ■ ■
- 7 Pine Valley  
North Tuscaloosa, AL  
(205) 349-8700  
■ ■
- 8 Traditions of Athens  
Athens, AL  
(256) 444-3255  
■ ■
- 9 Traditions of Mill Creek  
Brentwood, TN  
(615) 375-3550  
■ ■ ■
- 10 Traditions of Smyrna  
Smyrna, TN  
(615) 925-3373  
■ ■
- 11 Traditions of  
Spring Hill  
Spring Hill, TN  
(931) 451-0009  
■ ■
- 12 Vitality Court  
Victoria, TX  
(361) 500-6651  
■ ■
- 13 Vitality Court  
Texas Star  
Allen, TX  
(972) 678-5400  
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- 14 Vitality Living  
Arlington  
Arlington, VA  
(703) 294-6875  
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- 15 Vitality Living  
Frederica  
St. Simons Island, GA  
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- 16 Vitality Living Madison  
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- 17 Vitality Living Milton  
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- 19 Vitality Living  
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- 22 Vitality Living  
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Richmond, VA  
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- 23 YourLife Coconut Creek  
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■
- 24 YourLife Palm Beach  
Gardens  
Palm Beach Gardens, FL  
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- 25 YourLife Pensacola  
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- 26 YourLife Stuart  
Stuart, FL  
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■
- 27 YourLife Tallahassee  
Tallahassee, FL  
(850) 347-0993  
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- 28 YourLife West Melbourne  
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■
- 29 YourLife Wildwood  
Wildwood, FL  
(352) 432-1867  
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To learn more or to arrange a personalized tour please call **615-538-3200**



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