



# *Full Life Ahead*

Lifestyle Preference and Cost Comparison Guide



Discover  
*a full and rewarding lifestyle*  
... at an excellent value!

You've worked hard to enjoy the rewards of success. Why not make sure you're getting the best lifestyle for your money?

This easy-to-complete guide helps you explore important topics that matter to you most ... covering everything from the timing of your move, to activities you enjoy, to cost of current and future living.

**Grab a pencil and explore your future.**

Fill in the blanks in this guide, and see where it leads you. As you'll discover, the future looks bright when you consider all the options available to you.



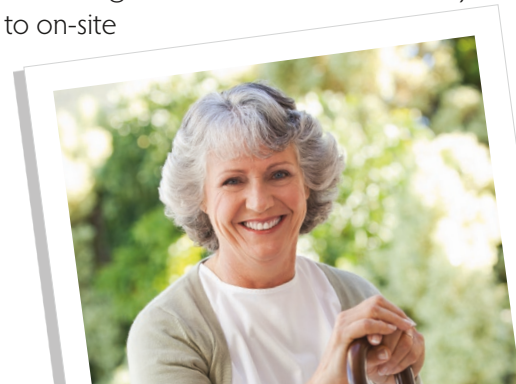
## *When and where* should you move?



There are multiple options for senior living. The challenge is finding the situation that's best for you. Complete this checklist to see how you will benefit from the lifestyle offered at Casa de las Campanas. (Casa is the only not-for-profit Type "A" Continuing Care Retirement Community in San Diego County—assuring you unlimited access to on-site health services at no increase in the current monthly fee for your residence.)



You may also wish to use this checklist as a conversation-starter with family and friends. Remember, if you want to maximize all the opportunities for your future, it makes sense to start now.



**Answer “yes” or “no” to the following statements:**

- |   | <b>yes</b>               | <b>no</b>                |
|---|--------------------------|--------------------------|
| • I’m ready to spend more time with family and friends.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • I would like more time for my favorite activities.  | <input type="checkbox"/> | <input type="checkbox"/> |
| • I’m interested in trying new adventures and meeting new people.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • I would like to live in a positive, healthy atmosphere.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • I’m ready for a more carefree life.   | <input type="checkbox"/> | <input type="checkbox"/> |
| • I would prefer to have someone I trust take care of the heavy chores in and around my home.                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| • I don’t want to have to worry about where I would go if I ever need nursing care—whether for just a few days or longer.       | <input type="checkbox"/> | <input type="checkbox"/> |
| • I prefer to make decisions about my future now, so I don’t place a burden on my family if something should ever happen to me. | <input type="checkbox"/> | <input type="checkbox"/> |

**If you answered “yes” to two or more of the above statements, you are ready to plan for a “Full Life Ahead.”  
Call (858) 592-1870 for more information about the opportunities available to you now at Casa.**



## *How would you fit in?*

Take a look at this list to see how much you have in common with people currently living at Casa.

If you share these interests ... but don't seem to have the time or opportunity to participate as often as you would like ... you should take a look at Casa. Our friendly staff takes care of time-consuming chores, including home maintenance, housekeeping, flat laundry service, cooking and more. This way, you have more time to devote to the things you truly enjoy.



**Activities enjoyed by many Casa residents:**

*Select the activities you also enjoy*

- Volunteerism
- Participation in civic organizations
- Membership in a study group or book club
- Attending cultural events
- Belonging to a country club
- Enjoying the latest technology
- Staying up-to-date on current events
- Exercising regularly  
(includes state-of-the-art fitness equipment in Casa's Fitness Center)
- Playing golf  
(10 golf courses within a 15-minute drive of Casa)
- Traveling regularly
- Walking for exercise
- Swimming  
(available at Casa's three swimming pools)
- Enjoying a family pet



*How many of these activities did you check? It's easy to see how you would fit in with the active and involved residents at Casa. For more information about the activities available to you at Casa, please call (858) 592-1870 ... and we'll mail you a copy of our current Activities Calendar.*

## Cost comparison worksheet

Compare your current monthly costs with the lifestyle at Casa.

