FALL EDITION | 2020

Live Park Springs

Offering a Lifestyle that Keeps You Young

Our Community Life is Active & Well

Our campus is home to hundreds of happy residents with a myriad of activities both indoors and out. As the campus reopens, we are working hard to make sure Park Springs remains a safe and active haven for our Members.

Our beautiful grounds and gardens provide endless choices for an active lifestyle. Members can take advantage of the newly reopened pool and fitness center with a swim or a workout to clear the mind and calm the spirit. Exercise enthusiasts can rest assured that both facilities are being carefully cleaned and monitored for proper distancing and safety.

And of course, one popular option is always a brisk walk on one of the beautiful, winding paths throughout our 61-acre tranquil park-like setting. When they're ready for something more challenging, Members can head to Stone Mountain Park through our private access gate for a walk up the mountain or around the trails.

Across the campus you'll see others keeping their body and mind sharp with outdoor exercise classes like yoga and tai chi, as well as other preventative wellness events that are being enjoyed these days in the fresh air. Members are also utilizing the property's beautiful gazebos and outdoor patios to organize their own fun, small group activities and gatherings.

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A Vibrant Lifestyle & Healthy Aging go Hand in Hand

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A Full Continuum

- ☑ Independent Living
- ☑ Assisted Living
- ☑ Memory Care
- ☑ Skilled Nursing
- ☑ Rehabilitation
- ☑ Adult Day Program
- ☑ Respite Care

See Page 9 For a Full Breakdown of All Park Springs Offers

PARK SPRINGS®
A Life Plan Community

An Isakson Living Community
Independent Living | Assisted Living
Memory Care | Skilled Nursing

678-684-3300 | ParkSprings.com
500 Springhouse Circle | Stone Mountain, GA 30087

A Lifestyle of Health and Wellness

Eat Well with Healthy Choices

Everyone loves relaxing with friends while enjoying one of our chef prepared meals. Because great food is one of the hallmarks of the Park Springs experience, we've taken great care to increase the quality and consistency of our restaurant experiences even while we maintain high safety standards. Since re-opening, the dining options have been increased from three weekly offerings to six, including a fresh catch-of-the-day, special Sunday meals, and delicious made-to-order omelets. The Main Dining Room, the Harvest Dining Room, The Springhouse Grill, and the Park Springs Pub are all open and filled with bustling activity and laughter.

Since travel is limited, we are offering a host of virtual travel events as well as worship services, live broadcasts, and more entertainment options that Members can enjoy from the comfort and safety of their own homes. Others are staying active and fit with exercise classes offered remotely through Zoom.

Over at the Villas, some of our Members have gotten creative with new ways to stay connected. Throughout the campus, you can hear them belting out classic tunes as they join in group sing-alongs from their balconies. You might find other Members playing cards, board games, or doing puzzles together in the lobby, all at a safe distance. Even bridge is back with specially-coated plastic cards that are cleaned and sanitized after each round.

Members have also been delighted with our recent special themed events nights like dine in movies with picnic boxes. If there's one thing for sure, there's never a dull moment at Park Springs, and even a pandemic can't stop us from offering our Members all the best experiences to keep them in good spirits and great health. Every day is a gift, and we don't let any of them go to waste at Park Springs.

A Placed Called Home

Our three maintenance free home options include homes, cottages, and condominium-style villa living.

Our Golf View Homes are designed with a traditional neighborhood feel with ample living space. From airy interiors to golf and lake views, our single-family residences make Members feel right at home. Our Mountain View Cottages have no shortage of charm. With 2-3 bedrooms, a sunroom or screened porch, and a spacious deck, these cottages are perfect for those looking for a little more space. Members who choose the Villa life, enjoy resort style amenities with the convenience of condominium-style floorplans with a variety of views.

61-acre campus

Single-family neighborhood

Join the gardening club

Schedule An On-Site Visit or Virtual Tour

Visit us at ParkSprings.com or call 678-684-3300 today to learn more

Healthy Aging
at Park Springs

Make the Most of Your Wellness Journey

Healthy aging and a vibrant lifestyle go hand in hand. Our Park Springs community is built around your wellness journey. We celebrate Healthy Aging every month and want to share a few things the team does to help Members have a lifestyle promoting longevity.

1 We offer an on-site Wellness Clinic led by a full-time physician who will get to know your needs and offer recommendations that are about long-term solutions, not just solving short-term problems.

2 Our dining venues provide several healthy options for our Members. Diet plays a huge role in healthy aging, and that's why we have a dining venue dedicated to the well-known Mediterranean diet. Full of foods that are rich in antioxidants that decrease inflammation, the Mediterranean diet is linked to physical and cognitive longevity. ***It's delicious!***

3 We have an abundance of amenities, fitness programs, clubs, and social groups. These promote socialization, a key concept in preventing depression, decreasing anxiety, and maintaining positive sense of worth. ***You'll feel great.***

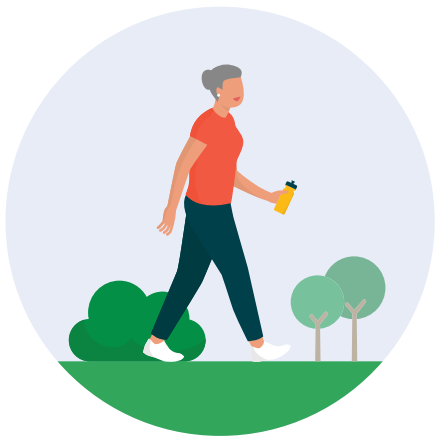
4 Since Park Springs is a Life Plan Community, we have the full continuum of aging care services, so our Members can enjoy the same friends and lifestyle no matter where they are in their wellness journey, and couples can easily stay together despite having different health needs. ***It's community.***

5 All of our Health Services programs practice the Household Model of Care. This model is important for several reasons: it gives Members who need daily assistance a valuable sense of autonomy, helps prevent disengagement and lethargic behavior, and ultimately creates important relationships that allow loved ones to feel comfortable and truly at home.

