

We Welcome You to an Open House

Masonicare at Ashlar Village invites you to come see for yourself what life at Ashlar Village offers. The format for our open houses provides guests with ample time to tour a variety of housing options — including apartments, cottages and villas — as well as the shopping, dining and activity areas in The Hartog Activities Center. Everyone agrees that the opportunity to meet and socialize with current residents provides valuable insight into the lifestyle at Ashlar Village.

- 11 am: Presentation by the marketing team and questions
- Noon: Lunch with residents
- 1 pm: Tour of residential options and common areas
- 2 pm: Conclusion

For further information on attending an open house, please contact the Ashlar Village marketing department at (800) 382-2244.

MISSION STATEMENT

Masonicare at Ashlar Village is a not-for-profit continuing care retirement community providing both independent and assisted living to people age 55 and over. Following the traditions of Masonry and open to all, we are committed to creating the highest quality of life for our residents by fostering an environment of respect, independence, and dignity.



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Celebrating Our 25th Year!

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V I L L A G E R

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News from Masonicare at Ashlar Village in Wallingford, CT

The Masonicare Advantage

For many retirees, the reasons for moving to a retirement community are similar: freedom from the burden of maintaining a house, the desire to downsize from the family home, health considerations, the appeal of a community of active peers. When speaking with residents of Masonicare at Ashlar Village, however, you learn that there are many more factors, both tangible and intangible, that influenced their decision to select Ashlar Village.

Among the tangible: the superior continuum of healthcare services available to residents, the social and recreational amenities and programs, the financial security of the Masonicare organization, and the beauty of the surroundings. The intangible include the security in knowing that comprehensive healthcare is available now and in the future, not burdening children with the decision of where parents would live if no longer able to live alone, and the warmth exuded by

other residents and staff. Below, some of our residents share their stories:

Dr. and Mrs. Pasquale Costa

When Dr. Pasquale (Pat) Costa, and his wife, Marjorie, had to make a quick decision about a retirement community due to back surgery Marjorie had had, they selected a community on the Connecticut shoreline. Within a year, they realized it was not an ideal fit for them. After viewing 10 new communities, they

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Pat and Marjorie Costa's apartment showcases paintings they have collected as well as a few done by Pat.



The Masonicare Advantage

continued

concurred that Ashlar Village was the right choice because of the medical care available, wide array of social programs, amenities, and its proximity to Yale, where Dr. Costa taught for many years.

Originally, they selected an apartment in the new Notch Hill building, slated for construction at the time. In the interim, they moved into an apartment in the Knoll. After settling in, the central location of the Knoll apartment appealed to them, so they decided to stay.

Dr. Costa, who received his medical degree from Yale University and who also maintained a private practice as an internist in Norwich for 40 years, was impressed by the Masonicare health system. Entering their fourth year at Ashlar Village, the Costas utilize Masonicare Primary Care Physicians, yet, still have the flexibility to see Yale specialists, if they wish.

Both Pat and Marjorie take Tai Chi and exercise classes, as well as attend the many educational programs, such as the Great Course series, history lectures and art classes. They recently celebrated their 65th wedding anniversary in the company of their two sons, two daughters and eight grandchildren.

Born in the South and a graduate of Vanderbilt University in Tenn., Marjorie notes that, "it is always a pleasure to go to dinner in the main dining room. The young adults who serve are wonderful and everyone is friendly – southern hospitality in Connecticut."

Ed Cozzette

A bachelor living in Norwalk, Ed Cozzette said with each advancing birthday, he wished he was retired. Finally making the decision after a long career as an

engineer, Ed visited a number of communities. "The warmth of the people at Ashlar Village convinced me that this was the place I wanted to be," said Ed. Putting his name on the list and attending open houses monthly for a year, Ed received a call from marketing saying that his preferred option, a one bedroom cottage, would not be available in the near future but would he consider an available apartment? Ready to make the move, he jumped at the chance. Since then, Ed has moved into a cottage that became available and he couldn't be happier.

Ed, who is 81 and comes from a family with longevity (his mother passed away at 104 six months ago), says he made a great decision and is ready to enjoy many years of happiness at Ashlar Village. "I have my cottage – a private home – yet when I want to socialize; I go over to The Hartog Activities Center for activities or cocktails, or have dinner in the dining room. It's the best of both worlds," Ed says.

Ed also remarks that living at Ashlar Village is actually less expensive than maintaining his house. Ed says, "when you are in your 70s, you end up paying people to mow the lawn, shovel the snow and do the minor maintenance chores that you might have done previously. It adds up. Now, I sit in my cottage, watch the leaves turn colors, watch them come down, and then watch the landscapers come and clear them away."



Ed Cozzette enjoys working on his computer while watching the Ashlar Village landscape crews maintain his yard.

Masonicare at Ashlar Village: We've Got it All

From active retirement living to comprehensive medical services all on one campus, Masonicare's continuum of care is unequaled.

Independent Living: The majority of people enter a continuing care retirement community through Independent Living, which offers the best of carefree living without the burden of maintaining a home. Services and amenities are designed to support an active lifestyle and include flexible dining programs, housekeeping, all building and grounds maintenance, transportation to medical appointments and social, recreational and cultural programs.

Assisted Living: Assisted Living offers a combination of residential living with supportive services and healthcare, meeting the needs of residents who need help with the activities of daily living, but do not need a nursing home.

