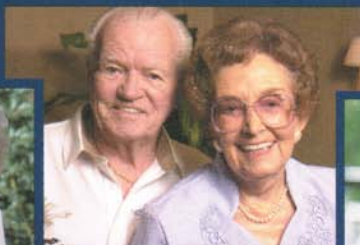


# DOES YOUR LIFESTYLE STILL FIT YOUR LIFE?



Moving, Changing and Transitions  
to Successful Aging



BROOKDALE  
*Exceptional Senior Living*



## BROOKDALE

Greetings,

Over the years we've worked with thousands of seniors and their families contemplating lifestyle changes and downsizing their homes. This process can be overwhelming. Although each individual and their situation is unique, the questions and concerns revolving around this decision are the same.

We thought it would be helpful to create a tool for all seniors and their families considering making a lifestyle change. The enclosed video is the result of our efforts. Thank you to the many seniors and their families for sharing their stories and their lives with us.

We hope that you will find this video "Does Your Lifestyle Still Fit Your Life?" informative and useful.

Best Regards,

Mark J. Schulte  
Chairman

John P. Rijos  
President

***Exceptional Senior Living***

Is life getting in the way of how you want to live? Maybe it's time for a change. Evaluating the need for a lifestyle change starts with these simple statements. Check all of the following statements that apply to you...



- I am questioning whether my house is still right for me.
- I hire outside help to maintain my property.
- Shopping and cooking for myself have become bothersome.
- I am not comfortable driving at night or in bad weather.
- My social calendar could be more active.
- I would like to meet new people and socialize more.
- My neighborhood no longer suits my lifestyle.
- At times I worry about the future.
- My children are concerned for my daily well being.

If you checked any of these statements, then this video will be a great resource for you.