6 Our industry-leading Memory Care program is shown to improve the quality of life for those living with dementia and other forms of memory loss. While health can often decline for those with cognitive impairment, our Memory Care Members continue to experience good health and a fulfilling lifestyle.

7 Assisted Living has three levels of care that have been developed to meet specific, individualized needs. Our Members are in their own unique wellness journey, and through the Park Springs approach to Assisted Living, they enjoy the longevity that comes with specialty care. Our three areas of focus are mild assistance needs, memory retention programs to prevent cognitive decline, and more advanced physical assistance. ***Caring for you.***

3 Tips for Healthy Aging



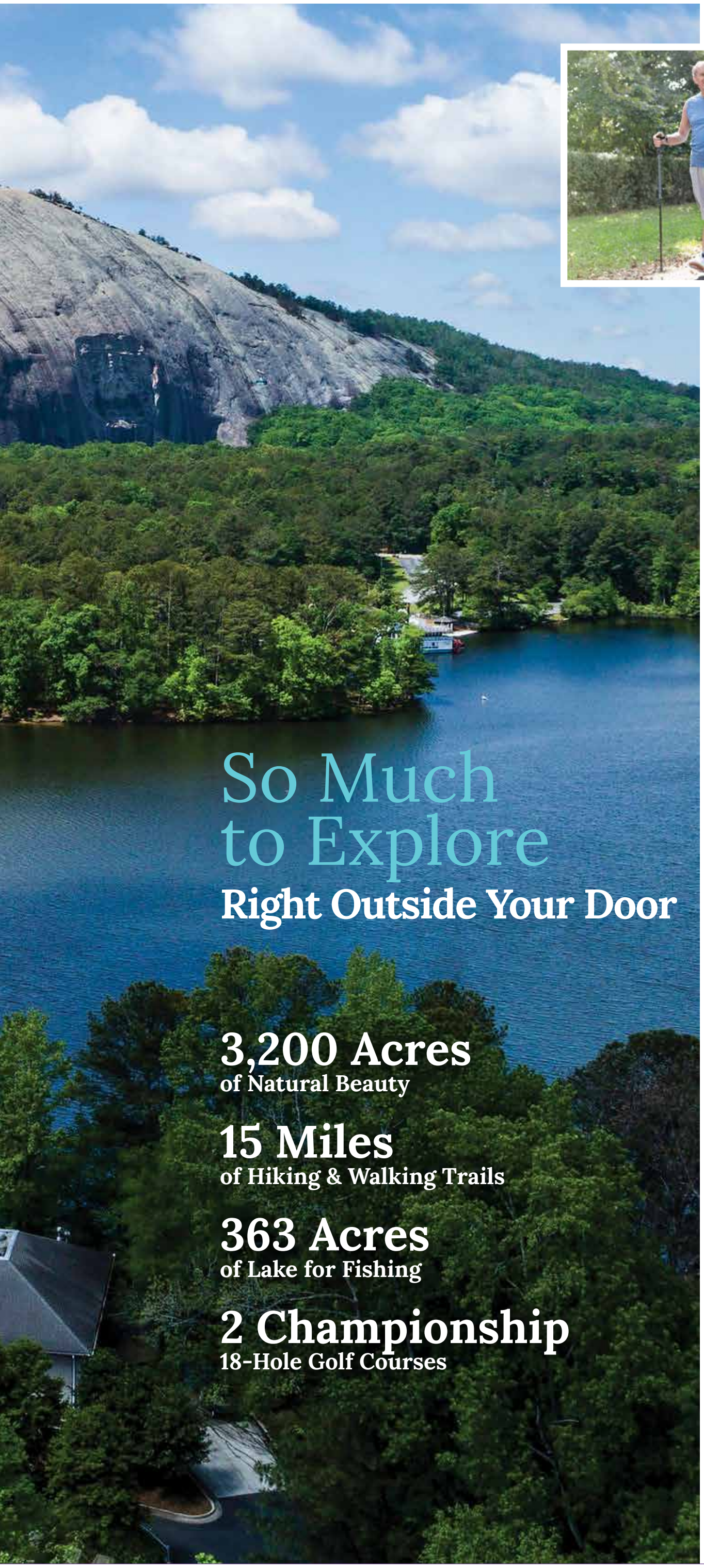
Exercise Regularly

Stay Connected

Maintain Your Brain

Stone Mountain Park

Stone Mountain Clubhouse.
Private Memberships Available.



Morning work-out on miles of walking paths

Park Springs Members enjoy private access to neighboring Stone Mountain Park with two award-winning golf courses. Just a quick golf cart ride away, getting in a round of golf or an afternoon walk is easy.

