Residential Options

INFORMATION GUIDE

Glenmeadow

Caring since 1884

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Pricing Summary Sheet Enclosed

Retirement on Your Terms

In 1884, Glenmeadow was the first organization in Western Massachusetts to provide a safe place for seniors to live out their retirement years with dignity. Today, we continue to redefine retirement living by providing whatever people need to live a worry-free retirement. We provide the services people need in the place they call home—whether at our Longmeadow campus, a house in Agawam, or a condominium in Springfield. We also provide services and support in other senior living communities, assisted living facilities, and nursing homes to supplement what their staff provides.

Overview

This Information Guide focuses on the residential living options available at Glenmeadow's main campus in Longmeadow. We offer an abundance of private living options and services—from dining choices, wellness programs, transportation, and social and educational activities, to personal care and medication management.

This guide includes an overview of Glenmeadow's amenities, services, floor plans, and pricing. While it provides comprehensive information, we encourage you to also visit, as that's the best way to meet the people who live here, see some of the floor plans you're interested in, and get a sense of the place. We encourage you to visit other communities, too. Evaluating the options is a process, and you should give yourself time to determine what is right for you.

About Us

A LEGACY OF SERVICE

In the 1800s, elderly individuals without family or means were sent to live at what was called "the poor farm." In 1884, a group of civic leaders raised funds among themselves and other area families and purchased a house on Main Street in Springfield's south end, establishing The Springfield Home for Aged Women. Quickly outgrowing that house, land was purchased on the comer of Chestnut and Carew streets, where a new home was constructed and opened in 1900. In 1960, the name was changed to Chestnut Knoll, and, in 1992, it began to admit men.

In 1993, the organization purchased a 23-acre parcel in Longmeadow to build a new community that would provide both independent living and assisted living in one building with various common areas. This was a new concept known as a continuing care retirement community. Existing residents from the old Chestnut Knoll property were moved to the new campus in 1997. Shortly after the move, the board voted to change its legal name to Glenmeadow to coincide with the name being used by the developer of the property.

Continuing care retirement communities are now referred to as life plan communities, responding to the needs of the aging population with new opportunities for care, plus creative, educational and personal exploration. Glenmeadow offerings, which include everything from senior living options and handyman services to personal care and travel programs, are provided at its Longmeadow campus and across the region through Glenmeadow at Home. Glenmeadow strives to fulfill its mission of nurturing the whole person in mind, body and spirit.

THE NOT-FOR-PROFIT DIFFERENCE

Glenmeadow is a mission-driven, not-for-profit organization, dedicated to providing the services people need, when they need them, in the place they call home. As a not-for-profit, we exist for only one reason: to provide quality services for our residents and clients. Any surplus income goes back into improving facilities or expanding services. Our locally-based board of directors donate their time and talent to ensure that our mission is carried through in all of our services. The not-for-profit approach to aging services places emphasis on providing an atmosphere of fellowship and caring; on meeting the social, physical, and spiritual needs of the individual; and on helping people achieve the dignity and quality of life they deserve throughout their retirement years. The emphasis on caring and on placing the needs of the individual above all else has become a Glenmeadow hallmark.

MEETING THE HIGHEST STANDARDS

Glenmeadow has received accreditation through the Commission on Accreditation of Rehabilitation Facilities (CARF). CARF is an independent, not-for-profit organization that accredits a wide range of human service organizations. The CARF accreditation offers assurance to the public that there has been an external third-party review of quality.

The Massachusetts Executive Office of Elder Affairs has certified Glenmeadow to operate an assisted living residence. The Executive Office of Elder Affairs requires all assisted living residences in the state to meet and maintain regulatory standards, which are designed to increase consumer protection, while also allowing an individual residence to be flexible in meeting the needs and desires of residents.

Glenmeadow is also a member in good standing of several associations of not-for-profit organizations, including LeadingAge, LeadingAge Massachusetts, and Mass-ALA. Together, we advance policies, promote practices, and conduct research that supports, enables, and empowers people to live fully as they age.

Community Services and Amenities

THE FOLLOWING SERVICES ARE COVERED BY THE INCLUSIVE MONTHLY FEE:

Dining

In house dining program featuring a variety of menu options

- ➔ Formal and casual dining venues
- ➔ Take out and delivery service
- ➔ Tray service during illness

Independent Living residents receive a monthly meal allowance, plus a complimentary daily continental breakfast. Assisted Living residents receive three meals per day.

General

- ➔ All utilities except telephone
- ➔ Cable TV
- ➔ Concierge
- ➔ Copying
- ➔ Daily programming, including cultural, educational, and social
- ➔ Wireless Internet access
- ➔ Move-in coordination
- ➔ Notary Public
- ➔ Package shipping and receiving

Housekeeping and Maintenance

- ➔ Weekly housekeeping and flat linen service
- ➔ Weekly personal laundry service (Assisted Living residents only)
- ➔ Annual heavy cleaning
- ➔ Handyman services
- ➔ Snow removal

Security

- ➔ 24-hour emergency response system
- ➔ 24-hour secured and alarmed building
- ➔ Coordination of emergency transportation

Transportation

- ➔ Regularly scheduled transportation to shopping, medical appointments, cultural events, and religious services

Wellness

- ➔ Care management
- ➔ Home visits offered one day a week by two local primary care physicians
- ➔ Licensed nursing staff available 24 hours a day, 7 days a week. Independent Living residents receive 40 visits per year. Assisted Living residents receive one hour per day of personal care, plus medication management.
- ➔ Nutritional counseling
- ➔ Fitness, yoga, and aquacize classes
- ➔ Fitness training

THE FOLLOWING SERVICES ARE AVAILABLE FOR A NOMINAL FEE:

- ➔ Additional care management and personal care services
- ➔ Additional handyman and housekeeping services
- ➔ Catered parties
- ➔ Delivery of meals (five free deliveries are provided annually)
- ➔ Delivery services from grocer, pharmacist, dry cleaner, newspaper, package store
- ➔ Emergency pendant
- ➔ Fax service
- ➔ Guest meals/guest accommodations
- ➔ Hair stylist
- ➔ Manicurist
- ➔ Professional podiatry and therapy services (physical, occupational, speech)
- ➔ Seamstress/tailor
- ➔ Typist

COMMUNITY AMENITIES

Life Enrichment Areas

- ➔ Billiards Room
- ➔ Wellness Center (cardiovascular/ strength training equipment, group classes, fitness training)
- ➔ Cotz Hall (lectures, recitals, receptions, etc.)
- ➔ Indoor heated lap pool (20' x 40') and whirlpool
- ➔ Library
- ➔ Locker rooms (with showers, changing areas, and restrooms)
- ➔ Esther Sara Cinema
- ➔ Personal gardening areas
- ➔ Puzzle area
- ➔ PeoplesBank Conference room
- ➔ Computer lab

Dining Areas

- ➔ Chestnut Knoll Dining Room
- ➔ Doorstop Café
- ➔ Terraceside Dining Room

General and Administrative Areas

- ➔ Assigned covered and surface parking
- ➔ PeoplesBank branch location
- ➔ Concierge (scheduling, transportation, copies, fax, shipping)
- ➔ Conveniently located elevators
- ➔ Guest suites
- ➔ Hair salon
- ➔ Individual, secure resident storage
- ➔ Mail room (U.S. Postal and in-house mail)

Lounge Areas

- ➔ Family Living Room
- ➔ Greenleaf Room
- ➔ Harris Living Room
- ➔ Kirkham Parlor
- ➔ Lombard Lounge
- ➔ Stebbins Lounge
- ➔ Terraceside Garden
- ➔ Furnished patios and balconies in common areas

Supportive Services

Glenmeadow provides a variety of health-related services for residents to allow you to continue to maintain your independence. For more information, please call 413.567.7800 and ask to speak with Glenmeadow's Director of Resident Services, or Director of Glenmeadow at Home.

