



INSPIRIT

SENIOR LIVING

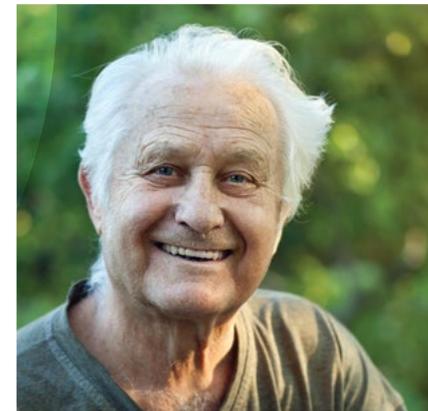
LIVING  
YOUR

*best*



Our parents and grandparents are  
*the heart of our families.*

Their sacrifices made our lives possible—and their stories connect us to our heritage. Family roles change. When the time comes to care for our elders, it can be difficult to ask for help. But it should not be. Because at every stage of life, all of us need different kinds of help and have different gifts to offer.



# LIVING YOUR *best*



Inspirit Senior Living is dedicated to honoring the whole person—body, mind, and spirit. Our team of skilled and dedicated professionals treats every resident as an individual. We create communities that foster health and well-being—and provide experiences that draw out everyone’s gifts.

*Our communities reflect the decades of experience that Inspirit brings to the vocation of caring for seniors.*

Inspirit’s leadership includes some of the nation’s most respected experts whose reputations and commitment to excellence have transformed the experience of senior living. Inspirit communities integrate the best medical and physical care into vibrant settings that foster joy—the joy of living your best.

*your life.*  
*your needs.*  
*your goals.*



Inspirit communities recognize seniors' diverse needs and preferences. Moving—even one time—can be disruptive enough. When you choose an Inspirit community, you have the peace of mind that comes from knowing that if your needs change, they can still be met on site through Inspirit's graduated-care approach.

OUR COMMUNITIES ARE DESIGNED TO DELIVER  
A RANGE OF PERSONALIZED SERVICES.



INSPIRIT  
SENIOR LIVING

*Part of the Inspirit experience,  
at every level of care, is an  
understanding of how powerfully our  
surroundings affect our quality of life.*



*Inspirit communities reflect a  
commitment to beauty —both the  
natural and the built environment.*

 **INSPIRIT** attracts and retains the best staff because we treat them as we do our residents—appreciating their gifts, recognizing their goals, encouraging their dreams. Inspirit includes team members who are fully licensed and credentialed.

But beyond that, inspirit carefully selects staff members who are personally committed to our same values. Inspirit provides ongoing training, personal and career development opportunities, and a joyful work environment. The way we treat our team members—with respect and dignity—is the way everyone on the team treats Inspirit residents.



*At every stage of life, we all have needs—but also gifts to share. So instead of focusing on problems and symptoms, Inspirit focuses on potential and dreams. We are committed to building communities on the bedrock of integrity, compassion, and creativity so that all Inspirit residents can live their best lives and so their gifts can flourish. I founded Inspirit Senior Living with an ambitious and clear vision: nothing less than to transform the experience of aging in this country.*



THIS WORK IS MY VOCATION.  
AND IT IS AN HONOR



**DAVID K. MCHARG**  
Inspirit President and Chief Executive Officer



## INDEPENDENT LIVING

Inspirit communities include residents for whom companionship and convenience are priorities. Our Independent Living option includes apartments with kitchen facilities so you can prepare your own meals if you like—or join other residents in the dining room when you prefer. Independent Living settings are ideal for seniors who want to manage their own affairs while enjoying the companionship of their contemporaries—and knowing that concierge-style assistance is on premises if they need it.



## ASSISTED LIVING

Assisted Living is an ideal option for seniors who need assistance with meals, medication, housekeeping or other activities of daily living. Inspirit communities include medical professionals, nutritionists, physical therapists, and other specialists who work together as a team with each resident and his or her family. The goal is to understand the resident's needs—and dreams. Working together with the family, the Inspirit team designs an individualized plan of care to support each resident's own goals for this stage of life.



## MEMORY CARE

Inspirit recognizes that loss of memory or cognition does not mean loss of dignity. Our communities include professionals who can provide appropriate levels of care as needs intensify—while also helping residents fully enjoy the good days in an environment of respect and compassion.





IT'S THE *people.*

**INSPIRIT AT FOXBRIDGE OFFERS SMALL, HOME-STYLE COTTAGES, CATERED TO VARYING LEVELS OF ASSISTED LIVING AND MEMORY CARE.**

Our beautifully landscaped, eight-acre gated campus offers a fishing pond, walking paths, and trails. Residents receive personalized care and attention from staff members specially trained and experienced in meeting a spectrum of needs.

**AT A GLANCE: FOXBRIDGE ASSISTED LIVING AND MEMORY CARE**



**RELATIONSHIPS MATTER**

Mission-inspired, relationship-centered approach to care.



**24-HOUR STAFFING & NURSING CARE**

Trained staff are on site to respond to your needs 24 hours a day.



**FOSTERING COMPANIONSHIP**

Facilitating meaningful bonds of friendship throughout our small community.



**ALL-INCLUSIVE PACKAGES**

Enjoy three meals a day, personal care assistance, activities, companionship, and much more.



**SPECIALIZED DEMENTIA CARE**

Offering memory care and related support including a Snoezelen Room.



**SUPPORTING GOALS AND DREAMS**

Everyone has gifts to offer and dreams to pursue regardless of age or station in life.