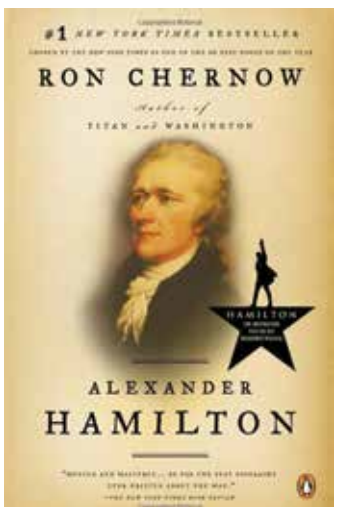
The golf club is working to ensure a safe environment for avid golfers to enjoy the greens. In a message to Park Springs Members, the General Manager of Golf said, "We are doing everything we can to keep Park Springs Members, our team, and our other guests safe during these times. This includes wearing masks, limiting person to person contact, and sanitizing all common areas regularly. Offering a safe place to exercise and enjoy our Georgia summer is our top priority. We look forward to serving you all!"

> *"It certainly bodes well to have a driving range and two golf courses in walking distance of the cottage."*
>
> Dan, Park Springs Member

Every hole on the two courses is unique and offers its own set of challenges and tricks. It's hard to pin down a favorite, but the pros at Stone Mountain Golf Club offer insights that can help make the difference between hitting par or being the leading scorer. For example, on Hole 3 of the Stonemont Course, they say, "This par 5 is vintage Robert Trent Jones Sr. It's downhill and doglegs left and has a left-to-right sloping fairway. Big hitters can cut the corner and get home in two but beware as the green slopes sharply from left-to-right and front-to-back on the front half." Or if you ask about hole 15 of the Lakemont Course, they'll tell you a golf tip, "On this short par 4, play your drive down the right side - the slope of the fairway will kick shots left. Approach shots to this large, undulating green must be played at the correct distance as there are many tough pin placements."

More than just golf, there are seasonal attractions and 3,200 acres of natural beauty with a 363-acre lake.

Over 50 Clubs and Activities



Pulitzer Prize-winning author Ron Chernow presents a landmark biography of Alexander Hamilton, the Founding Father who galvanized, inspired, scandalized, and shaped the newborn nation.

Our Members' Favorite Things

Books
Alexander Hamilton
by Ron Chernow

Group Discussions
What is the Best Lesson You've Learned?

Happy Hour Cart
Snacks, drinks and activity packets, oh my!

Gardening
To attract Monarch Butterflies, plant milkweed and other pollinator plants.

Brain HQ – fitness for the brain

Fostering a *Spirit of Connection* to Help Members Thrive

As the pandemic wears on, isolation and boredom has become a problem for everyone, but we know that it can be especially challenging for our members and their families. That's why we have stepped up with creative solutions to help members connect and thrive mentally, physically, and emotionally, while staying safe and carefully observing the CDC guidelines for COVID-19.

Emily Strickland, Health Services Lifestyle Services Supervisor, reports, "We have been working very hard to create an activity program at Cobblestone that is safe, meaningful, and fulfilling. We have become very creative on how to get everyone involved and engaged. Weekly discussion groups, trivia, hallway bingo, gardening, and a happy hour cart are just a few of the new favorites." Activities have been adapted to small socially distanced groups, door-to-door, in the hallways, and independent activities that members can do in their rooms.

Small group discussions have been very popular as members connect and learn about one another through topics such as, "The Best Lesson You've Ever Learned," "The First Time You Experienced Independence," and "What's Your Favorite Book?"

Gardening is another healthy outlet. Members have enjoyed filling the Cobblestone containers with tomato plants, basil, and herbs along with milkweed and other pollinator plants to attract Monarch Butterflies and bees. Now they want to plant more! So, they have cleaned out the overgrown planters and pots on the deck off the Farm Household. Some of the edible items will be harvested for the kitchen so our chefs can keep everyone supplied with fresh, healthy snacks.

> *Happy Hour every Friday brings out the best in everyone.*

For Friday Happy Hours, we fill the halls with a themed activity cart to pass out snacks, drinks, and activity packets door-to-door. Each week brings a different theme with lively music and costumed staff dancing down the halls. Packets include various activities such as crossword puzzles, adult coloring pages, brain teasers, and other mind-strengthening exercises. Plans for a Virtual Cruise Week and a Luau-Party-in-a-Box are also underway.

With a little ingenuity, we have discovered creative ways to help members thrive and keep the Park Springs spirit of connection going strong.

#ParkSpringsStrong!

We Believe in Upsizing Your Time

Imagine more time to enjoy indoor and outdoor activities. We believe "down-sizing" your home is "upsizing" your time. At Park Springs you'll find a variety of maintenance-free homes, cottages, and villas.

Choose from over 30 floorplans ranging from one to three bedrooms and enjoy full equipped kitchens, thoughtful interiors, and 24-hour security. We believe that moving to our community is really smart-sizing.

Smart Sized Homes

- ✓ Maintenance-Free Villas, Cottages, and Homes.
- ✓ Main Floor Master Bedroom
- ✓ Friendly Neighbors
- ✓ Array of Amenities
- ✓ Pet Friendly
- ✓ Healthcare Services

It's our priority and pleasure to help you select the home that matches your lifestyle and needs.

Homes

Our Golf View Homes are classically designed with the look and feel of a historic neighborhood. Bordered by Stone Mountain Park's golf courses, Members enjoy beautiful golf and lake views.