Specific pricing for these services is listed in the separate Pricing Summary sheet.

GERIATRIC CARE MANAGEMENT

Glenmeadow's Director of Resident Services is a licensed social worker who can assist you in a variety of ways. The social worker can schedule medical appointments, coordinate support through Glenmeadow at Home or the Visiting Nurses, help with insurance paperwork, complete health care proxies, and work with hospital and rehab discharge planners on your behalf. Routine assistance is a free benefit available to Glenmeadow residents.

COMPANION SERVICES AND PERSONAL CARE

Are you an Independent Living resident in need of additional help with bathing or getting dressed? How about someone to help with errands or laundry? Glenmeadow at Home can provide an aide for as little as fifteen minutes, or up to 24 hours, to offer assistance and companionship. Call the Director of Glenmeadow at Home for more information or to schedule services.

DIETITIAN

Glenmeadow's Dietitian can meet with you to discuss your nutritional needs. She comes to Glenmeadow monthly and schedules appointments through the Director of Resident Services.

EMERGENCY PENDANT OR WRISTBAND

Residents can have an emergency pendant or wristband for a monthly fee. The pendant alarm registers on nursing staff phones and will work anywhere in the building. Please call the Director of Resident Services to request a pendant or wristband.

LAB WORK AVAILABILITY

Local laboratories can come to your apartment to draw blood if we have a physician's order. Call the Nursing department to arrange for this service.

MEDICATION MANAGEMENT

Glenmeadow's medication management service for Independent Living residents includes regular contact with your physician regarding your medications, adjustments, and refills. Available services can include ordering medications, setting up your pill box once a week, administering your medications at the nurses' station, or administering your medications in your apartment. (Assisted Living residents receive this service at no additional charge as part of their monthly fee.) Call the Wellness Nurse to learn more.

NURSING SERVICES

Glenmeadow's licensed nursing staff are on site 24 hours a day to respond to emergencies, coordinate medication management and set up, perform blood pressure checks, and many other services. The Wellness Nurse is dedicated exclusively to Independent Living to proactively address needs as residents age. Independent Living residents receive 40 visits per year at no additional charge as part of their monthly fee, and can arrange for additional visits and services for a fee. Assisted Living residents receive nursing visits at no charge as outlined in their individual care plan.

OCCUPATIONAL OR PHYSICAL THERAPY

If your physician orders therapy to be delivered in your apartment, contact the Director of Resident Services to make those arrangements.

PORTABLE X-RAYS

If your physician orders a portable x-ray, it can be scheduled to be done in your apartment. Call the Nursing department to arrange.

TOE NAIL CARE

A nurse comes to Glenmeadow periodically to cut toe nails. She does not provide podiatry services. An appointment can be coordinated by calling her directly. The Director of Resident Services can provide her number.

TRANSPORTATION TO MEDICAL APPOINTMENTS

Glenmeadow provides transportation to local medical appointments, within a seven mile radius, on Monday and Tuesday afternoons, all day Thursday, and Friday mornings. Transportation can be scheduled through the Concierge. There is no additional charge for this transportation.

WELLNESS PROGRAMS

Residents are encouraged to take advantage of the many offerings for land and water exercise classes, and nutrition workshops. You also have unlimited use of the pool, Jacuzzi, and exercise room—all at no charge. Please refer to the resident calendar for specific times or contact the Director of Life Enrichment

Apartment Amenities and Floor Plans

INDEPENDENT LIVING APARTMENT AMENITIES

Bathrooms

- ➔ Slip resistant tubs and showers with grab bars and built-in bench
- ➔ Positive temperature shower valve with flexible, hand-held showerhead
- ➔ Shadow-proof lighting
- ➔ Heat lamp

General Features

- ➔ Individual thermostats for heat and air conditioning
- ➔ Full-size stacked washers/dryers
- ➔ Walk-in closets in many apartments
- ➔ Thermal pane windows
- ➔ Lever door handles
- ➔ Wall-to-wall carpeting and window sheers or blinds
- ➔ Raised electrical, television, and telephone outlets
- ➔ Prewired for cable television
- ➔ Acoustically engineered sound control between residences

Kitchens

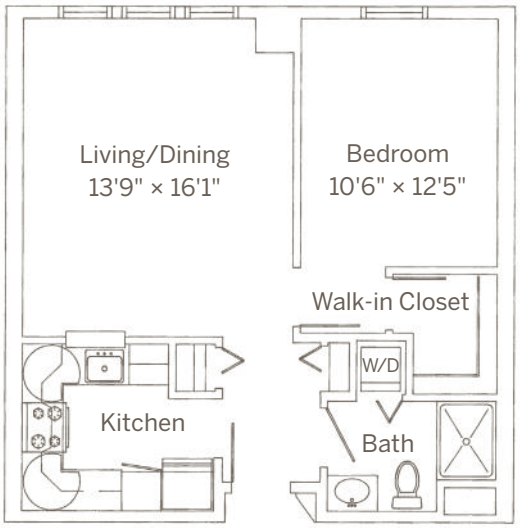
- ➔ Frost-free refrigerator with ice maker
- ➔ Full range with self-cleaning oven
- ➔ Microwave
- ➔ Dishwasher
- ➔ Garbage disposal
- ➔ Indirect under-counter lighting
- ➔ Lazy susan corner cabinets
- ➔ Pass-through window
- ➔ Eat-in kitchens in some apartments

Safety and Security

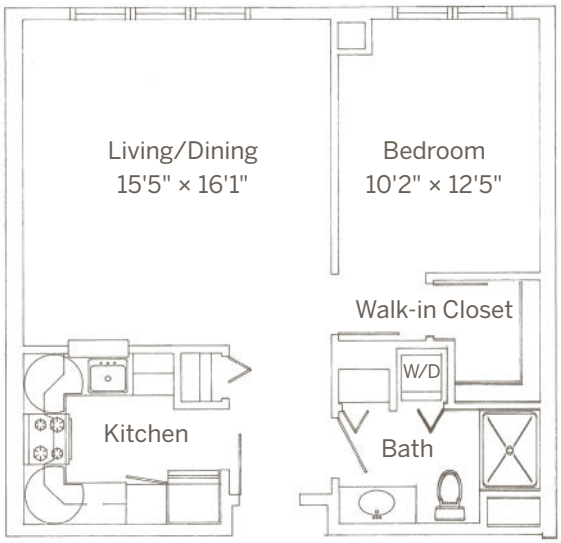
- ➔ Heat and fire sensors
- ➔ Smoke detectors and fire sprinklers
- ➔ 24-hour emergency call system in baths and bedrooms
- ➔ Alarmed exterior doors