IT'S THE *place.*

AT FOXBRIDGE, OUR GOAL IS TO UNDERSTAND THE NEEDS AND DESIRES OF OUR RESIDENTS. COLLABORATIVELY WORKING TOGETHER WITH THEIR FAMILY, OUR TEAM DESIGNS AN INDIVIDUALIZED PLAN OF CARE TO SUPPORT THE NEEDS OF EACH RESIDENT.

Foxbridge offers cottages designed and staffed to meet the changing care needs of our residents; varying from independent, to assisted living, to memory care.



MEMORY CARE COTTAGES



ASSISTED LIVING COTTAGES



ASSISTED LIVING

**PINE, OAK, & MAGNOLIA**

**COTTAGES** for more independent resident living, offering:

- Assistance with activities of daily living
- Housekeeping, laundry, & meal preparation
- Medication management
- Escorts to and from activities and meals
- Opportunities for social engagement



MEMORY CARE

**SPRUCE & WILLOW COTTAGES**

provide secured environments for residents with more significant memory impairment, offering:

- All assisted living services
- Secured living environment
- Memory stations that promote recognition, reminiscences, & creativity
- Structured activities which include group participation and self-directed exploration

SNOEZELEN ROOM



Foxbridge is the only community in the Bartlett area with a therapeutic and recreational space providing a calming, multi-sensory environment for residents with cognitive, sensory, and physical challenges.

- Uses low-light sensory stimulation
- Music, motion, touch, & aroma engagement
- Provides a sense of safety and empowerment

IT'S THE *life.*

ENJOY A NATURALLY BEAUTIFUL SETTING WITH  
THE ADDED SECURITY OF LIVING IN A GATED COMMUNITY

Foxbridge's beautiful environment promotes well-being and energy among residents and visitors alike. Our eight-acre retreat features scenic gardens, patios, a stocked fishing pond, and walking paths with plenty of benches to rest and enjoy the natural beauty.

ACTIVITIES AND OUTINGS

- |                            |                                   |                          |
|----------------------------|-----------------------------------|--------------------------|
| <i>Day trips and tours</i> | <i>Walking paths</i>              | <i>Book clubs</i>        |
| <i>Art classes</i>         | <i>Pool tournaments</i>           | <i>Fitness classes</i>   |
| <i>Lectures</i>            | <i>Wii games</i>                  | <i>Pet visits</i>        |
| <i>Afternoon tea</i>       | <i>ROMEO lunch club</i>           | <i>Cooking groups</i>    |
| <i>Beauty salon</i>        | <i>Line dancing classes</i>       | <i>Live music</i>        |
| <i>Barber shop</i>         | <i>Intergenerational programs</i> | <i>Spiritual support</i> |
| <i>Fishing pond</i>        |                                   |                          |



FINE REGIONAL COOKING

Our chef and dining team understand that our residents want good home cooking! Residents are served three meals a day in their cottage Dining Room with snacks available all day. Menus highlight healthy versions of regional favorites, with cooked-to-order breakfast each day and featured items for special occasions such as birthdays and other celebrations.



FRIENDSHIP

Our campus and its cottages provide an environment that naturally fosters friendships. Our Resident Orientation process helps residents get to know others with common interests. Our activities are designed to ensure that our residents will enjoy companionship and conversation; building relationships that enrich the lives not only of residents but our staff and visitors.



  
**FOXBRIDGE**  
 AN INSPIRIT SENIOR LIVING COMMUNITY

IT'S THE *space.*

**AT FOXBRIDGE, YOU WILL EXPERIENCE OUR COMMITMENT TO FREEDOM OF CHOICE EVEN BEFORE YOU JOIN US AS A NEW RESIDENT.**

Prior to move in, you will have the opportunity to select your private accommodations from a variety of floor plans. Foxbridge offer studio and one-bedroom cottages. Our variety of options allow you to choose just the right amount of space that fits your needs and lifestyle.

**SEE SAMPLE FLOORPLANS BELOW**

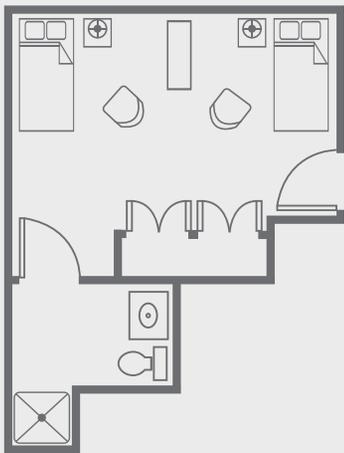
*Not to scale. Sizes and styles of apartments may vary, and availability is not guaranteed until contract is signed.*



Options include five residential cottages with

**24**

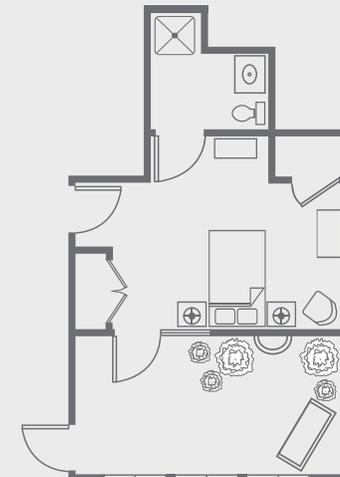
apartments in each cottage.



**STUDIO:  
COMPANION**



**ONE  
BEDROOM**



**STUDIO W/  
ATRIUM**



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