



INSPIRIT

SENIOR LIVING

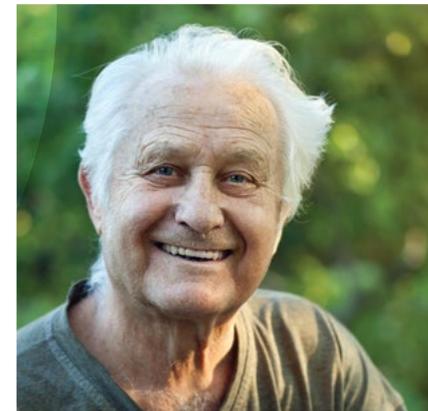
LIVING
YOUR

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.





HILLTOP

AN INSPIRIT SENIOR LIVING COMMUNITY



IT'S THE *people.*

HILLTOP, AN INSPIRIT SENIOR LIVING COMMUNITY HAS OFFERED THE BEST IN SENIOR LIVING SINCE 1985 IN THE SAME BEAUTIFUL SETTING, ON NEARLY FIVE ACRES, IN SCENIC WINCHESTER, VIRGINIA.

Our community offers different amenities and services to meet the ever changing needs of our residents. Our residents receive personalized attention from staff members who have the training—and the commitment to quality care—that has made Inspirit Senior Living a nationally honored leader in the field.

AT A GLANCE: HILLTOP 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

Developing meaningful bonds of friendship throughout our community.



GRADUATED CARE & PRICING STRUCTURE

Choose the care package and the living accommodation that is right for you.



SPECIALIZED MEMORY CARE

For residents with cognitive and memory loss, Hilltop provides specialized support, knowledge, and compassion.



SUPPORTING GOALS AND DREAMS

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

IT'S THE *place.*

INSPIRIT SENIOR LIVING BELIEVES IN MEETING PEOPLE WHERE THEY ARE: IN RECOGNIZING THEIR INDIVIDUAL CIRCUMSTANCES AND RESPONDING ACCORDINGLY. HILLTOP OFFERS A RANGE OF OPTIONS FOR A SPECTRUM OF NEEDS.

 INDEPENDENT LIVING  ASSISTED LIVING  MEMORY CARE

 INDEPENDENT LIVING

Independent living cottages offer peace of mind for those who are not ready for assisted living but want to know that help is available if it's needed. A 24-hour emergency call system, one meal daily (with the option to purchase additional meals), housekeeping and recreational activities are included.

 ASSISTED LIVING

Assisted living offers a range of private or semi-private room options with meals, medication assistance, activities of daily living, laundry, housekeeping, health care supervision, and recreational activities included.

 MEMORY CARE

Memory care provides supportive services for residents with Alzheimer's and related Dementia's. We offer a safety monitoring system, in addition to offering the assistance with activities of daily living, a structured activity programs, healthcare oversight and supervision including medication management.





HILLTOP

AN INSPIRIT SENIOR LIVING COMMUNITY



IT'S THE *life.*

ALL RESIDENTS OF HILLTOP ENJOY COMPANIONSHIP, SOCIALIZATION, AND ACTIVITIES IN OUR BEAUTIFUL SURROUNDINGS.

Hilltop believes in engaging the whole person: body, mind, and spirit. Health and safety are important, of course—but so are curiosity, companionship, fun, and lifelong learning. With 75 total units on a beautiful five-acre setting, Hilltop is a small enough to feel like a close-knit community, but large enough to offer a wide variety of amenities, activities, and services so that residents can be sure to find their natural fit.

WE OFFER A WIDE VARIETY OF AMENITIES, ACTIVITIES, AND SERVICES SO THAT EVERYONE CAN FIND THEIR NATURAL FIT.

AMENITIES

- Daily health care supervision
- Home-cooked meals
- Personal care products
- Incontinence products
- Medication administration
- Personal laundry service
- In-house safe for resident valuables
- Beauty/barber shop
- Telephone service
- Cable
- **AND MORE!**

ACTIVITIES

- Daily Exercise Program
- Bingo, and other games
- Singing groups, sing-a-longs, and karaoke
- Crafts
- Monthly family events
- Weekly Church services and daily devotions
- Ice cream socials
- Monthly birthday celebrations
- Resident council meetings
- Holiday Meals and celebrations
- **AND MORE!**

SERVICES

- 24-hour care by our dedicated staff
- On-site physician care
- Specialized health care supervision
- Physical, occupational and speech therapy
- On-site lab work
- X-rays
- Hospice services
- Pharmaceutical services
- Transportation services
- Visits from therapy dogs
- **AND MORE!**



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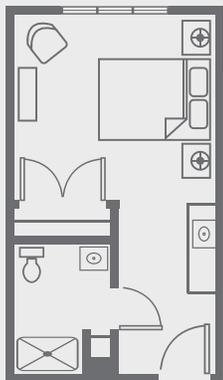


IT'S THE *space.*

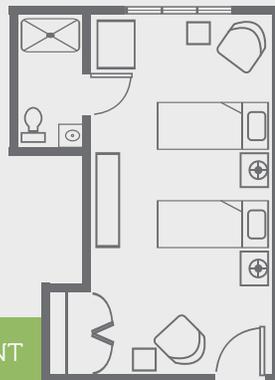
AT HILLTOP, YOU WILL EXPERIENCE OUR COMMITMENT TO FREEDOM OF CHOICE EVEN BEFORE YOU JOIN US AS A NEW RESIDENT.

Prior to move in, residents will have the opportunity to select their private accommodations from a variety of apartment options that fit their needs and lifestyle. Below are just some of the features.

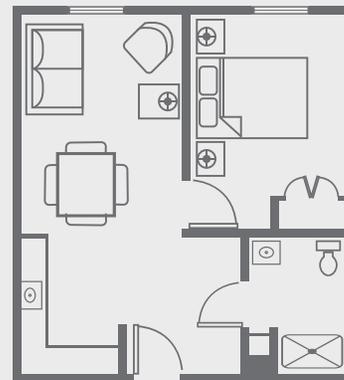
SUITE	STUDIO	ONE BEDROOM	DELUXE STUDIO
<ul style="list-style-type: none"> • <i>Cosy & Comfortable</i> • 360 sq ft • Full Closet • Kitchenette • Full bath w/ handicapped walk-in shower 	<ul style="list-style-type: none"> • Living Room & Bedroom • 405 sq ft • Full Closet • Full bath w/ handicapped walk-in shower • Single/Double Occupancy 	<ul style="list-style-type: none"> • Separate living & Bedroom • 613 sq ft • Full Closet • Large Kitchenette • Full bath w/ handicapped walk-in shower 	<ul style="list-style-type: none"> • Separate living & Bedroom • 635 sq ft • Full Closet • Large Kitchenette • Full bath w/ handicapped walk-in shower



SUITE APARTMENT



STUDIO APARTMENT



ONE BEDROOM APARTMENT

DELUXE STUDIO APARTMENT





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