INDEPENDENT LIVING FLOOR PLANS

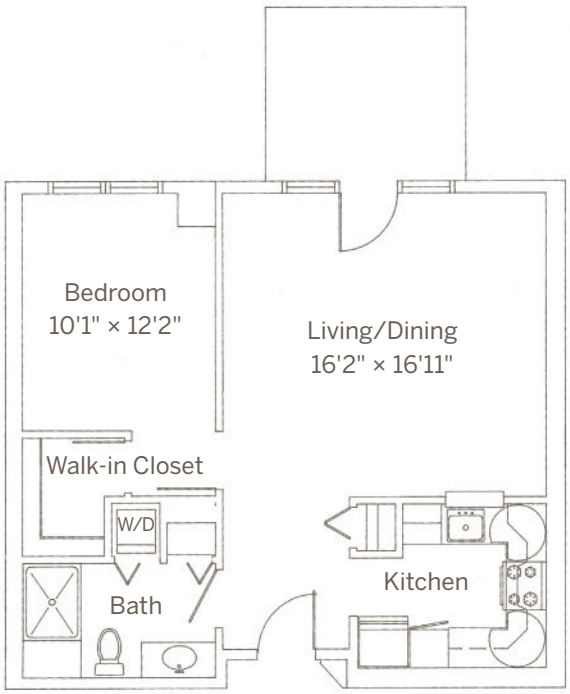
BUCKLEY
630 square feet



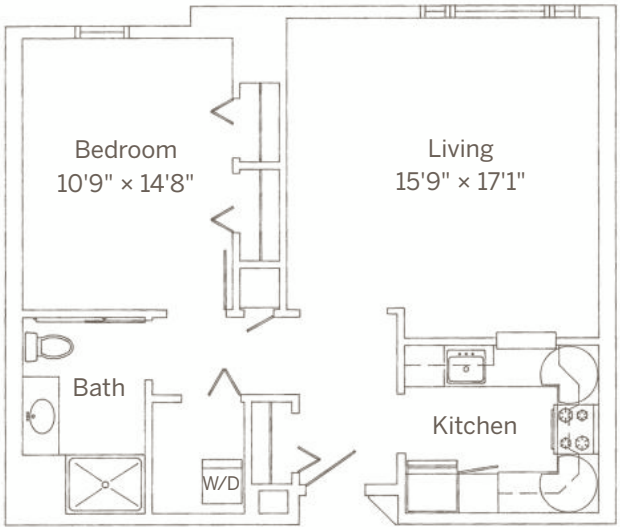
CHAPIN
695–809 square feet



WEBSTER
735 square feet



COOLEY
790 square feet



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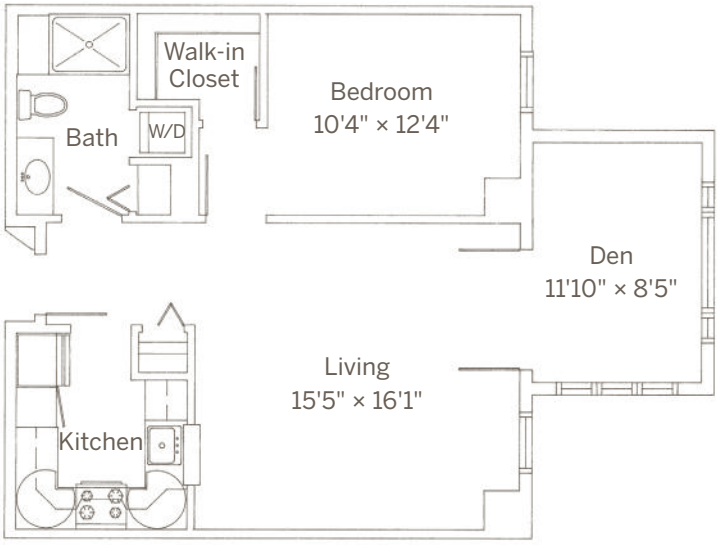
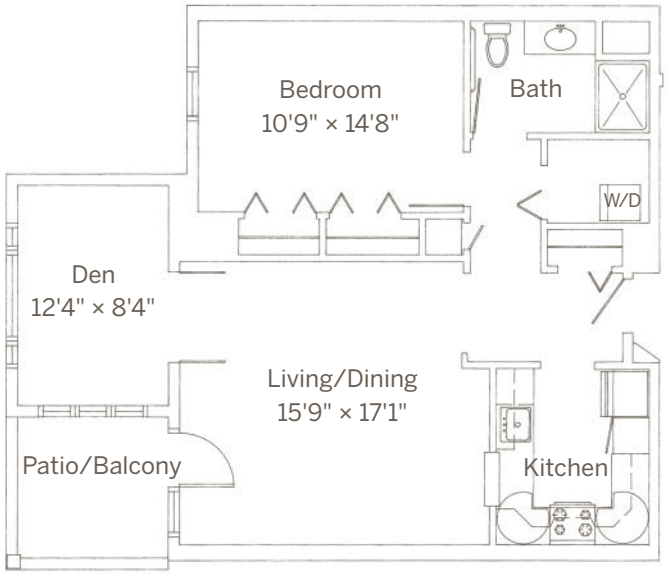
INDEPENDENT LIVING FLOOR PLANS