Cottages

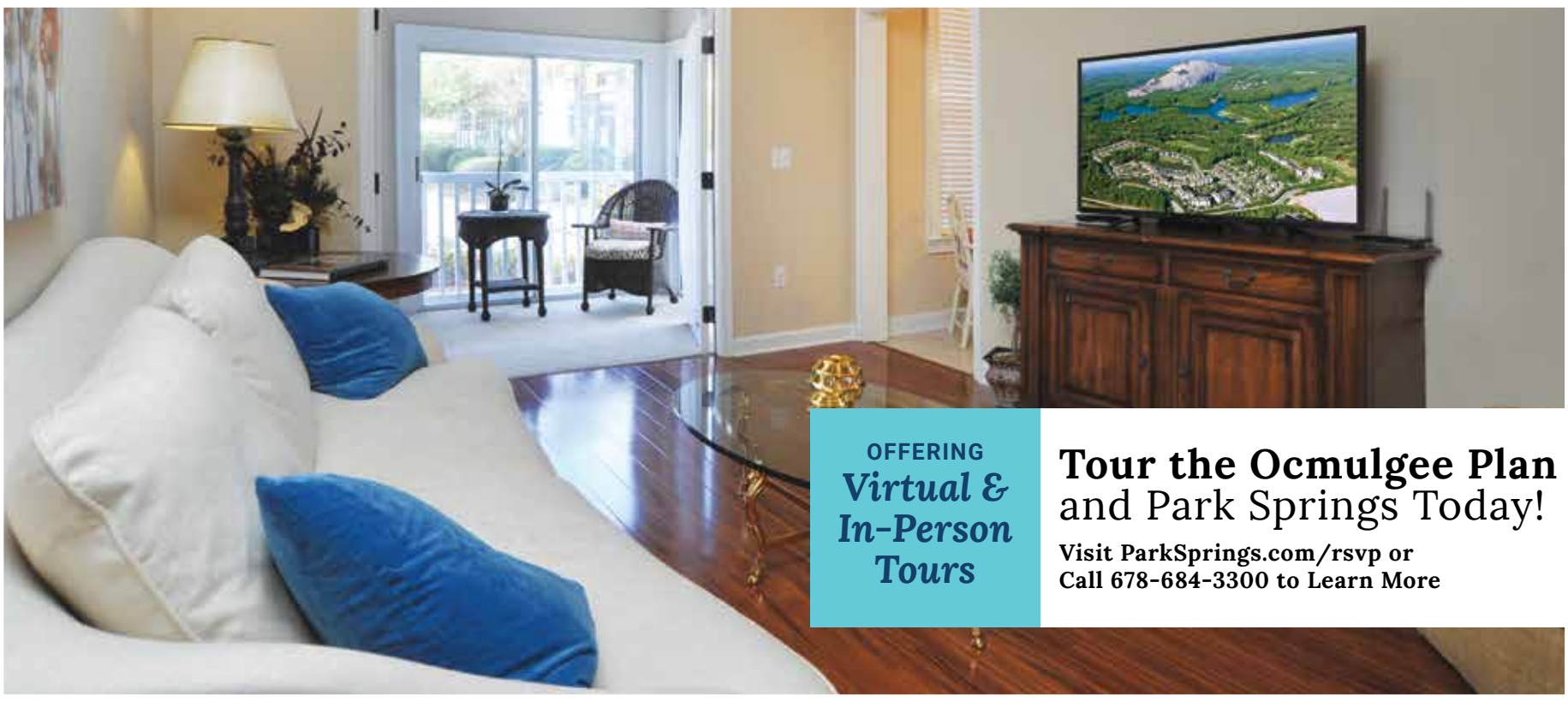
Mountain View Cottages offer beautiful views of Stone Mountain and loads of charm. From two to three bedrooms, the cottages offer just the right amount of space for Members..

Villas

The Villas at Park Springs offer condominium-style living with resort-style amenities. Each villa offers scenic views of Stone Mountain and green space, convenience, and unique features.

Every Villa Community is unique.

Jim & Dianne Z. enjoy evening cocktails on their Cottage porch.