<b>MONTHLY EXPENSE</b>	<b>CURRENT COST</b>	<b>COST AT CASA</b>
Mortgage	_____	<b>INCLUDED</b>
Homes association/condominium fees	_____	<b>INCLUDED</b>
24-hour security	_____	<b>INCLUDED</b>
Property insurance for building/grounds	_____	<b>INCLUDED</b>
Property taxes	_____	<b>INCLUDED</b>
Lawn care, landscaping and trash removal	_____	<b>INCLUDED</b>
All in-home maintenance	_____	<b>INCLUDED</b>
Exterior building maintenance	_____	<b>INCLUDED</b>
Water, gas and electricity	_____	<b>INCLUDED</b>
Daily grocery expense	_____	<b>INCLUDED*</b>



Bi-weekly housekeeping	_____	INCLUDED
Weekly flat laundry service	_____	INCLUDED
Washer and dryer accommodations	_____	INCLUDED
Scheduled transportation	_____	INCLUDED
Swimming pools (3), including all pool maintenance	_____	INCLUDED
Fitness center with exercise classes	_____	INCLUDED
Social, cultural and recreational activities	_____	INCLUDED
Lifetime access to on-site health services, including wellness, therapeutic services, memory care & nursing care	_____	INCLUDED
<b>TOTAL MONTHLY COST</b>	<b>\$ _____</b>	<b>ALL INCLUDED IN THE CASA MONTHLY FEE</b>

Added advantage: At Casa, 30%-35% of your one-time entrance fee is deductible and monthly fees are tax deductible every year. Consult your financial advisor for details.

*\*Choice of daily restaurant-style meals are included in the Casa monthly fee.*

***You might be surprised to discover that the cost of living at Casa is similar to, if not less than, what you're currently spending per month. Call (858) 592-1870 for more information about the financial advantages of living at Casa.***



## *What do you want* for your future?

There are so many opinions about what the ideal senior living community should include. So, it's important to make a list of desirable attributes before you tour any community. To get you started on that list, place a checkmark by the services and/or amenities that are important to you.

### ***I would like my future to include:***

- Freedom to create my own schedule
- Ample and varied opportunities for wellness in mind, body and spirit
- The confidence and security of a community with a successful track record
- Easy access to health services, including wellness, therapeutic services, memory care and nursing care



- Activities that inspire me to participate—but at my own pace and on my own schedule
- Freedom from worries about ever-rising healthcare costs
- Maintenance-free living, right down to changing light bulbs
- Housekeeping and laundry services
- Vibrant surroundings that encourage spirited living
- Quality cultural programs that pique my interests
- A variety of delicious, chef-prepared meals served restaurant-style by a courteous staff
- Scheduled transportation for those times I would rather not drive
- Other preferences: \_\_\_\_\_

*All of these services are included at Casa. Plus, Casa has the distinction of more than two decades of successful operation in the Rancho Bernardo area. If you would like to tour Casa and experience our carefree lifestyle firsthand please call (858) 592-1870.*



Get started on your  
*Full Life Ahead.*

Now that you've completed this guide, what does it tell you? The combined information should point you in a fairly clear direction ... including when it's best to move, the lifestyle you prefer and how much you can expect to spend each month.

Please call us today, and we will be happy to help you determine if Casa fits your future plan. If so, it's the perfect time to get started on the path to a **"Full Life Ahead"** ... available to you now at Casa.




*Retirement living for the best years of your life!*

18655 West Bernardo Drive • San Diego, CA 92127

(858) 592-1870 • toll-free (800) 554-6403

[www.casadelascampanas.com](http://www.casadelascampanas.com)

Casa de las Campanas is a not-for-profit continuing care retirement community managed by  Life Care Services™

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