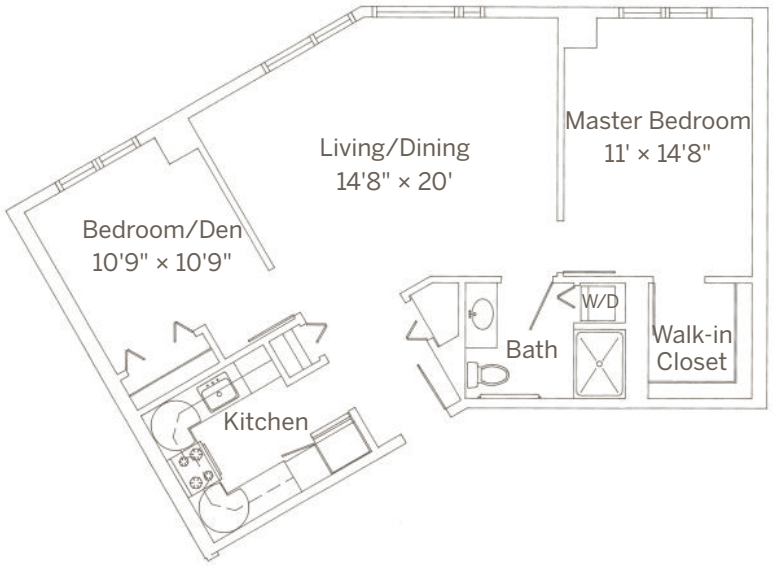
FIELD
815 square feet



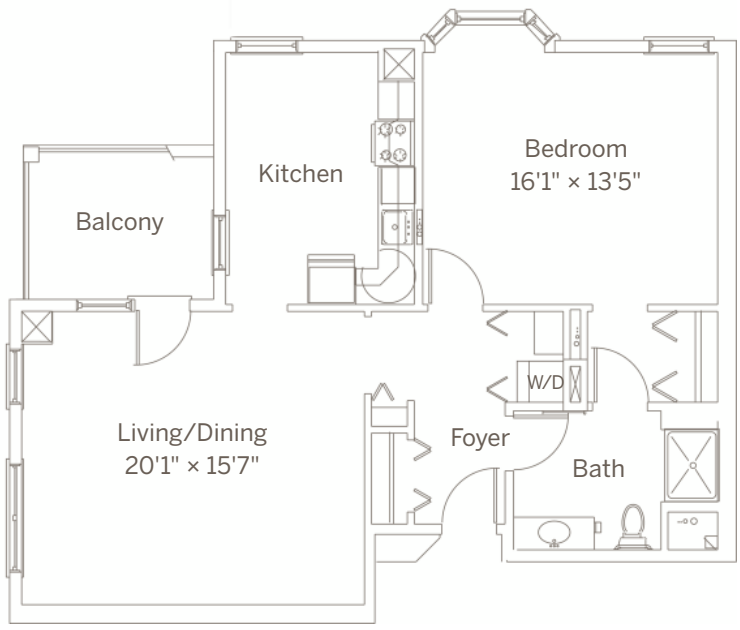
MERRIAM
916–930 square feet



ADAMS
922–944 square feet



BURBANK
1,021 square feet



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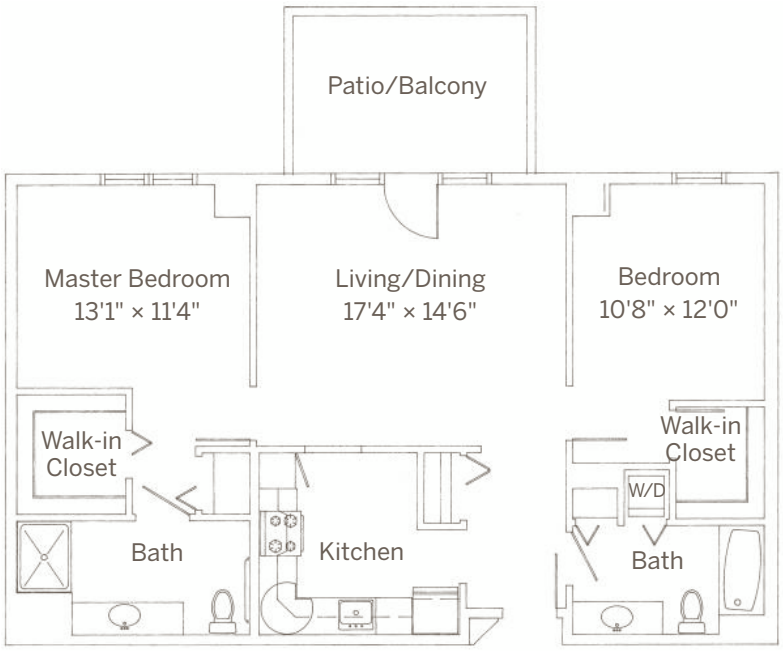
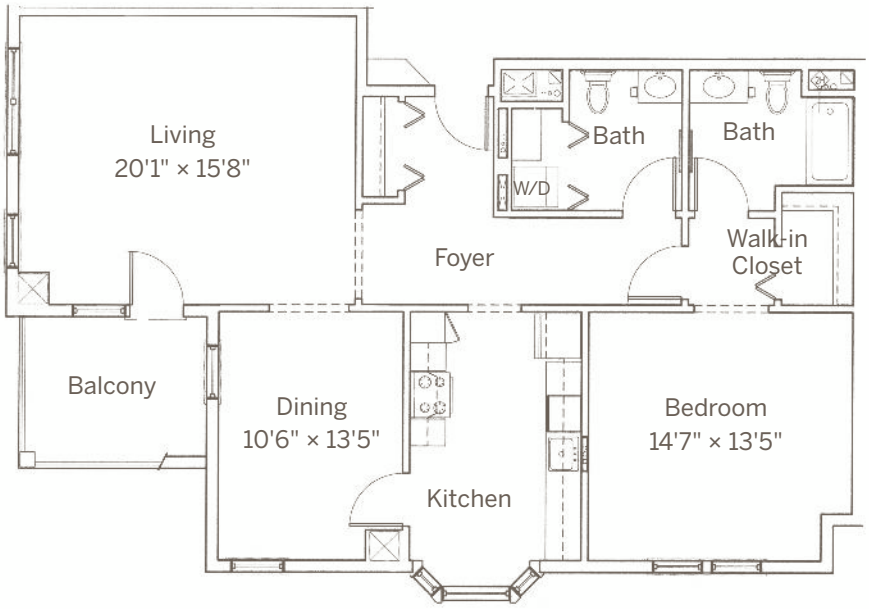
CHANDLER
1,116–1,175 square feet



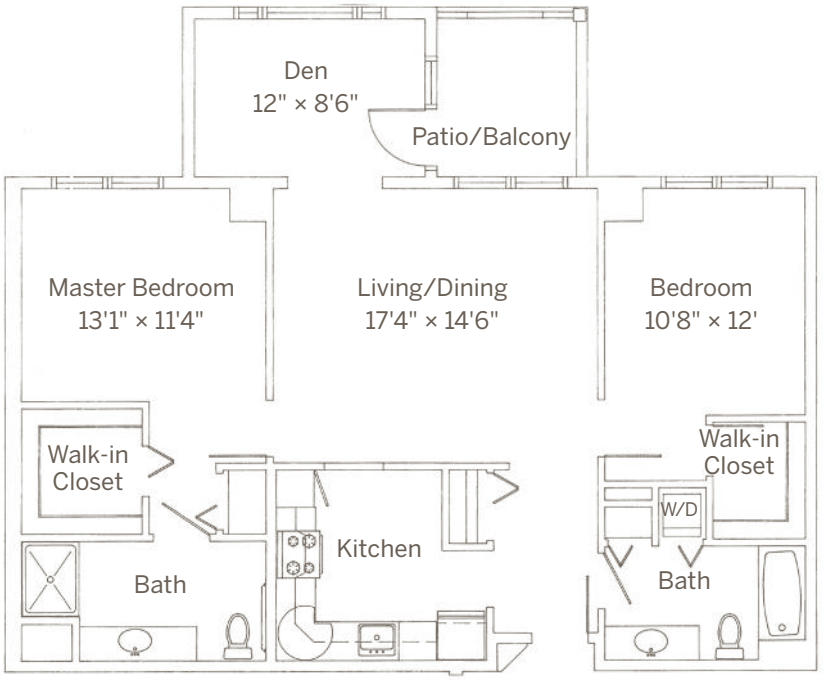
COLTON
1,260 square feet



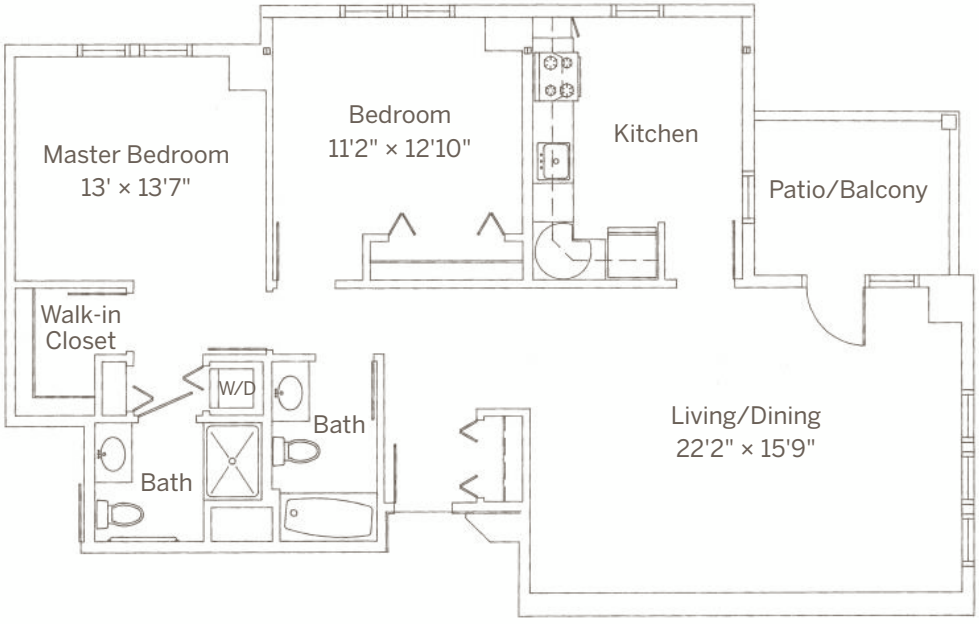
Pricing varies, based on the size of the apartment and whether additional support is needed. Specific fee information for each floor plan is listed in the separate Pricing Summary sheet. There is also detailed information about fees in the Frequently Asked Questions section.

