



YOU'LL LOVE WHAT YOU DISCOVER
at Lexington Square

Parent. Worker. Volunteer. Over the years, you have met the challenge of performing multiple roles and juggling a variety of obligations. Now, this phase of your life offers a different type of challenge: how to maintain your health and quality of life.

Today, you and your senior peers are focused on having active, fulfilling lives as retirees. Since it is likely that you spent a good many years as a caretaker, you certainly want to avoid being a burden on your children. And you want to continue managing your own money, then pass it on to loved ones – minus any of your debts.

One major factor influencing whether you are happy and independent is the place that you call home. If you are considering residing in a senior living community, know that it is possible to find one where you can still have control over your life. By 2006, overall retirement community populations were 69 percent female and 31 percent male, says the Small Business Development Center National Information Clearinghouse (SBDCNet).

Such communities can provide the convenience of senior care as well, independence, as well as a sense of family among residents and members of the staff.

In the Elmhurst and Lombard areas, [Lexington Square](#) provides a senior living community of the highest caliber. Family- and locally-owned, Lexington Square has been a top-notch option for senior care since 1986.

Many seniors in your area are looking into independent living or assisted living communities. Perhaps you are a senior who has decide to take a proactive step in selecting a new home before an issue arises. Or you might be considering a change following an injury or an illness. The American Seniors Housing Association classifies senior housing – residential settings with a minimum age requirement, usually 55 or 62 – into five categories: senior apartments, independent living, assisted living, nursing care and continuing care retirement communities.

It's certainly natural to have reservations

As you consider life in a senior living community, you are probably wrestling with these and other concerns:

- Can I afford the move?
- Can I sell my home and will I get a good price for it?
- If care is needed, how – and by whom – are the care providers supervised?
- How are care providers screened?
- What is the training and level of experience of the care providers?
- Will I lose my independence?
- Does the program provide transportation and meals?
- What is the cost of services? What are the payment arrangements?

Care that's comprehensive and caring

The experienced professionals at Lexington Square are familiar with these valid concerns. After all, we've had the privilege of assisting people with their senior living needs for nearly 30 years.

Our history begins with a single family with a mission to improve the quality of life for seniors dealing with the challenges of aging. From 1986 to today, this family has built a company consisting of 10 health care centers, two independent life care communities and a home health care agency. Our 2,500 health care professionals and thousands of older adults appreciate the value that only a locally- and family-owned community can provide.

Our communities and 10 standalone skilled nursing centers are locally owned and managed by the same people who first wanted to help older adults by building the [Lexington Health Network](#). This network provides services that include post-acute care and rehabilitation, skilled nursing and long-term care.

Meeting a variety of needs every day

As a full-spectrum provider, Lexington Square can accommodate seniors at any state or age – from independent seniors seeking an active, stress-free lifestyle – to those who need special attention and skilled nursing services. Our primary services are Independent Living communities, Assisted Living communities and Memory Care:

- **Independent Living.** This residential category can relieve you of the personal and financial responsibilities of homeownership. Newcomers to Lexington Square revel in this freedom. Time once spent on chores is now available for more pleasurable pursuits. Lexington Square’s independent seniors are free to make their own decisions and indulge in personal pursuits.

One healthy and active senior, who now resides at Lexington Square, is glad to be relieved of the burden of homeownership. “The house was too big, the garden was overwhelming and it was time for someone to take care of me,” the senior explained. Once a caregiver for her ailing mother who has since passed away, the 73-year-old independent living resident can spend her days however she wants. And she is not alone.

Senior living, apartment-style

Seniors in the Lombard and Elmhurst areas have two excellent options in the apartment category. For independent living, consider Lexington Square in Elmhurst or Lexington Square in Lombard. There are 308 senior living apartments at [Lexington Square in Elmhurst](#) and 185 at [Lexington Square in Lombard](#).

At both locations, residents have a choice of 14 apartment styles. And you can get an idea of how your furniture might fit into Lexington Square’s studio, one- or two-bedroom apartments by visiting our [Floor Plans](#) and “position” furniture in the apartment layouts.

We're equipped to fulfill your needs

Residents in our community share in many of the benefits at Lexington Square, including:

- Beauty salon and barbershop
- Full-service bank
- Game room with billiard tables
- Library and computer workstations with Internet access
- Lounge and card rooms
- Moving Station, a collection of relocation specialists focused on making your transition as effortless as possible
- Seller assistance for your home, provided by skilled craftsmen and a professional home stager
- Snowbird program, which – after a 60-day absence – provides 25 percent off a resident's monthly bill for the next 120 days of absence
- Outings to places in and around Chicago
- Pharmacy delivery service
- Quick Buy Program, which arranges for the cash sale of your house in 30 days
- Transportation to appointments
- Woodworking shop

Other amenities include common areas, fine dining rooms, a swimming pool, a library, a walking path, and surrounding communities filled with popular shops and restaurants.

[More tips and information about respite care.](#)

A greater level of aid and comfort

Another crucial component of the care we provide focuses on seniors with dementia. Our licensed and secure Memory Care neighborhood in Lombard is provided by specialists with Memory Training Centers of America, or [MTCA](#), qualified to work with Alzheimer's and other forms of dementia. Everyone - including resident partners and nurses - who works in our community is trained to support and understand the unique challenges some of our seniors face.

