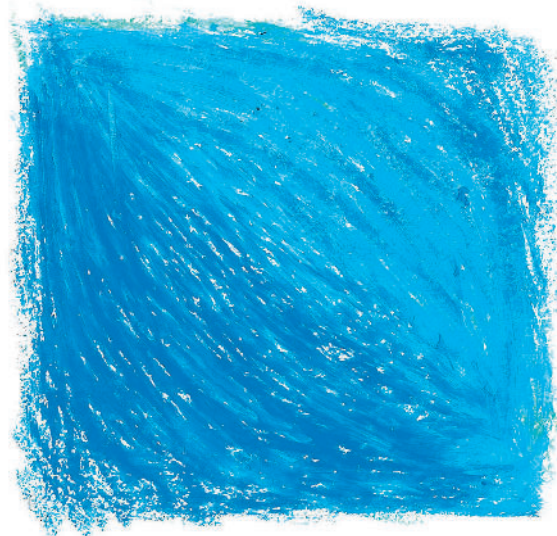




THE
RESERVE
at East Longmeadow



Good Times ◆ Good Friends ◆ *Great Care!*

Welcome to The Reserve at East Longmeadow

Imagine finally having the time to do the things that make you happy: catching up on the best-seller list, getting out to the theater with friends, learning a new language, or just relaxing with the people you enjoy. Imagine life without the worries and stresses of maintaining a home. Imagine you being *you* again.

This is the life that awaits you at The Reserve at East Longmeadow. Enjoy amenities and the impeccable service and hospitality that are the hallmarks of LCB Senior Living.

Located in desirable East Longmeadow, residents enjoy the tranquility of our walking path and neighboring golf courses, along with the amenities of downtown and the many recreational and cultural attractions in nearby Springfield.

Choose a beautiful private apartment home for you to make your own. It's what you have worked so hard to enjoy!



Assisted Living ♦ *Reflections Memory Care*
An LCB Senior Living Community: More Than 25 Years of Excellence





Daily Life

Ours is a community of like-minded individuals who have led interesting, full lives. We're here to make sure that whatever fulfills you is possible—regardless of age or physical limitation.

Every day, there are opportunities ranging from concerts, lectures, book discussions and gardening, to exercise, crafts, intergenerational events and more. In addition to in-community programs, private, scheduled transportation is available for special trips to cultural attractions, recreation, worship, appointments, shopping and more.

Our active program focuses on supporting the interests of each resident. Our Engagement Director will spend time getting to know you, and assisting you in finding programs that are suited to your interests and needs. We can even develop new programs with you. The choice is yours to stay as active and engaged as you desire!

“ The food is outstanding.
It's like a 4-star restaurant.
The chef comes up with great
specials all the time. ”



Follow our culinary adventures!

Instagram @thesterlingchefs



Gourmet *Every Day!*

Anticipation...it's what we feel when we know we're about to enjoy a fabulous meal with friends and family. Nothing is more important to health and happiness than eating well and loving every bite! Enjoy a delicious variety of menu favorites and specials conjured up by our Executive Chef, who brings their fine dining experience to your table. Our menu is available from 7 am to 7 pm every day, so you can drop in and eat what you crave, anytime you like.

Our culinary team combs local markets for the freshest seasonal fruits, vegetables, and meats, creating a continuously changing menu of farm-to-table delicacies. We are also happy to accommodate residents who have particular dietary needs, such as low-sodium or sugar free.

Relax and delight in your new favorite restaurant! Visit our website to view a full menu.







Imagine
living in a vibrant
community with
every amenity and
impeccable service.



Imagine
a life of enriching
experiences, and being
immersed in culture,
learning and fun.



Imagine
looking forward
to every day, and all
that comes next.



Imagine
you being
you again.

Senior Living *Your Way!*

Every assisted living resident has a private apartment with kitchenette and full bath. Residents enjoy a variety of beautiful common spaces that include a library, sitting areas, a private dining room for special occasions with family and friends, recreational spaces, hair and nail salon and more.

We take pride in offering a host of amenities and attentive service that rival the finest hotels.

Assisted Living: Rediscover Independence!

Assisted Living includes individualized assistance with the activities of daily life. Our goal is to help you remain as independent as possible, while assisting you with tasks like dressing, showering, managing medications or whatever your particular need might be.

Assisted Living residents enjoy spacious apartment living, with a variety of engaging programs and activities that allow you to pursue the things that make you happy. Enjoy the peace-of-mind of 24-hour staff and security, the ease and delight of chef-prepared meals and the convenience of a range of additional support services.

It's the best of all worlds: comfortable apartment living without the stresses of home ownership, and personalized assistance just steps away in case you need it.