INDEPENDENT LIVING FLOOR PLANS

SIMONDS
1,219–1,221 square feet



WILLIAMS
1,335 square feet



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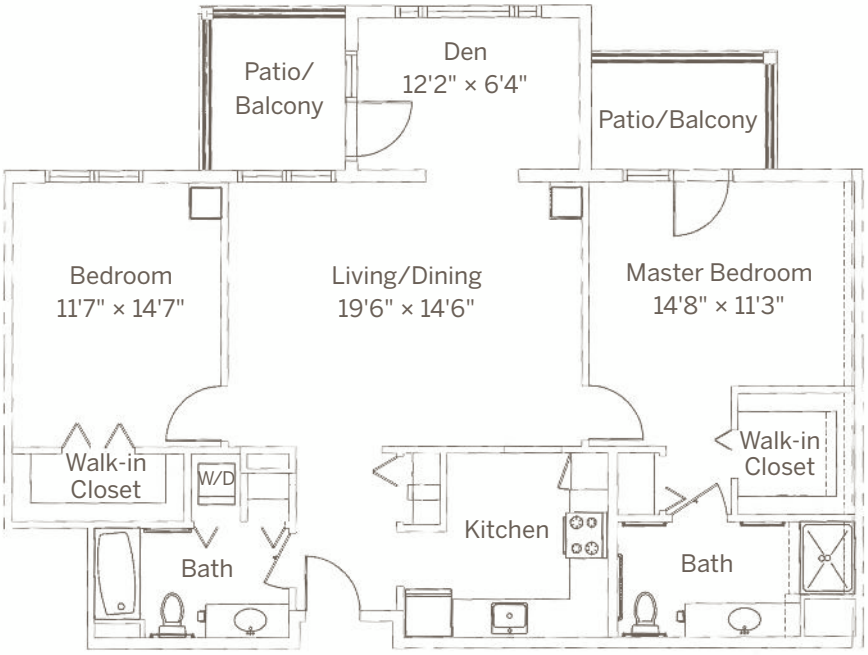
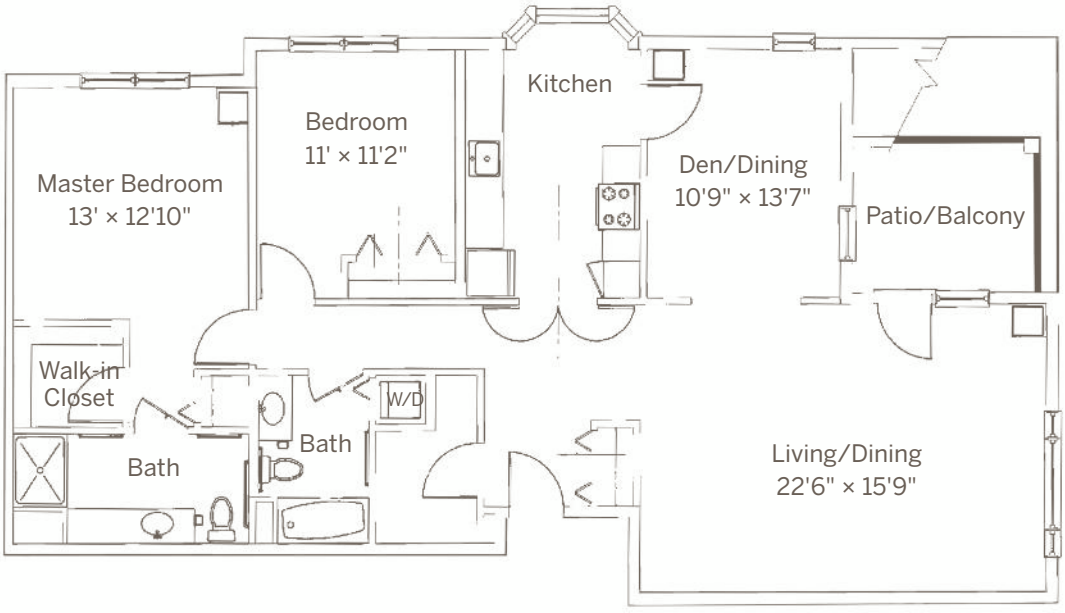
PEASE
1,306–1,430 square feet



STORRS
1,500 square feet



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ASSISTED LIVING APARTMENT AMENITIES

Bathrooms

- ➔ Slip resistant showers with grab bars and built-in bench
- ➔ Positive temperature shower valve with flexible, hand-held showerhead
- ➔ Shadow-proof lighting
- ➔ Heat lamp

General Features

- ➔ Spacious living room with separate bedroom(s)
- ➔ Individual thermostats for heat and air conditioning
- ➔ Thermal pane windows
- ➔ Lever door handles
- ➔ Wall-to-wall carpeting
- ➔ Window treatments
- ➔ Raised electrical, television, and telephone outlets
- ➔ Prewired for cable television
- ➔ Acoustically engineered sound control between residences

Kitchenette

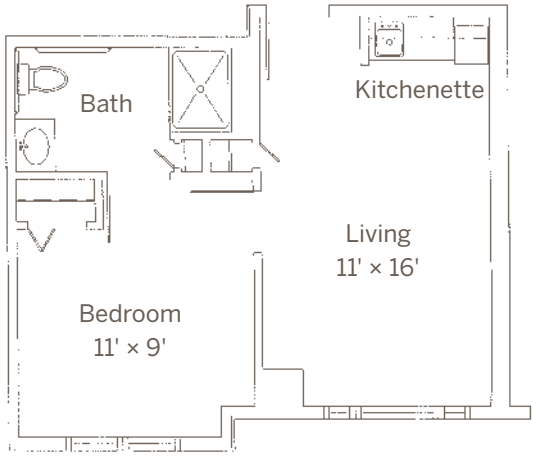
- ➔ Refrigerator
- ➔ Microwave
- ➔ Sink and counter area

Safety and Security

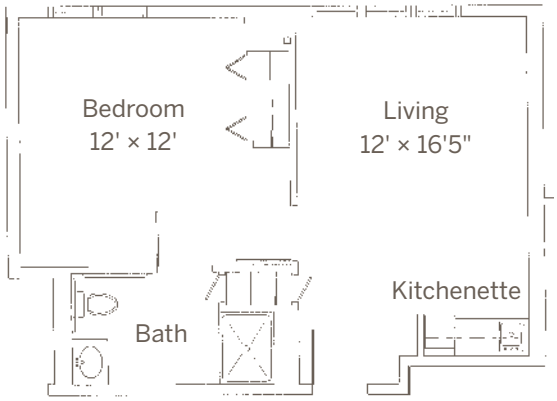
- ➔ Heat and fire sensors
- ➔ Smoke detectors and fire sprinklers
- ➔ 24-hour emergency call system in bath and bedroom(s)