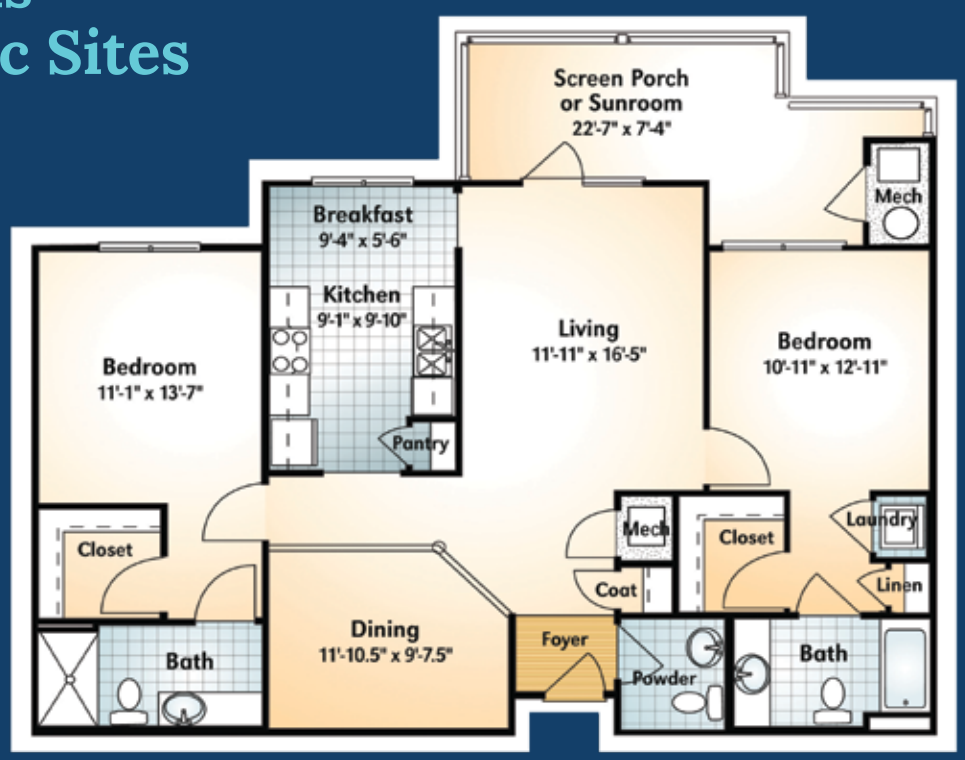


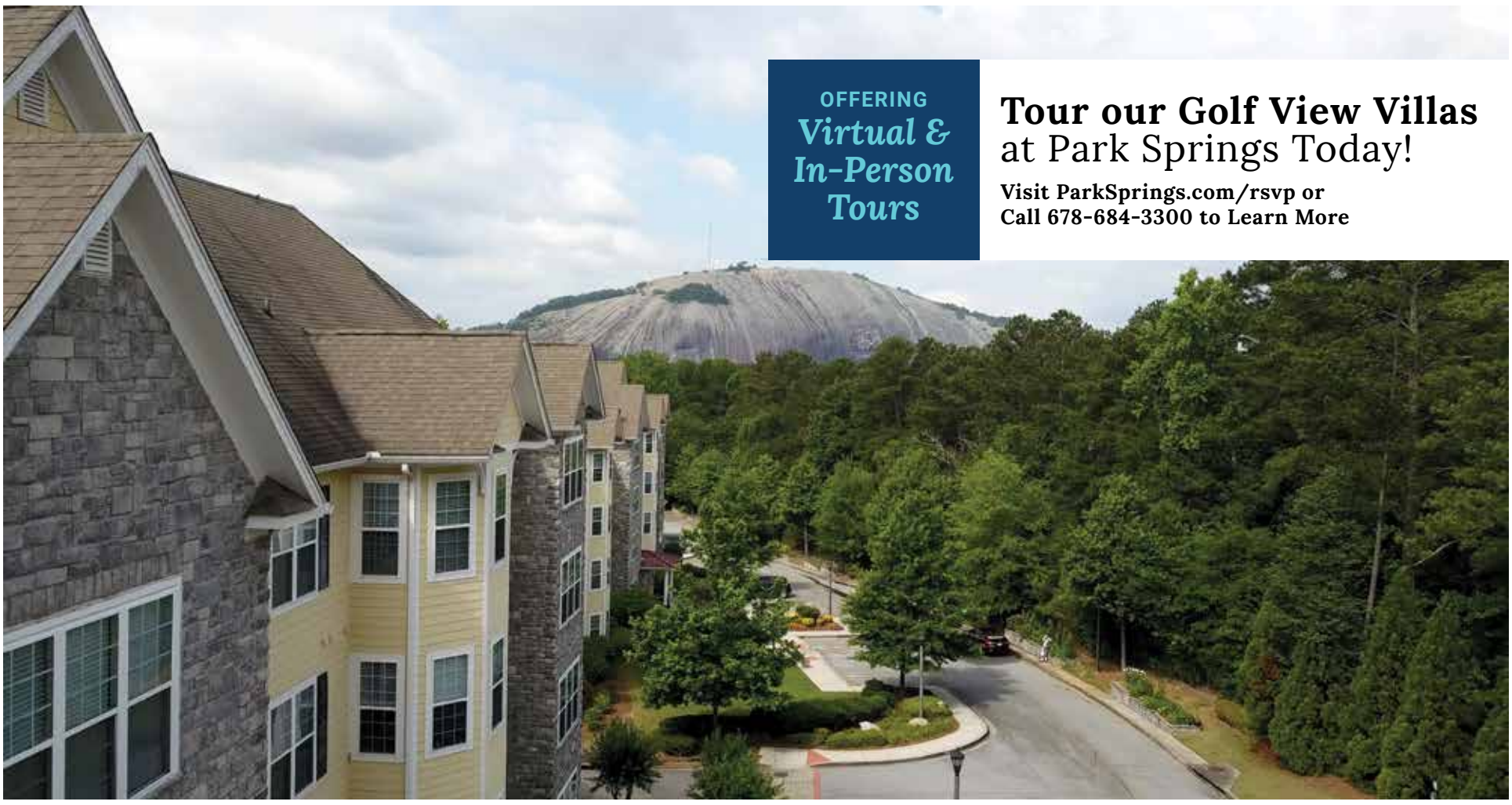
Spacious & Versatile Floorplans with a Name Honoring Historic Sites

The Ocmulgee Design is one of our popular Park View maintenance-free villas. Enjoy a home filled with great finishes, a thoughtful floorplan, and the right amount of space.

This plan offers flexible spaces for living and dining and a spacious master bedroom and second bedroom that can be used for guests or as a den, art room or hobby area. Ocmulgee units' location in our Park View Villas offer scenic views of our campus' park like setting. Enjoy making your next travel plans as you enjoy the screened porch or sunroom, or just soak up the sun as you enjoy the surroundings. At 1,260 square feet, this Villa will feel like the perfect fit.

