

Debunking Senior Living Myths: Part Two



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In the last issue, we discussed 3 myths about senior living. 1.) The difference between a senior living community and a nursing home. 2.) Money and our “Lifetime Promise of no rent or care increase EVER”. 3.) The independence senior living communities offer. So, let’s tackle more myths! One came my way just this week, so let’s talk about it first.

FOOD, glorious FOOD. Do you remember this song from the musical *Oliver!*? Even the film *Ice Age 2* has a flock of vultures singing the tune. It’s great; watch it on YouTube. In any event, let’s debunk the food myth.

Myth: This week a gentleman said to me “Oh, I don’t need to come by for lunch with you, I know what institutional food tastes like. I’ll just do a tour and we can go from there.” Well, we’re sending him home with a delicious boxed meal!

Fact: Remind yourself that **senior living is not a nursing home** by any stretch of the imagination! At Absaroka, our menu and food service are top-notch. Everything is restaurant-style. Breakfast is made to order. We serve eggs, any style, Belgian waffles, hot/cold cereals, fresh fruit, and more. Main meals are freshly prepared with a variety of options, from salmon to cordon bleu; fresh tuna salad to taco bars. All meals are dressed with fresh steamed, grilled, or stir-fried vegetables and fruit sides. And oh yes, dessert! We prepare homemade desserts that include peanut butter cake, double chocolate cake, banana cream pie, and a wide variety of other fresh baked goods. Coming later this summer is our new Compass Café concept. This is an always-available menu that offers a variety of fresh salads, deli sandwiches, all with resident health and wellness in mind. Are you hungry yet?

(If you’re still not convinced, **call me and we’ll have lunch.** Here’s my number: 307-527-7080 Just ask for Pia).



Myth: I have to sign a long-term contract. What if I don’t like it? I’m stuck!

Fact: No long-term contracts. We know that health and wellness can change, families move and life can get complicated. We want to make sure we’re not a part of the complication. Residents are on a 30-day agreement. That means you pay month to month. If for whatever reason a resident chooses to move out, all that is required is a 30-day notice. If you move in and choose to move out in 2-3 months, that’s fine with us (although we become family and hope you stay). We also offer short-term respite stays. If a family member needs a vacation from caring for a loved one or someone needs our help recovering from surgery, come on in! We provide a beautifully furnished respite apartment (notice I didn’t say “room”). The apartment is private, has all the amenities to make the stay memorable. There is a kitchenette with a microwave and mini-refrigerator, a full bath with a large shower, a separate living room, and a cozy bed to sleep in. Call for a casual visit, I would love to show you around.

So how about stopping here. It’s a lot of information to take in. I do hope these articles are answering some of your looming questions about our senior living community. If you have other senior living myths we need to debunk, send me an email and I’ll be happy to respond in next month’s article! pbrauser@absarokasl.com

Cheers,

Pia

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