ASSISTED LIVING FLOOR PLANS

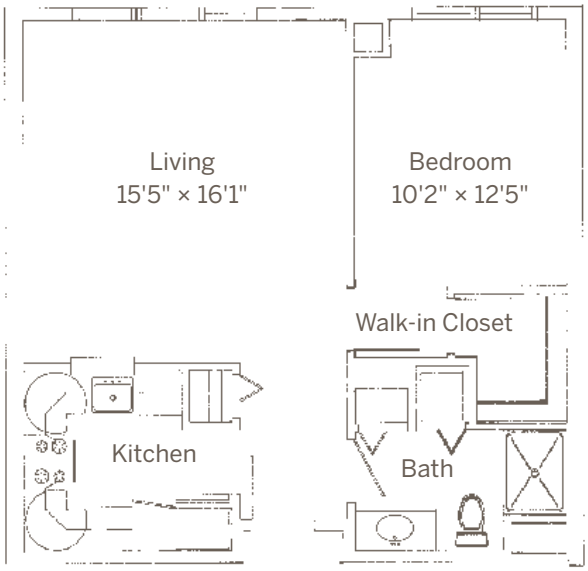
TOPAZ
440 square feet



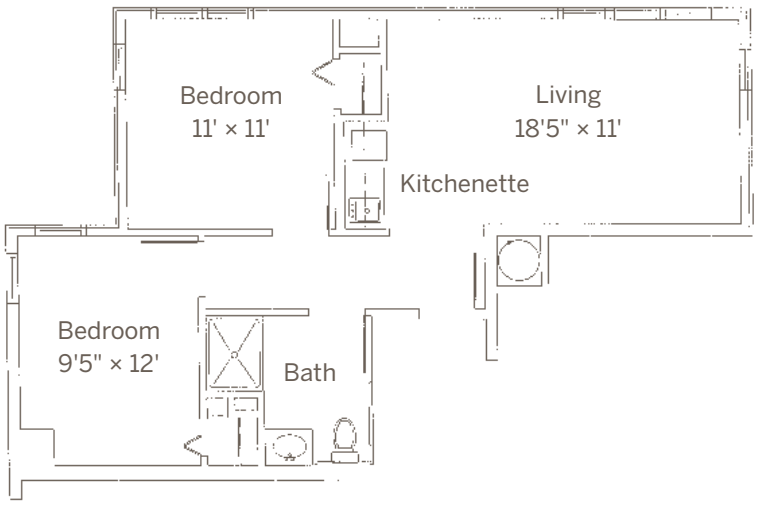
SAPPHIRE
573 square feet



EMERALD
809 square feet



RUBY
650 square feet



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Pricing varies, based on the size of the apartment and whether additional support is needed. Specific fee information for each floor plan is listed in the separate Pricing Summary sheet. There is also detailed information about fees in the Frequently Asked Questions section.

Frequently Asked Questions

GENERAL TOPICS

What types of residential living options does Glenmeadow offer? What is a CCRC? Is that the same as a life plan community?

There are many options for retirement living. One popular option is the continuing care retirement community, or CCRC. Continuing care retirement communities are now referred to as life plan communities, responding to the needs of the aging population with new opportunities for care, plus creative, educational, and personal exploration. This type of community is different from other housing options because it offers housing, services, and nursing in a coordinated continuum of care. You can access services and amenities as you need them, now and in the future.

Glenmeadow is a not-for-profit provider and offers independent and assisted living for those 62 and older at our campus at Tabor Crossing in Longmeadow. The fee structure is based on the apartment style and the level of care required. While the majority of our residents live out their life at Glenmeadow, we also maintain priority admission agreements with area nursing homes and will coordinate the transition to a skilled nursing or rehabilitation facility for residents if needed.

Glenmeadow is one of a small number of communities in Massachusetts accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). We are also certified by the Massachusetts Executive Office of Elder Affairs to operate an assisted living residence.

How do I know which level of support is appropriate?

Glenmeadow has become known for our ability to personalize services to the individual. While we do have criteria for both Independent Living and Assisted Living, we pride ourselves on working with individuals and families to support residents as they age while enjoying the highest possible quality of life and maintaining maximum independence and dignity.

Independent Living offers residents access to all of our services and amenities, with limited nursing and support services included in the monthly fee. Residents receive a meal allowance for use in the dining room, and apartments include full kitchens. A monthly resident calendar is provided listing all of the available social, educational, and wellness offerings. If appropriate, additional assisted living services may be provided to Independent Living residents in their existing apartment and can be arranged through our Director of Resident Services.

Traditional Assisted Living is offered in the Chestnut Knoll wing. A care plan is developed for each individual and support services are included in the monthly fee. Assistance with personal care, nursing supervision, medication management, all meals, and activities are included and are tailored to fulfill the individual's care plan. Licensed nursing and support staff are assigned to each individual each day and are available to provide reminders, escorts to meals, and companionship.

A move to a skilled nursing facility may be appropriate for those individuals in the advanced stages of cognitive impairment, those needing assistance with feeding, transfers that require two people, or those with acute medical conditions. If needed, our Director of Resident Services can work with you to coordinate the transition to a skilled nursing facility.

Why doesn't Glenmeadow have an on-site nursing home?

We have chosen to use the contemporary and financially prudent approach to health services of focusing on healthy independent living, combined with "assistance-in-living" and assisted living services. The decision was based on these factors: demographically, relatively few people ever need skilled nursing care (about 5% of the population over 65); most people prefer to remain in their residences and utilize home care; and assisted living is now covered by insurance carriers as a form of long term care.

What if I do need skilled nursing care?

If you ever need skilled nursing care, Glenmeadow has written agreements with several area skilled nursing centers for priority admission. In this way you are guaranteed skilled nursing care at a facility of your choice without the financial burden of supporting an on-site nursing home when you don't need one.

Are there wellness programs at Glenmeadow?

There is an emphasis on wellness at Glenmeadow. The community offers a variety of group fitness classes, an exercise room with strength training and cardiovascular equipment for personal fitness training, and an indoor pool and Jacuzzi. In addition to teaching group fitness classes, our trainer also schedules one-on-one training in our exercise room. Dining room menus always include heart healthy options, and our dietician is available to help with meal planning for special diets. Educational seminars are held periodically that will inform you of new and emerging health issues. There is no additional charge for any of these programs and services.

What is the Glenmeadow "Assistance-in-Living" program for Independent Living?

Independent Living residents are entitled to 40 visits with our nursing staff each year. Our licensed nursing staff works from their base of operations in the Country Kitchen, located in the Assisted Living wing. If you wake up with the "flu", a call to the Nursing department will bring a health care professional to assess the situation and provide assistance as needed. You can also stop by the Country Kitchen if you would like your blood pressure checked or just have a question. This service is provided at no additional charge.

A complete listing of available Supportive Services can be found on pages 6 and 7 of this guide. Specific fee information for each service is listed in the separate Pricing Summary sheet.

If I'm living in Independent Living, what happens if I need some additional support on a regular basis?

