



TUTERA

senior living & health care

GUIDE TO LIVING AT TUTERA



WELCOME HOME TO TUTERA

Experience senior living with us – the Tutera way! Welcome to our thoughtful and informative guide designed to navigate the enriching experience of living in Tutera senior living communities. As we embark on this journey together, we recognize the unique and diverse needs of our senior population and aim to provide valuable insights for individuals and their families seeking a supportive environment while living in a retirement community.

The decision to transition to a senior living community is a significant milestone, often marked by a mix of emotions ranging from anticipation to apprehension. Whether you are a senior exploring options for your golden years or a family member assisting a loved one in making this transition, this guide is tailored to address your concerns, provide guidance and offer a glimpse into the vibrant world of senior living.

WHAT TO EXPECT IN THIS GUIDE

Throughout this guide, we will delve into various aspects of living at Tutera communities, from the different types of communities available to the lifestyle and senior living amenities they offer. The benefits of living in a retirement community are vast, and our goal is to empower you with knowledge, enabling you to make informed decisions that align with your preferences and priorities.

So, whether you are seeking a community for yourself or a loved one, join us in exploring the possibilities that Tutera communities offer. Together, let's embrace the golden years with optimism, camaraderie and a sense of purpose, and let us show you what better senior living can be.



VISION, MISSION AND VALUES - **INSPIRED BY YOU**

Resident needs are at the heart of whatever we do. We call this our YOUNITE philosophy: At your move-in, we'll collect information about your history, your likes and dislikes, and your goals. And then we'll create a uniquely relevant experience for you where your needs are promptly and properly met.



Tutera was founded on four core values that guide our interactions every day:

- ✓ **Integrity:** Do the right thing every time.
- ✓ **Hospitality:** Help residents, visitors and team members feel at home.
- ✓ **Respect:** Treat others as you would like to be treated.
- ✓ **Positivity:** Have a “can-do” attitude.

We believe that the culture, values and heritage we bring with us through life are to be celebrated and are essential for Tutera to survive, grow and provide a home for thousands of people.

Our vision for creating a new kind of senior living experience is based on the **YOUNITE** philosophy.

By asking about residents’ unique needs and preferences, we actively listen and then deliver personalized care. From the **YOUNITE** survey, our team creates a uniquely relevant experience wrapped around a personal plan of care and life enrichment program. **YOUNITE** directly connects residents and team members dedicated to meeting your needs. Residents are the driving force behind our mission and all of our interactions.

We respect your journey as you make choices in your life, and your preferences come first in your care. We believe in three simple principles:

AUTONOMY

Empower individuals to direct and control daily living.

SELF-FULFILLMENT

Encourage continual growth in mind and body.

PHYSICAL WELL-BEING

Provide for and enable excellent health and wellness outcomes.

YOUR NEXT CHAPTER AT **TUTERA SENIOR LIVING**

As we reflect on Tutera's mission to enrich lives and provide exceptional care, we also consider the evolving needs of our aging population. Now more than ever, seniors are seeking environments that offer not just assistance but also a spirited community where they can thrive and flourish in their later years.

While growing older is a natural part of life, it can also be a time for new beginnings and opportunities for growth. That's why we believe that transitioning to a senior living community is a decision worth considering for those entering this phase of life.

WE ARE EXCITED TO WELCOME YOU.

At Tutera Senior Living, our **YOUNITE** philosophy recognizes that each resident's journey is unique, and our commitment to comprehensive care extends to every aspect of our communities. We understand that the decision to move is a significant one, and it's our mission to ensure that every resident feels valued, supported and empowered to live life to the fullest during their transition and residency with us.

From our dedicated teams to our thoughtfully designed amenities and programming, we work to create an environment that cultivates independence, connection and wellness for all who call our Tutera communities home.

There's much to discover about the transformative power of senior living. In the pages that follow, we'll explore the myriad benefits of Tutera communities and why they represent an exciting opportunity for seniors seeking a fulfilling and enriching lifestyle.



FLOURISH

ACTIVITY CLUB

We think that retirement should be interesting and engaging. That's why we invite area seniors in the greater community to participate in our senior club, Flourish! This unique program is an easy way to connect with other seniors in the community and explore new interests.

Seniors can receive a free Flourish hobby kit every month to work independently through an array of crafts. Through programs like Flourish, we provide a platform for seniors and their loved ones to connect and engage in activities that ignite new passions and foster meaningful relationships.

With a free membership, seniors receive a complimentary hobby kit every month. Just like our lifestyle, Flourish is focused on offering seniors ways to:

- ✔ Connect with others
- ✔ Flourish with new hobbies
- ✔ Spark new interests
- ✔ Enjoy exclusive community events

At Tintera, we believe in nurturing not just the physical well-being of area seniors, but also social and emotional fulfillment, ensuring that their retirement days are truly enriching and enjoyable.