***Learn more* about the history of Ocmulgee Mounds at www.nps.gov/ocmu**





Why We Chose Park Springs.

As a son of the low country, Ross Lenhart loved growing up on the ocean near Pauley's Island South Carolina. But it was a piece of his heart that drew him to move away.

"My son lives in the intown Atlanta area and I wanted to be closer to him and his family so we began to look at options in this area," says Ross.

Park Springs quickly made it to the top of his short list due to the prime Stone Mountain location and the convenient, maintenance-free lifestyle and the delicious full-service meal options. But what really impressed Ross and his wife, Kathy, were the people: "Our community is made up of the most interesting people including Emory retirees and professionals from all walks of life."

Ross and Kathy moved to Park Springs in March 2020, just as the pandemic was growing. He was hospitalized for 10 days. But Park Springs helped him achieve a smooth transition. "There was a caregiver that checked on me every two days," says Ross. "And because I was in the hospital, Joey Adams, Move-In Manager, went to our new home to oversee our move and told the movers exactly where everything should go."

Ross and Kathy were also pleased with the way the pandemic was handled. He says, "I was so impressed that the staff lived here during lockdown! That is some kind of dedication but that is the type of people that they have working here."

At home, the Lenharts enjoy the peace and quiet of their lovely first-floor villa that overlooks the rolling green hill of the golf course. "We have a beautiful patio and no elevator to deal with. says Ross. "And our upstairs neighbor is quite delightful."

> *"There is always a doctor on call at the health center. It is staffed with first-class physicians. I have never seen a doctor so interested and prepared for my visit. He had completely reviewed my history and it felt like he really cared about me as a person. I am very confident in this care."*
>
> Ross, Park Springs Member

Another thing that they love is the ability to customize their home, which started prior to their move. He says, "Before we moved in, Joey Adams came to visit us in Pawley's Island and spent a whole day working with us on plans for how to design our space and arrange our furniture. We were able to move just what we needed, and it all fits perfectly. And I'm a book person so I have many books. I really wanted to have built-in bookcases. So, Joey arranged to have custom bookcases made for our villa."

Most of all, Ross appreciates the level of service and sense of community that the Park Springs fosters at every turn. "

"Suzanne Baker, our Residency Counselor, didn't just leave us at the sale. She has continued our relationship and we feel very cared for on a personal level."

Park Springs Amenities

- **Private access to Stone Mountain Park with 2 championship golf courses** - where you can hit the links
- **6 dining venues** - where every meal is a culinary experience among friends
- **61-acres of green space and walking paths** - for a lifestyle of fitness and fresh air
- **50+ clubs and activities** - to pursue a new adventure with new friends
- **Wellness Clinic with full time Geriatrician** - where you know care is always nearby
- **A lifetime continuum of care** - your secret to a worry-free future

Meet the Park Springs Staff

Head over to our blog to learn more about some of the amazing staff members at Parks Springs. We might come from different backgrounds, but we are united in our mission to serve our members.

ParkSprings.com/blog

Daily outdoor-time is part of Pebblebrook's Memory Care routine.

Defining the Right Care for Your Wellness Journey

We are Atlanta's premier Life Plan Community. Being a true Life Plan Community takes out the guess work for loved ones deciding on the immediate nature of care for family members. We take pride and make it our priority to be a guide for our Members and their families as they make important decisions.

Lots of daily activities in our memory care.

Assisted Living

Assisted Living at Park Springs is just like home, with a little help. Often times older adults need help with daily activities, and can be slowed by these challenges, and our Assisted Living provides this specialized help. That's why we designed Park Springs Assisted Living with three personalized households with focuses on memory retention, physical ability, and as-needed assistance, all to meet your unique needs.

Memory Care

As we age our chances of experiencing some level of cognitive decline, memory loss, or dementia increases. Park Springs offers industry leading Memory Care for older adults facing these challenges in cognitive ability. Those with cognitive impairment deserve specialized care that meets them in their journey, and Park Springs Memory Care does that and more.

Skilled Nursing

Park Springs provides both long-term and short-term skilled nursing. Your loved one can receive Medicare-Certified care that is overseen by our full-time physician and nurse practitioner. Whether you're recovering from a hospital stay, or have a more long-term need, our compassionate staff are here for you.

Rehabilitation

Our services include onsite physical, occupational, and speech therapy. Following a surgery or major event, feel secure knowing Park Springs is helping get you back to full speed while you recuperate in your community.

Adult Day Program

Oftentimes family members have the responsibility of providing daily care for their loved one with dementia or memory loss. Being a home-based caregiver can be a full-time job, and our Adult Day Program provides those caregivers a helping hand. Our team will provide supervised care, social engagement, and activities for your loved one while you take care of your personal needs.

Respite Care

Are you a homebased-care giver who has to travel, or needs a few days off from the responsibility of caring for your loved one? Park Springs Respite Care provides overnight Respite Care for seniors living at home. That means you can have the time you need while your loved one receives skilled nursing care, compassionate social engagement, and assistance with daily living. This program is open to the public.