Skilled Nursing (Long-Term Care): Ashlar Village residents are guaranteed access to Masonicare Health Center should skilled nursing be needed.

Outpatient Healthcare and Wellness Services: Masonicare offers a wide range of general and specialty medical services on campus including the Masonicare Primary Care Physicians practice, comprised of board-certified internists and geriatricians who focus not only on treatment, but wellness, care management and prevention.

Masonicare Home Health: Following surgery, a hospitalization or debilitating illness, Masonicare Home Health can provide care in the home from our experienced staff of visiting nurses, therapists and home health aides. We also have a non-clinical, private pay program, Masonicare at Home.

Moving Made Easy

What can be an overwhelming process is seamlessly managed by Ashlar Village's Moving Solutions. This free service was developed to help our new residents make the transition to Ashlar Village as successful and stress-free as possible, providing a single point of contact to guide you through the moving process. Everything from broker market analysis to help you sell your home to the actual packing, moving and unpacking is covered. Here's what some of our residents said about their experiences with Ashlar Village Moving Solutions:

"It was comforting to know that anytime we had a question, we could always call and get an answer. The speed with which things moved was also wonderful. It was a pleasure to work with them." –Carolyn King and Teresa Lawrence

"AVMS was wonderful to work with during our preparation for the move to Ashlar Village. The staff's expertise, knowledge and genuine kindness will long be appreciated by my husband and me. Thank you for making it easier to get to Ashlar. This is where we should be at this time in our lives." –Maureen Manfredi

"These gals are terrific!!" –Roger Roby



The New Haven Chorale's performance at Ashlar Village was enjoyed by our prospective residents.

REFLECTIONS

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News from Masonicare at Ashlar Village Assisted Living

Person-Centered Care Makes Transitioning to Assisted Living a Positive Experience

Ed Bohne's children began noticing changes in their father's behavior about four years ago and were concerned about his health and safety. They arranged for their Dad to have a geriatric assessment through Masonicare's Pathways Program, which confirmed what they suspected: Ed was exhibiting symptoms of early stage Alzheimer's disease.

At the time, Ed lived alone in his Wallingford home, and luckily all four children lived nearby. They took turns visiting, dining with and looking after their Dad for a couple of years. Utilizing Masonicare's resources, they brought in home health aids who monitored medications and helped with other tasks. But, as the disease progressed, it was becoming more and more difficult for Ed to remain at home.

All four children discussed next steps, and had visited Pond Ridge Assisted Living on the Masonicare at Ashlar Village campus to learn more about the services and residential options. In April of 2008, they learned of a The Hearth, a new memory support unit at Pond Ridge. An apartment was available should they want it, and the family agreed it was best for their Dad. The deciding factor was the peace of mind in



The Hearth staff members, such as certified nurses aide Addie Lazarre, are caring and giving and helped to make Ed Bohne's move to assisted living a welcoming one.

knowing that he would be well cared for, safe and engaged in social activities.

On move-in day, however, the children feared total resistance from their Dad. Son Bill spent a sleepless night worrying that his father would be angry and irritated. But when they got to his apartment at The Hearth at Pond Ridge – which the children had set up with items from home – all were amazed at how well the transition went.

Bill Bohne credits The Hearth Program Director Katie Morissette and *continued on back*

Person-Centered Care Makes Transitioning to Assisted Living a Positive Experience

continued

the entire staff's personalized and non-intimidating approach for the successful move. Every resident is treated as an individual, is respected and encouraged to make his or her own decisions. "At Pond Ridge, we believe the quality of life depends on the quality of the relationships between residents, family and staff. We believe in providing person-centered care that is designed to ensure that services are tailored to each individual's circumstances," says Katie Morissette.

Prior to a resident's arrival, the family is asked to fill out a detailed questionnaire about their loved one called "A Life's Story." This is used to help The Hearth staff know as much as possible about a new resident – everything from favorite foods to significant life events. "This tool is invaluable in helping us know how to best help each resident and his or her family transition to a new home," says Katie. "We recognize that this is a big step for families, placing their loved ones in our care. We encourage adult children to be partners with us in the care, yet we also allow them to reclaim the parent-child relationship."

The Hearth at Pond Ridge is designed to allow those with a diagnosis of dementia to live in the least restrictive environment possible, and who, with checks in place and assistance with the activities of daily living, are still able to reside in a community setting. Each resident has a personalized plan of care developed by the nursing staff.

Bill Bohne told his Dad that the only thing that changed was his address. Everything else would remain the same: he

could maintain his routine, the children would continue to visit and take him out for dinner and trips, and long-time friends would carry on their visiting. The Bohne family knows, however, that this new address also provides their Dad with excellent care now, and will be able to provide for all his medical needs in the future.

Our Song of Praise

*Words by Pond Ridge residents
Sally Tomczak and Sterling Jewett
Set to the tune of "I've Been Working
on the Railroad"*

We who live at Pond Ridge
All the live long day.
Enjoy our "five star" palace,
It's the nicest place to stay.

Our friends and all who love us
Know we're safe and sound.
For we get the best of care
All year round.

Our staff works hard to please us.
We could not ask for more.
To them we sing our song of praise,
We're thankful to the core.

 **Masonicare**
at Ashlar Village 

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