We will review with you the available options, including transferring to the Chestnut Knoll Assisted Living wing, or utilizing Glenmeadow at Home caregiver services in your Independent Living apartment. Support can be provided for as little as fifteen minutes, or up to 24 hours. Call the director of Glenmeadow At Home for more information or to schedule services.

Frequently Asked Questions

MOVING IN

I'm interested in living at Glenmeadow. Are there apartments available? What's the process?

Glenmeadow generally maintains full occupancy in both Independent and Assisted Living. We draw from our waiting list when an opening occurs; therefore we recommend you consider securing placement on either our Independent or Assisted Living waiting list.

How do I get on the waiting list?

If you are interested in an Assisted Living apartment, complete a Confidential Data Form and return it to our Marketing department. Your name will be added to our waiting list. There is no application or wait list fee.

If you are interested in an Independent Living apartment, return a signed Wait List Agreement with a deposit of $3,000. The deposit is held in an interest bearing account at money market rates. When you move in, your deposit, plus the accrued interest, is deducted from your Entrance Fee.

What happens if I decide not to move in; can I get my wait list deposit back?

If you decide not to move in, you will receive a refund of your deposit, plus the accrued interest, less a fee of $500. If the Wait List Agreement is terminated because you are unable to occupy the residence because of death, catastrophic illness, injury, or other incapacity, you (or your estate) shall receive the full amount back, plus the accrued interest.

How does the waiting list work? Do I have to specify a certain apartment?

Although we will ask if you have certain preferences (one bedroom versus two bedroom, first floor versus second floor, etc.), you are not required to specify a specific floor plan unless you want to. When an apartment becomes available, we begin contacting individuals by the date they went on the list. Existing residents of Glenmeadow have priority over individuals from the outside community for available apartments.

If you are contacted and choose not to take the apartment, your name will stay at the same place on the list. You can defer your interest in moving in as long as you want. If you decide to take the apartment, and are a candidate for Independent Living, you will be asked to sign a Reservation Agreement and commit to a move in date within 90 days. If you are a candidate for Assisted Living, we will schedule a date for an assessment with our Nursing department and Director of Resident Services. A move in date will be scheduled at that time, but is generally within two weeks of acceptance.

Do you need to be approved or accepted to become a resident?

Glenmeadow's criteria for admission to the Independent and Assisted Living apartments are based on age, health, and financial ability to pay for services.

For both Independent and Assisted Living, a prospective resident, or their spouse, must be at least 62 years of age, and be able to demonstrate the ability to pay the required Entrance Fee (for Independent Living only), as well as ongoing Monthly Fees. Other criteria vary as follows:

Independent Living
Residents must demonstrate an ability to live independently, or provide such necessary support services, to live safely in their own apartment. Prospective residents must complete and return an application and medical form prior to final acceptance for tenancy.

Assisted Living
Glenmeadow assesses each resident's ability to perform activities of daily living, along with their physical and mental status. These competencies are considered when making resident placement decisions at the time of occupancy and throughout the period of residency. In compliance with Massachusetts regulations, Glenmeadow cannot admit persons to Assisted Living who have acute medical conditions, unmanageable incontinence, advanced stages of cognitive impairments or behavioral problems that present a danger to the resident or others, are in need of skilled nursing care, or require ongoing two person transfer. Prospective residents must complete and return an application and medical form, prior to a scheduled assessment, which will be conducted by our Nursing department and Director of Resident Services. A decision regarding final acceptance will be made following the assessment.

Can I bring my dog?
Well-behaved dogs and cats are welcome in apartments, however, certain policies apply.

What special amenities will I find at Glenmeadow?
Glenmeadow includes a variety of amenities that were specifically requested by the residents who live here—both in the original building design and through additions and enhancements over the years. Some of our more popular amenities include an indoor swimming pool and Jacuzzi, covered parking, and a theater with comfortable seating. Our Living Room is centrally located and includes a fireplace, television, and game tables. We also have lounge areas throughout the building, which can be reserved for card games, cocktail receptions, or family gatherings. Our Library includes a variety of hard and soft cover books, as well as the daily newspaper. Other amenities include a convenience store, gardening areas, and hair salon.

Frequently Asked Questions

FEES

How does the pricing vary between Independent Living and Assisted Living?

Assisted Living apartments are rented on a month-to-month basis, with no up-front application, entrance, or community fee. You will pay a security deposit equal to one month's rent prior to occupancy. Independent Living apartments are secured by paying a one-time refundable entrance fee at the time of occupancy and then a monthly service fee going forward.

What is an entrance fee?

One of the most popular methods of financing independent retirement living is with a refundable entrance fee. (There is no entrance fee for Assisted Living.) Entrance fees are based on the size of the apartment and, to some extent, its location. There is no second person entrance fee at Glenmeadow. You can choose from two types of entrance fees: the 90% Refundable Plan or the Declining Refund Plan.

90% Refundable Plan

The amount you pay is reduced by one percent each month for the first ten months of residency. If you leave Glenmeadow, transfer to Assisted Living, or pass away after the first ten months of residency, you (or your estate) will receive 90% of your entrance fee back. If you leave during the first ten months, you will receive an amount equal to the total paid, less one percent for each month of occupancy. For example, if you leave after five months, you will receive 95% of your entrance fee back.

Declining Refund Plan

The amount you pay is reduced by one percent each month of residency for 100 months. For example, if you leave after five months, you will receive 95% of your entrance fee back. If you transfer to Assisted Living after 50 months of residency, you will receive 50% of the entrance fee back. If you pass away after 100 months of residency, there will be no refund to your estate.

What is included in the monthly fee?

We try to be inclusive with our pricing and not surprise you with extra charges. We are known for the extraordinary level of service we provide as a matter of routine. Services such as cleaning snow off your car, carrying a heavy package to your apartment, or helping to coordinate rehab services after hip replacement surgery are examples of the basic service we provide to every resident who lives here. In the rare instance where a fee is to be charged, we will give you your options up front, so you can make the decision that's best for you.

The monthly fee for Independent Living covers the meal program, weekly housekeeping, yearly heavy cleaning, maintenance of your apartment and common areas, cable television, wireless Internet access, scheduled transportation, 24-hour security, all utilities except telephone, the assistance-in-living program, and a full schedule of recreational and social activities. The monthly fee for Assisted Living includes all of the above, plus up to one hour a day of personal care assistance, weekly personal laundry service, and medication management. A complete listing of what your monthly fee covers can be found on pages 4–7 of this guide.

A second person monthly fee is charged when two people are living in the same apartment.

What does the second person fee cover?

For Independent Living, the second person fee covers the additional cost of meals, utilities, housekeeping service, and assistance-in-living services. For Assisted Living, it covers all of the above, plus up to one hour a day of personal care assistance, weekly personal laundry service, and medication management.

How many meals are included?

The meal program for Assisted Living residents features three generous meals each day, including a variety of menu choices.

Independent Living residents receive a $400 meal allowance in their monthly fee, which may be used for meals in the dining room or café (for you or your guest), carry out, or catering services. For those who travel, we issue a credit if you are away two weeks or longer.

A continental breakfast is offered each morning in the café. This is complimentary and is not debited against your meal allowance.

Will the monthly fees ever be increased?

From time to time, usually annually, the cost of delivering services will be reviewed and adjustments made. An increase in fees generally goes into effect every January 1.

Is parking available?