To sign up, find your local Tintera community and contact them to let them know you'd like to sign up for the Flourish program.

[FIND YOUR COMMUNITY](#)



Resident Reserve Waitlist

YOU ARE WORTH THE WAIT

While you're eagerly awaiting your ideal apartment, take a seat on our **Resident Reserve Waitlist**, where perks are plentiful! Once you've paid your community fee, you can enjoy exclusive perks and events being on the Resident Reserve Waitlist, including:

- ✓ Apartment floor plan preference
- ✓ Downsizing and apartment staging plan
- ✓ Social activities and special events
- ✓ Meal with up to two guests
- ✓ Salon appointment

At Tutera, life is already delightful, but it becomes even more enjoyable when you add exciting conveniences and practical perks to the mix. Don't wait until you need an apartment. Take control and get the apartment of your choosing - and enjoy the perks when you join the list!



EVENTS

At Tutera communities, we know that there is more to health than just meets the eye. We focus on mind, body and spirit, and we prioritize the overall well-being of our residents and seniors in the local community by organizing a wide range of events and activities designed to nurture both physical and mental wellness. All local seniors are welcome to join us for any of our events.

Recognizing the importance of supporting seniors' mental and emotional wellness, we nurture the social bonds within our communities by organizing activities to cultivate a strong sense of camaraderie and connection among friends and neighbors. We also aim to support seniors' physical well-being. That's why we host events like:

- ✓ Mindfulness and meditation sessions
- ✓ Tai chi
- ✓ Art therapy workshops
- ✓ Nature walks
- ✓ Book clubs
- ✓ Group fitness sessions
- ✓ Yoga

Our goal is to provide a supportive environment where residents and friends can engage in activities that promote relaxation, reduce stress and enhance cognitive function.

By offering a holistic approach to wellness, we aim to enrich the lives of our residents and local seniors and help them thrive in mind, body and spirit.

[DISCOVER MORE](#)



FRIENDS & FAMILY REFERRAL PROGRAM

Life is brighter and more fulfilling when shared with friends who uplift, support and accompany us through the journey. With this in mind, we are thrilled to extend a warm invitation to join the Tutera family, where camaraderie and connection flourish.

As you embark on this journey with us, we encourage you to bring your cherished friends along, for together we can create an even more vibrant and inclusive community. Your presence enriches our community, and we believe that the addition of your friends and family will only enhance the experiences and relationships within Tutera.

Let's continue to build your wonderful community together. Refer your friends and family today, and let's welcome them into the warmth and hospitality of our communities.

REFER NOW



REST & RECOVER

Tutera's 30-day Rest & Recover Respite Program offers the relief you need during this time of transition. Enhanced by luxurious amenities and opportunities for socialization, your stay in a fully furnished senior apartment encompasses all the essentials.

With an individualized care plan tailored to your specific needs, you can expect assistance with daily tasks such as:

- ✓ Dressing
- ✓ Grooming
- ✓ Medication management
- ✓ Housekeeping and laundry

Additionally, we provide transportation to and from appointments, ensuring a seamless and stress-free recovery process. So, let us alleviate your concerns and provide the support you deserve as you embark on your journey to wellness.

DISCOVER MORE



CHOOSE THE **LIFE YOU LOVE**

COMPREHENSIVE SUPPORT FOR MIND, BODY AND SOUL

Beyond the social elements, Tintera communities prioritize convenience and comfort, offering a range of amenities designed to simplify daily routines and enhance overall well-being. From on-site dining options that cater to dietary needs and preferences to housekeeping and maintenance services that alleviate the burden of chores, life at Tintera allows residents to focus on enjoying their time to the fullest **without the stress of household responsibilities**. Additionally, many of our communities provide access to health care services, ensuring that residents have the support they need to maintain optimal health and peace of mind.

In addition to the plethora of amenities and activities, senior living communities offer a sense of security and peace of mind for both residents and their families. With trained staff available around the clock to provide assistance and support as needed, residents can feel confident knowing that help is always at hand should they require it.

This peace of mind allows seniors to embrace independence while also having access to the care and assistance they need to thrive.

Overall, life in a Tintera community is characterized by a medley of rich social connections, convenience and opportunities for personal fulfillment. By embracing the perks and benefits Tintera communities offer, seniors can embark on a new chapter of life filled with purpose, vitality and a deep sense of belonging.



WELLNESS & QUALITY OF LIFE

Your quality of life is the utmost priority in our community. We encourage senior wellness in every way, shape and form - from mental health support and physical rehabilitation for seniors to Alzheimer's and dementia care. We recognize that your wellness journey may look different than your neighbor's, and that's why our personalized **YOUNITE** care plans are designed specifically for you and your wellness.