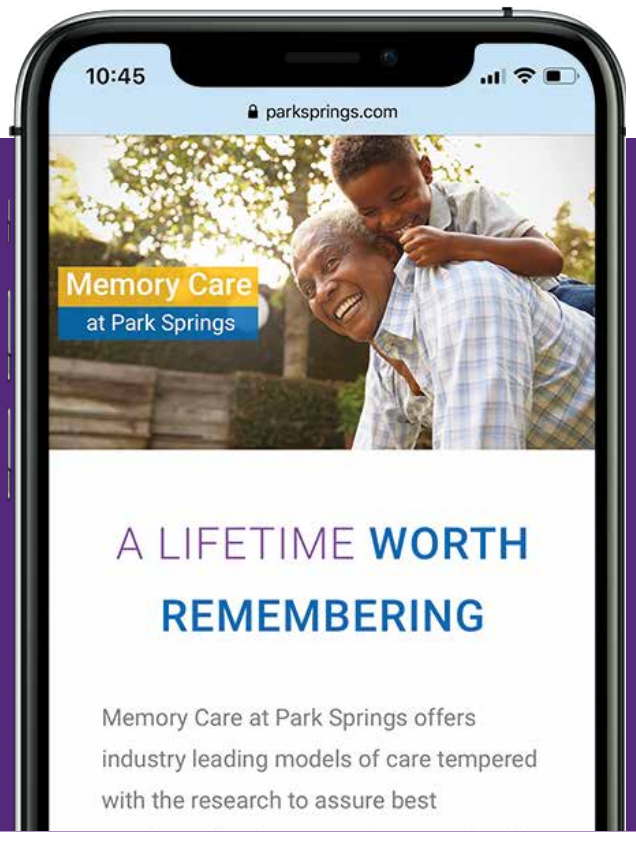
3 Signs Your Loved One Might Need Memory Care

Familiar Tasks are Hard

Misplacing Belongings

Changes in Mood

Learn More at ParkSprings.com/MemoryCare



Menu selections change daily in our main dinning room.

Places to Dine at Park Springs

Hickory smoked bacon, lettuce, and tomatoes. Try the BLT at Market Café Bistro.

— Casual Dining
at Market Café Bistro

Traditional Club-style Dining
in the Main Dining Room

Enjoy the crunch of fresh vegetables in Pebblebrook Café's Green Salad.

Burgers & Beer
at Park Springs Pub

— Health Focused Salads & Sandwiches
at Pebblebrook Café

Start your evening with a tender filet at Springhouse Grill.

Mediterranean
in the Harvest Dining Room

— Traditional Steakhouse
at Springhouse Grill

Neighbors that become friends gather at Park Springs Pub.

Welcome to the Place Where Everybody Knows Your Name

As the sun slowly slips away on another peaceful day, there's one place that all our Members want to be – the Park Springs Pub.

The sounds of friendly greetings from staff and friends float across the room as diners flock to their favorite seats in this popular neighborhood watering hole.

While the nights are lively, the Pub's warm, friendly atmosphere and delicious menu naturally draws Members any time of the day. You'll find ladies sharing cocktails and chatting over a game of spades or gin, friends enjoying a light, refreshing meal after a brisk walk, and more than a few gentlemen chuckling over a burger and beer as they recount every stroke of the day's golf game. The Pub is just another amenity that sets Park Springs apart from other communities.

> *"I was really impressed with how good the food was! It tastes like home cooked meals and that really made a difference to me."*
>
> Dr. Jean, Park Springs Member

Dining at Park Springs is as diverse as it is delicious at our six distinctive dining venues. Variety truly is the spice of life, and that's why we've prioritized creating a flexible dining program.

We believe that food is a daily blessing – a way to celebrate life and stay healthy – so every meal is lovingly made by a team of professional chefs who are certified and trained in preparing healthy menus and are committed to making each dining experience unique.

OFFERING
Virtual & In-Person Tours

Schedule a Tour & Enjoy Lunch on Us!
Visit ParkSprings.com/RSVP or Call 678-684-3300 to Learn More

Chef Delights that Taste Like Home

With more than 20 years of experience as a culinary expert, Chef Marcus Walden brings his own unique skill and flavor to dining at Park Springs.

Chef Walden prides himself on his ability to bring satisfaction from the culinary arts. He came to us recently from his role as Corporate Executive Chef at Legacy Partners, managing seven different restaurants. He previously worked as a chef with Disney in Disney Springs and spent several years in the Gulf Shores area helping to develop multiple restaurant concepts with a restaurant group. He is a master of hospitality!

> *"I have taken the last 23 years of my life and honed in on making great food and expressing comfort through the culinary arts."*
> Chef Marcus Walden, Park Springs Executive Chef

Walden's Sous Chef, Chantel Mines, also offers a well-experienced background to her role in the Park Springs kitchen. Although she is originally from Baltimore, Chef Mines spent her childhood in Santiago, Chile. That is where she first fell in love with Latin flavors. From there she began cultivating her culinary skills by learning local techniques and traveling to neighboring countries such as Peru and Argentina.

Both chefs have a passion for growing their cooking talents and creating a delightful dining experience for the Members of Park Springs. Visit our campus for a tour and enjoy the cuisine created by the duo and their team, including our famous Mediterranean Chicken.

