



INSPIRIT

SENIOR LIVING

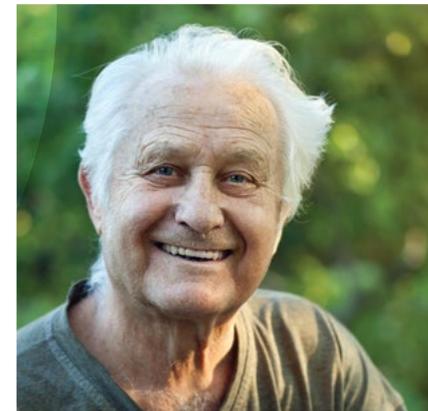
LIVING
YOUR

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.





LINCOLN MANOR

AN INSPIRIT SENIOR LIVING COMMUNITY



IT'S THE *people.*

LINCOLN MANOR FOSTERS OUR RESIDENT'S SENSE OF INDEPENDENCE WHILE ENSURING A LOVING HOME-LIKE ENVIRONMENT.

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

AT A GLANCE: LINCOLN MANOR



RELATIONSHIPS MATTER

Mission-inspired, relationship-centered approach to care.



GRADUATED CARE & PRICING STRUCTURE

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



FOSTERING COMPANIONSHIP

Developing meaningful bonds of friendship throughout our community.



SUPPORTING GOALS AND DREAMS

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



LINCOLN MANOR

AN INSPIRIT SENIOR LIVING COMMUNITY



IT'S THE *place.*

**INSPIRIT BELIEVES IN MEETING PEOPLE WHERE THEY ARE IN
RECOGNIZING THEIR CIRCUMSTANCES AND RESPONDING ACCORDINGLY.**

Lincoln Manor offers a range of options for a spectrum of needs. Our rooms are designed to provide comfort, natural light, and spaciousness. We also encourage our residents to add their own taste with artwork, photos, books, and other personal touches.

 ASSISTED LIVING

Lincoln Manor assists with hygiene, grooming, dressing, ambulation, medication, and vitals monitoring. Residents enjoy housekeeping and linen services, three home-cooked meals each day, snacks, social and leisure activities.

The Lincoln Manor staff also provide 24-hour monitoring, room checks, and pharmacy deliveries.

ADDITIONAL PERSONAL CARE SERVICES ARE AVAILABLE UPON REQUEST.

IT'S THE *life.*

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

We believe in engaging the whole person: body, mind, and spirit. Health and safety are important, of course – but so is curiosity, companionship, fun, and lifelong learning.

Lincoln Manor is nestled on 5 peaceful, private acres minutes from historic downtown Fayetteville and is conveniently located right next to Fayetteville's hospital, Lincoln Medical Center. Every detail has been carefully considered to provide our residents with a superior living experience.

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

AMENITIES

- Kitchenette
- Privately locked doors
- Handicap accessible bathroom
- Comfortable & attractive common areas
- Fully furnished suites, incl. bed & bath linens
- Pets allowed in suites
- Residents can provide their own furniture
- Wifi access
- En suite heating & air-conditioning controls
- **AND MORE!**

ACTIVITIES

- Social events
- Recreational activities
- Daily exercise programs
- Leisure activities
- Special outings
- Shopping trips
- Religious services
- Intergenerational programs
- **AND MORE!**

SERVICES

- Personalized healthcare management
- Nightly, hourly room checks
- Assistance w/ all daily activities
- Housekeeping & laundry service
- Assistance w/ medication management
- 24-hour emergency response system
- Pharmacy services
- Home-cooked meals & snacks
- Physician services on site
- Beautician & barber services
- Restorative rehabilitation programs
- Special diets & meal planning available
- Professional 24 hour supervising staff
- Transportation
- **AND MORE!**



LINCOLN MANOR

AN INSPIRIT SENIOR LIVING COMMUNITY



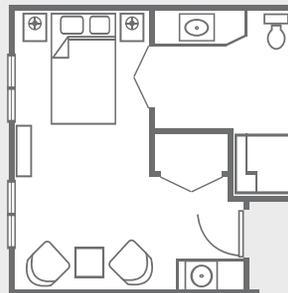
IT'S THE *space.*

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

We offer a variety of suites to suit your lifestyle and budget. Suites are fully carpeted, have spacious closets and private handicapped-accessible full baths. Below are some of the features of our suites, ranging from 275 – 700 sq feet.

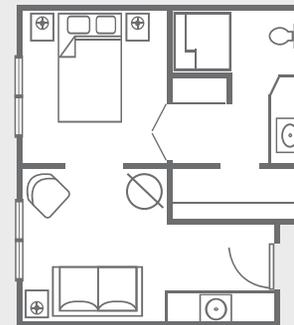
STUDIO

APPROX. 275 SQ FT



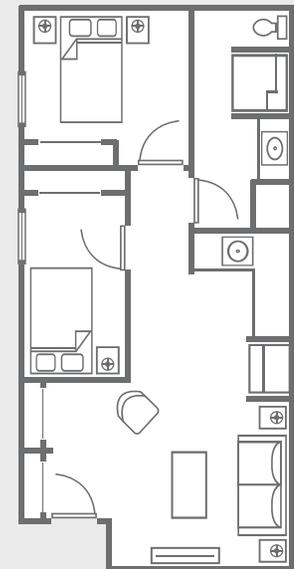
ONE-BEDROOM

APPROX. 375 SQ FT



TWO-BEDROOM

APPROX. 700 SQ FT



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

SAMPLE FEATURES

- Full bath w/handicapped walk-in shower
- Kitchenettes (with refrigerator, microwave & sink)
- Individually controlled heat and air conditioning
- Emergency call buttons in Bedroom and bathroom
- Wi-Fi access
- Pets allowed
- Privately locked doors
- 24-hour emergency response system
- Fully furnished suites, incl bed, and bath linens
- Residents can provide their own furniture

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



CORPORATE OFFICES:

11350 RANDOM HILLS DRIVE
SUITE 800
FAIRFAX, VA 22030
703-815-5800

[INSPIRITSENIORLIVING.COM](https://www.inspiritseniorliving.com)

