



What Is Assisted Living?

It's all about choice. Isn't that what we all want, young and old? Assisted living is just that — as much independence as you want — still knowing that personal care and services are available when they're needed. First and foremost, assisted living residences promote independence and dignity. But as we grow older, we may need assistance with our everyday lives. Assisted living residences provide meals, housekeeping, laundry and medication management.

Also important, residents have a chance to be with others. As one assisted living resident explained, "I was living with my daughter and son-in-law. They both worked so I was alone all day. Now if I want to be around people, I can. Or if I want to be alone to just sit and read my book, I can. That gives me a great choice."

What are they? There are different kinds of assisted living residences. They range from a small personal care homes with just a few residents, to "continuing care retirement communities" where people can move from complete independence to higher levels of care as they age in place. People in assisted living are generally able to take care of themselves. They just need a little extra help. Assisted living residences are licensed by

the state health department and receive regular assessments of levels of safety, care and services.

How much do they cost? Most assisted living residences charge a monthly fee. There may be additional costs for special services. Monthly fees range from \$2500 to \$5000 depending on the level of care and accommodations provided. Assisted living is typically paid for by the resident or families. Some long-term care insurance policies pay for assisted living. In Colorado, Medicaid Waivers are also available to help with costs for those who qualify.

Assisted living in Boulder County? Located in the small, friendly community of Longmont, Cinnamon Park is the only non-profit assisted living residence in Longmont area serving for over 20 years. Known for offering the Prestige Plus wellness program, residents can enjoy a free membership to this awarding winning program. Safe and secure, Cinnamon Park also received deficiency-free Colorado Dept. of Public Health and Environment Health Facilities Surveys in 2009 and 2010!

Cinnamon Park encourages personal independence and choice with a sense of safety and well-being. Personalized service is offered by caring and experienced



staff who are there 24 hours a day. Cinnamon Park is certified to accept Medicaid reimbursement and is an affordable option for seniors. At Cinnamon Park, the staff does the work and the residents enjoy living!

Cinnamon Park is a beautifully designed building with 48 spacious private and companion apartments, several large enough for couples. Apartments feature beautiful grounds, emergency call systems and a family neighborhood atmosphere. Renovations were recently completed to give even more modern amenities to our residents.

Cinnamon Park is owned by the nonprofit organization; Senior Housing Options, Inc. For more information, contact Debbie Setlock, serving as Administrator for over 18 years. Please contact her at 303-772-2882, stop by for a tour at 1335 Cinnamon St, Longmont or visit www.seniorhousingoptions.org to learn more.