Mediterranean Chicken

From Our Harvest Dining Room

Serves 4

Ingredients

4 boneless, skinless chicken breasts of equal size
2 tbsp minced garlic or garlic paste
Salt and pepper
1 tbsp dried oregano, divided
Extra virgin olive oil
1/2 cup dry white wine
1 large lemon, juice of
1/2 cup chicken broth
1 cup finely chopped red onion
1 1/2 cup small-diced tomatoes
1/4 cup sliced green olives
Handful of fresh parsley, stems removed, chopped
Crumbled feta cheese, optional

Instructions

1 Pat the chicken breasts dry. On each side of the chicken breasts make three slits through.

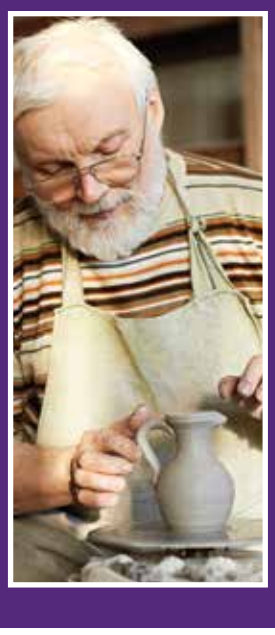
2 Spread the garlic on both sides; insert some garlic into the slits you made. Season the chicken breasts on both sides with salt, pepper and 1/2 of the dried oregano.

3 In a large cast iron skillet, heat 2 tbsp of olive oil on medium-high. Brown the chicken on both sides. Add the white wine and let reduce by 1/2 then add the lemon juice and chicken broth. Sprinkle the remaining oregano on top. Reduce the heat to medium. Cover with a lid or tightly with foil. Cook for 10-15 mins turning the chicken over once (chicken's internal temperature should reach 165 degrees F.)

4 Uncover and top with the chopped onions, tomatoes and olives. Cover again and cook for only 3 minutes. Finally add the parsley and feta cheese. Serve with a light pasta, rice or couscous. Enjoy!

Highlighting a Few of Our 50 Clubs

Members can learn something new, meet others with shared interests, or lead a group to share their passions.



Move In with Your Best Friend

The affection people have for their pets is great for emotional health. We are pet friendly, knowing that pets are often part of the family.

Happiness happens when every member of your family can enjoy resort living. Your best friend can enjoy the spacious outdoor campus with you! Our pet parents respect the grounds we stroll on to keep our campus clean and relaxing for every Member. It's a joy to be welcomed home by a wagging tail and warm snuggle. Our pets sense our moods and keep us company each day with love and affection.

Our Vintage Home Program

Packing and selling your home can be overwhelming. That's why Park Springs offers a unique service that take the stress out of moving.

- ✓ **You Can Move Before You Sell**
  Start enjoying life at Park Springs before your home is sold
- ✓ **We Get Your Home on the Market**
  Our Personal Move-In Consultant will work with you to select a Realtor, price your home, and prepare it for showing.
- ✓ **We Help You Pack & Prepare**
  Our recommended moving professionals will take care of packing so you have time to make the important decisions.
- ✓ **We Unpack & Arrange Furniture**
  Our moving partners will also unpack your belongings and arrange your furniture.
- ✓ **Begin Enjoying Life at Park Springs**
  Meet your new neighbors and experience the Member-drive Park Springs lifestyle.

Activities

OUTDOOR

THURSDAY, OCTOBER 22 | 9:00 AM - 12:00 PM
Men's Club Golf (Stone Mountain Park-Stonemont Course)

FRIDAY, NOVEMBER 6 | 8:00 AM - 9:00 AM
Walking Club at Lake Pavilion

SATURDAY, NOVEMBER 14 | 9:00 AM - 10:30 AM
Pétanque (Bistro Courtyard)

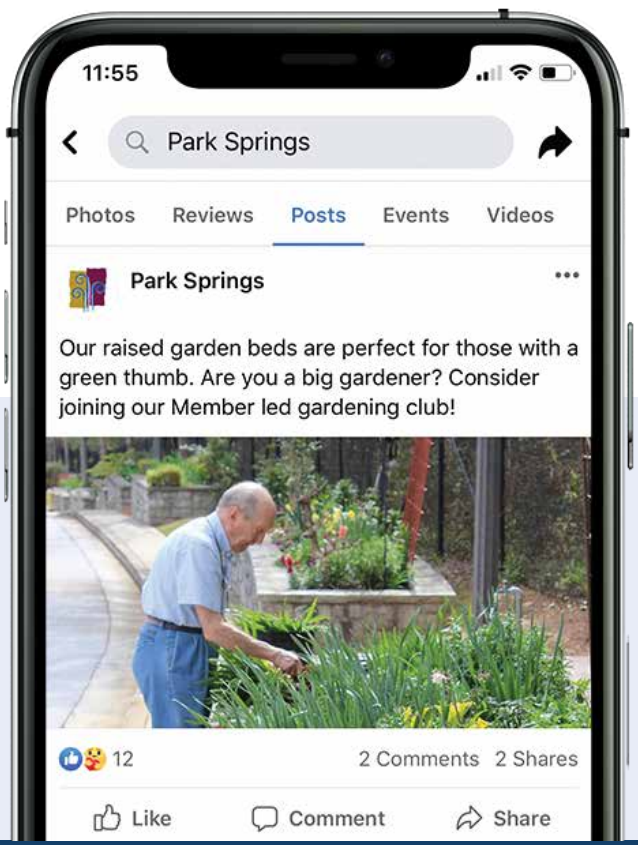
EXERCISE

SATURDAY, OCTOBER 31 | 10:00 AM - 11:00 AM
Tai Chi with Anna

FRIDAY, NOVEMBER 13 | 1:30 PM - 2:00 PM
Water Volleyball

CREATIVE

THURSDAY, NOVEMBER 19 | 1:00 PM - 2:00 PM
Knitting Group



Connect with Us on Facebook

Stay up to date with what is happening at Park Springs. From timely updates to helpful tips and tricks, we love sharing our close-knit community with you.

Facebook.com/ParkSpringsGA

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