In Tutera senior living communities, there are three main lifestyle options: **independent living, assisted living and memory care**. In addition to these levels of care, Tutera offers a wide range of other services, including on-site recovery and rehabilitation for seniors, skilled nursing and mental health support.



Tutera's independent living apartments are equipped for retirees who are looking for socialization with friends and neighbors and do not require any additional nursing assistance but like the flexibility of having support staff nearby.



Assisted living residences include caregiving and nursing team members available for daily activities and can be reached anytime, allowing quick responses within the community.



Memory care residents in our Thrive in the Courtyard program live in special memory care neighborhoods that combine safety and security to give peace of mind to residents and their families.





One of our signature programs is **Thrive in the Courtyard Memory Care**. This is a type of senior care that addresses the needs of those with Alzheimer's, dementia and other types of cognitive impairment. Thrive in the Courtyard Memory Care at Tutera includes cozy apartment homes with all of the safety and security that your loved one needs, encouraging overall wellness in their lives.

Thrive in the Courtyard Memory Care focuses on safety, engagement and comfort - including daily activities, secured exit doors and 24-hour monitoring. Residents are encouraged to customize their surroundings with photos and keepsakes that foster comfort and nostalgia, tapping into older memories and the peace and comfort those memories bring.

Each new resident in the Thrive in the Courtyard Memory Care program completes a life history survey to assess their personality and desired lifestyle. This memory care personalization helps create an individualized care plan in line with each individual's needs.



thrive in the
COURTYARD
A MEMORY CARE PROGRAM



A TASTE OF SENIOR LIVING

You have worked hard for your comfortable retirement, and you should enjoy your days. Our communities were created as your haven for carefree retirement living - equipped with the best senior wellness programs, care and services. Leave all of the mundane activities of life behind with our full suite of services:

- ✓ Housekeeping, laundry and linen services
- ✓ Full-time maintenance, caregiving and skilled nursing services
- ✓ On-site therapy services available

But what about the food? Dining in our communities is a true culinary experience, with fresh, seasonal menus provided by a team of executive chefs. Our chefs aim to please - and they welcome menu modifications and will adjust accordingly to fit your specific tastes and dietary preferences.

Meals are served in our dining room, where it's easy to gather around the table for a meal with new friends. Prefer a more intimate dining experience? Many communities have a variety of dining venues to choose from, or you're welcome to enjoy a meal in your private apartment.

Our exclusive, on-site senior living amenities are available for you to use at your leisure so you can truly choose how you'd like to spend your day. Maybe you'd like to stroll around the landscaped grounds through winding walking paths, catch a movie in the private movie theater, work out in the state-of-the-art fitness and wellness center or stop by the salon for a new hairstyle or trim.



PEACE OF MIND

Our communities play a crucial role as we give peace of mind to residents and their families. Our spaces are equipped with dedicated team members trained to meet the unique needs of seniors, offering personalized care and assistance.

Families can take comfort in knowing that their loved ones are in a secure environment where their well-being is a top priority. From assistance with daily activities to access to medical care, our active communities create a supportive and nurturing atmosphere that fosters a proactive sense of safety and security for both residents and their families.

Our communities offer 24-hour caregiving and skilled nursing services for compassionate support and assistance whenever you need it, no matter the time or day. In addition to our team, our communities have innovative technology and unparalleled resident support to meet you where you are in your journey – physically, mentally and emotionally.