Specifically, MTCA's professionals provide:

- Cognitive rehabilitation to individuals suffering from memory loss due to Alzheimer's or their diseases.
- Preventive medicine to individuals striving to decrease the likelihood of developing memory impairment and maintain memory fitness throughout their lifetime.

These and other skills and training helps to foster an environment in which every person who lives in the four resident neighborhoods - Ash, Birch, Cypress and Dogwood - feels safe and secure.

Give our community a trial run

After you complete respite care at Lexington Square, you and your family still have decisions to make about your home life. This might include a permanent change of address. Before you take that step, you'll have the option for a trial stay in our community. In addition to having access to our extensive amenities and services, you will also have access to our permanent residents. Get to know them and our community while sharing meals, or engaging in chitchat or long talks. It is the perfect time for you to forge new friendships while seeing exactly what life at Lexington Square entails.

The right amount of assistance

If a resident's care needs change, he or she is free to transition to our Assisted Living program or remain in his or her apartment, thanks to our Personal Care program.

- Assisted Living. Lexington Square is licensed to provide Assisted Living to those who shouldn't – or prefer not to – live by themselves. Our competent, compassionate and dedicated health care professionals are committed to customizing each resident's care program. Our staff members don't just learn your name; they develop full-fledged relationships with residents, which allow them to provide a complete level of care.

Our up-to-date, fully equipped apartments are designed with seniors in mind. Wide hallways and walk-in showers are just two of the features that make it easy to maneuver. Also helpful is our LexGuard monitoring system that signals problems before they become apparent.

“I was always the sort of person who wants to be in control,” an 89-year-old, assisted living resident shared. “When I came here, I thought, ‘Well, this is an old people's home; this is where you have to relax and listen to other people.’ Since I've been here for two and a half years, I find that I'm well fed, my apartment is cleaned by someone else, and there is nothing that I want for. The biggest thing that I love is the activities.”

Temporary assistance with a major challenge

Maybe you only need assisted living on a temporary basis, perhaps following an injury. For you, respite care is an ideal option.

During a respite stay after physical therapy and rehabilitation for an injury, you can greatly benefit from Lexington Square's care and supervision in various forms, such as nursing assistance. You and other seniors can also enjoy all of the amenities that a quality community provides.

Programs and offerings that nurture the mind, body and spirit are at your disposal in one convenient setting. There are opportunities to engage in all kinds of pursuits such as memory games and discussing current events; exercise classes and participating in wellness-education sessions; and music programs or gardening clubs.

We're held in high regard

Lexington Square has long provided exceptional service that has garnered recognition in the community and the media:

- **Assisted Living Today.** "The communities selected provide trustworthy, competent, often award-winning care while fostering the individuality and independence of each resident," Assisted Living Today's site (www.assistedlivingtoday.com) reported. Criteria for selecting top assisted living facilities included positive testimonials from residents or residents' family members, clean and uplifting facilities, awards or recognition, high regard for resident safety, and unique programs and amenities. Assisted Living Today lauded Lexington Square for its host of amenities and services including a wide range of programs and activities, a heated pool and whirlpool, 24-hour security and more. "The folks at Lexington Square are so certain that you'll like their facility, that they offer respite stays to prospective residents," the report said.
- **Daily Herald – Top 10 Best Assisted Living communities as voted by Daily Herald readers.**

A major force across the country

According to the “2012 NIC/ASHA Seniors Housing Construction Trends Report” from ASHA and the National Investment Center for the Seniors Housing and Care Industry, there are an estimated 2,099,616 seniors housing units in the top 100 metropolitan markets and 2.9 million nationwide.

The senior age group, says the Census Bureau, is now the largest in terms of size and percentage of the U.S. population. The number of people in the United States between ages 65 and 84 will increase by 38.8 percent between 2010 and 2020, while the population over age 85 will increase by 18.7 percent.

“Because of the sheer volume of the demographic, there will be continued growth for senior housing,” predicts Andrew Carle, executive in residence at George Mason University’s Program in Senior Housing Administration. Clearly, senior living communities are becoming a more viable and attractive option with each passing year.

When it's time to make a decision

Exploring a lifestyle change, even in the best of circumstances, can still be a trying endeavor. When you need to make an immediate change, the level of anxiety often rises dramatically. Perhaps you are not prepared financially, physically or emotionally to investigate senior living communities, particularly if there is an urgent need for a new living arrangement. You might even be struggling with fear, or resentment, about the change.

According to the 2009 Independent Living Report by the ProMatura Group LLC, research shows that when you become part of a senior living community, you're more likely to make new friends and try new things. In fact, most report a better experience than they expected.

You value the safety, peace of mind and security that comes from knowing that help will be there whenever you need it. That's exactly what Lexington Squares provides. Here, senior living at its finest is on display 24 hours a day. You can see it in the faces of our many residents and the exceptional members of our caring staff.

At Lexington Square, we are eager to answer all of your questions, set up an appointment for you, schedule a tour, and even [arrange a trial stay](#).



LEXINGTON | The Square
HEALTH NETWORK Senior Residence

Contact Lexington Square to learn more.

Lexington Square at Elmhurst
400 W. Butterfield Road
Elmhurst, IL 60126
(630) 832-9922



Lexington Square at Lombard
555 Foxworth Blvd.
Lombard, IL 60148
(630) 620-0099