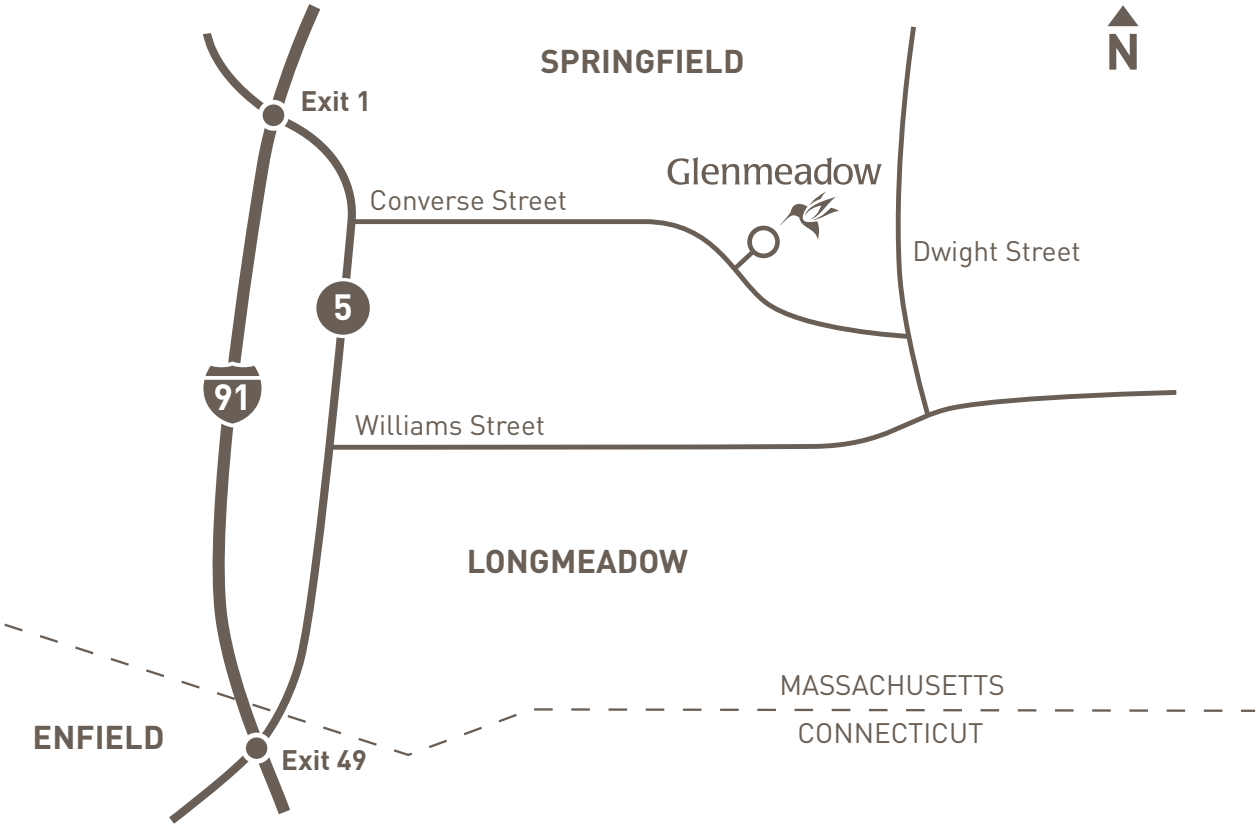
There are both covered and surface parking spaces available. There is no charge for reserved surface parking. There is a one-time $9,500 fee for a reserved covered parking space, which is 100% refundable when you release the space. Winter rentals are available in the covered garage for a monthly fee of $75. Guest parking is also available at no charge.

Cost of Living Comparison Worksheet

MONTHLY EXPENSES	YOUR CURRENT COSTS	COSTS @ GLENMEADOW
Mortgage or Rent, Fees, etc.		
Telephone		
Meals		Included [1]
Utilities—water, electricity, gas, oil, trash removal		Included
Property Taxes		Included
Property Insurance		Included [2]
Transportation		Included
Weekly Housekeeping		Included
Laundry Service		Included [3]
Cable TV		Included
Health Club Membership—pool, exercise equipment, trainer		Included
24-Hour Nurse and Emergency Care		Included
One Hour of Personal Assistance Daily		Included [4]
Medication Management		Included [4]
Wireless Internet Access		Included
Normal Home Repair—general upkeep and equipment maintenance, handyman services		Included
Periodic Home Repair—exterior siding/brick maintenance, window replacement, heating and air conditioning, roof replacement, etc.		Included
Seasonal Maintenance—snow removal, lawn care, etc.		Included
Activities and Social Events		Included [5]
TOTAL MONTHLY COST		

1 Independent residents receive a $400 per person meal credit; Assisted Living residents receive three meals per day. **2** Renter's insurance is needed for personal belongings, but is considerably less than homeowner's insurance. **3** Assisted Living residents receive personal laundry services at no charge; Independent residents receive weekly linen service at no charge and may obtain additional services for a fee. **4** Assisted Living residents receive one hour of personal care daily and medication management; Independent residents receive 40 nursing visits per year and may obtain additional services for a fee. **5** Additional fees for some external events (Symphony tickets, etc.)

Directions



FROM THE NORTH:
Take I–91 South to Exit 1, Longmeadow, Route 5 South. Stay on Route 5 to third traffic light and turn left onto Converse Street. Glenmeadow is 1.9 miles down on the left. The first entrance is Knoll Road. Use the second entrance and follow signs to Visitor Parking. Enter through the main entrance off the circular drive.

FROM THE SOUTH:
Take I–91 North to Exit 49, Longmeadow, Route 5 North. Turn right at the end of the exit ramp and proceed 3.2 miles on Route 5. Turn right onto Converse Street. Glenmeadow is 1.9 miles down on the left. The first entrance is Knoll Road. Use the second entrance and follow signs to Visitor Parking. Enter through the main entrance off the circular drive.

FROM THE EAST:
Take Mass Pike (I–90) to Exit 6, Springfield, Route I–291. Take a left at the lights. Take Exit 2A, Route I–91 South. Take I–91 South to Exit 1, Longmeadow, Route 5 South. Stay on Route 5 to third traffic light and turn left onto Converse Street. Glenmeadow is 1.9 miles down on the left. The first entrance is Knoll Road. Use the second entrance and follow signs to Visitor Parking. Enter through the main entrance off the circular drive.

FROM THE WEST:
Take Mass Pike (I–90) to Exit 4, I–91 South. Take I–91 South to Exit 1, Longmeadow, Route 5 South. Stay on Route 5 to third traffic light and turn left onto Converse Street. Glenmeadow is 1.9 miles down on the left. The first entrance is Knoll Road. Use the second entrance and follow signs to Visitor Parking. Enter through the main entrance off the circular drive.

Glenmeadow

24 Tabor Crossing, Longmeadow, MA 01106 *glenmeadow.org*
TOLL-FREE 800.633.6313 • TEL 413.567.7800 • FAX 413.567.7945

Our Mission

Glenmeadow is dedicated to providing premier services for older adults; nurturing mind, body, and spirit of those we serve and employ.

Our Values: Caring, Compassion, Integrity, Quality, Stewardship

Our Vision: Glenmeadow will continue to be a primary resource for older adults, providing premier housing and services with a commitment to the highest levels of quality care. We will enhance lives by offering diverse and meaningful opportunities in response to the changing needs of seniors in Greater Springfield.