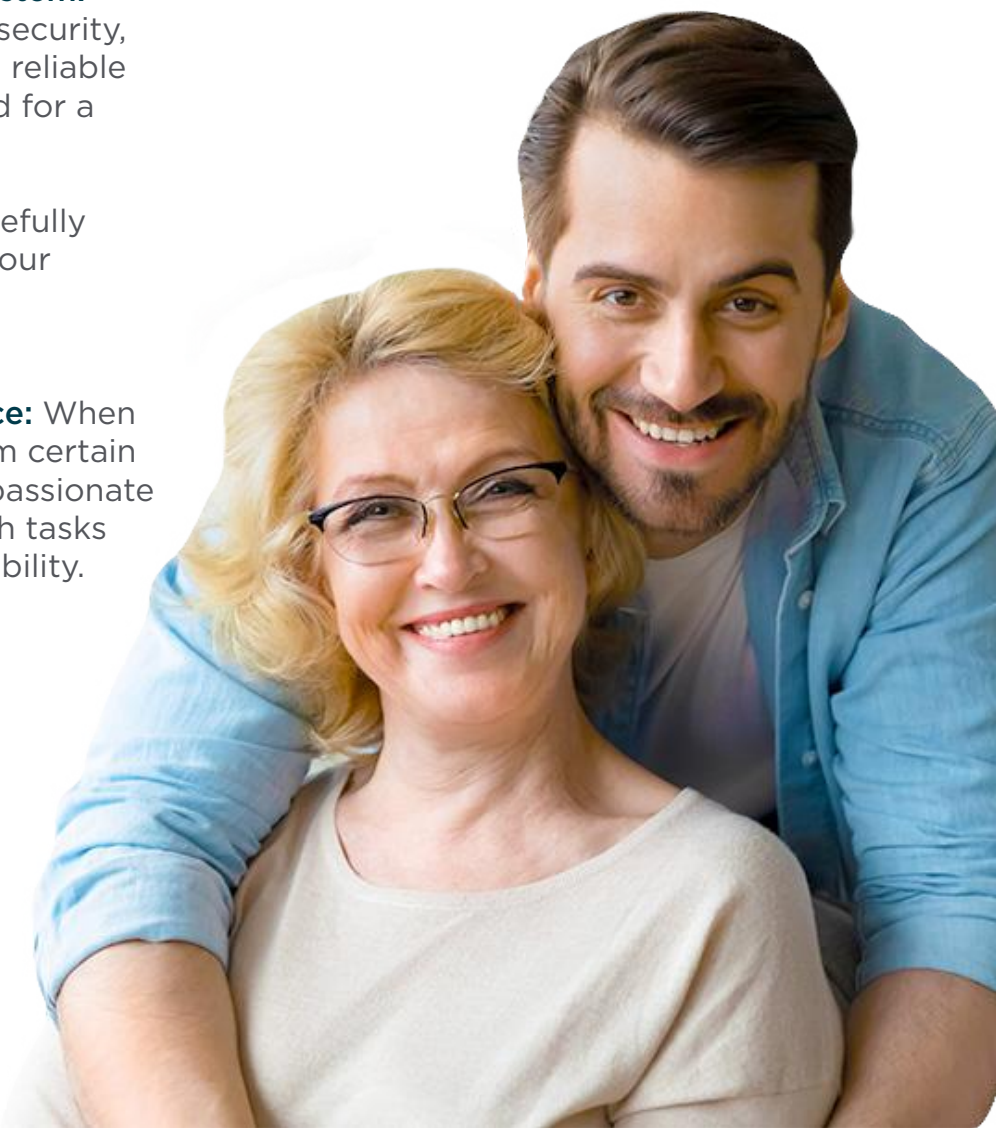
Some of the services that are included are:

Personal emergency response system:

Designed to promote safety and security, communities are equipped with a reliable alert system that can be triggered for a fast response whenever needed.

Medication management: We carefully oversee and ensure you receive your medications on time and in the proper fashion.

Activities of daily living assistance: When it becomes a challenge to perform certain activities of daily living, our compassionate team members will assist you with tasks such as dressing, bathing and mobility.



A FINAL NOTE

Tutera's dedication to achieving excellence in performance has resulted in numerous national accolades for our communities. These include awards recognizing the provision of quality services and consistently receiving high ratings without any deficiencies.

Several of our active communities have received awards from U.S. News and World Report. They have also been honored with numerous National Quality Awards across the country.

YOUNITE YOUR WAY

At the core of Tutera's corporate vision is the commitment to embody the **YOUNITE** philosophy in every decision every day involving residents, leadership and team members. The **YOUNITE** philosophy ensures that we connect with individuals on a personal level, tailoring our actions based on their unique preferences and personalities.

YOUNITE stands out as one of the distinguishing factors that sets Tutera apart from other senior living communities. With Tutera's presence in dozens of senior living locations across 10 states, superior senior living options in independent living, assisted living and memory care are easily accessible for those seeking them.

A VIBRANT NEW CHAPTER

As we conclude this heartfelt welcome, we want you to know that your journey with Tutera is not just a move; it's the beginning of a vibrant chapter filled with warmth, companionship and personalized care. Our communities are more than just a place to reside; they're a home where you are embraced by a dedicated team and fellow residents who share in the joy of creating meaningful connections.

We encourage you to explore the various activities, programs and amenities that Tutera communities have to offer. Whether it's joining in on social gatherings, participating in senior wellness activities or simply enjoying the tranquility of our surroundings, we are confident that you'll find a sense of belonging here.

As you embark on this new adventure, remember that we are here to support you every step of the way. Welcome to the Tutera family, where each day unfolds with the promise of enriching experiences and cherished moments. Your presence adds to the tapestry of our communities, and we look forward to creating lasting memories together.

Once again, **welcome home!**