Services

- ◆ *Three chef-prepared meals daily*
- ◆ *Weekly housekeeping*
- ◆ *Weekly linen service*
- ◆ *Highly-trained associates, 24/7*
- ◆ *Emergency response system*
- ◆ *Utilities (heat, A/C, electric & water)*
- ◆ *Full calendar of social, educational, recreational & cultural activities*
- ◆ *Personalized wellness plan and wellness activities*
- ◆ *Fitness classes and health clinics*
- ◆ *Parking*
- ◆ *Scheduled transportation*
- ◆ *Maintenance services*

“Everything I need is here at the community. The residents and staff are not only nice but are also very caring.”





A Life of Dignity and Purpose

A mindful approach to promoting dignity and quality of life for those with memory challenges, through compassionate care and a focus on the person, not the disease.

Our Reflections Memory Care program is based on a philosophy of empathy, expression and mindfulness. Through varied and carefully planned programs, we support and enrich the experiences that our residents have every day. We encourage them to be independent, to express themselves and to flourish. We create life experiences and events, not activities.

Reflections is distinguished by its five *Principles for Vitality*, which connect with the whole person through Continued Learning, Arts & Culture, Physical Fitness, Community Connections and Wellness & Self-Care. Through these five dimensions residents thrive in the moment as their best selves.

Influenced by an evidence-based wellness model, our memory care program is led by dementia professionals who are certified by the National Institute for Dementia Education (NIDE). In addition, we work with family physicians to ensure that any needed medications are properly administered and factored into individual wellness plans.

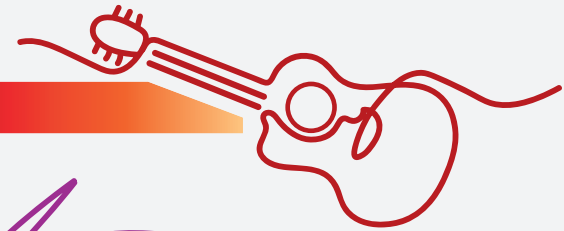


Expressive Arts

...where words fail, expression remains

Expressive art therapies stimulate parts of the brain that hold memories, skills, desires, and feelings like comfort and joy. Because art transcends speech, we can achieve profound connections.

MUSIC



VISUAL ARTS



STORYTELLING



MOVEMENT





Our best days
are made up
of perfect
moments.

LCB Senior Living, LLC

LCB Senior Living, LLC is a leading senior housing operator and developer with roots that go back to 1994. Headquartered in Norwood, Massachusetts, the LCB team was among the region's first Assisted Living providers. The company owns and/or operates communities throughout New England and the Mid-Atlantic states, offering the finest Independent, Assisted and Reflections Memory Care living options.

www.lcbseNIorliving.com

More Than 25 Years of Excellence



Operated by LCB Senior Living, LLC





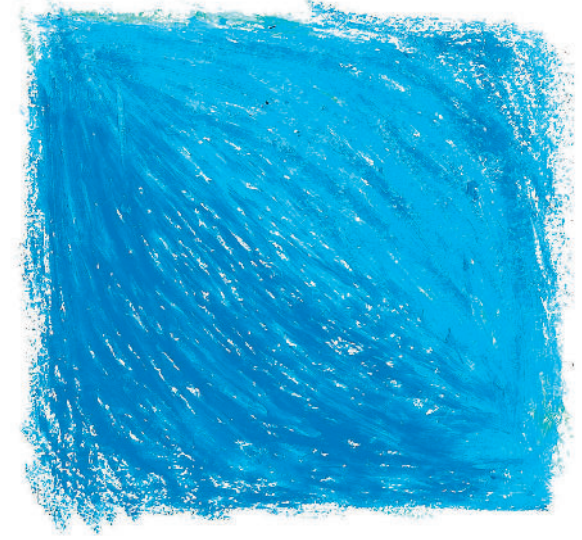
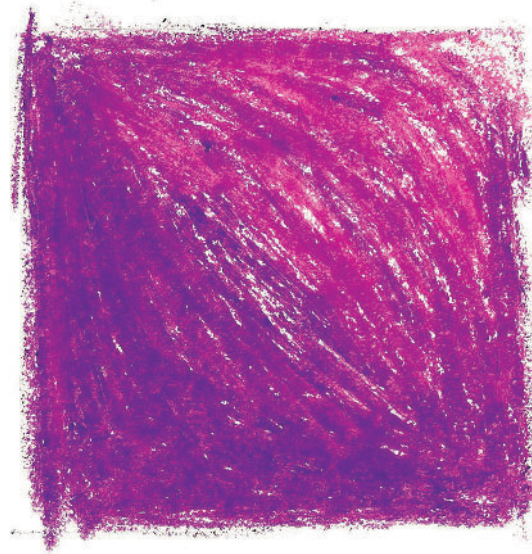


Proudly serving East Longmeadow,
Hampden, Longmeadow, Springfield,
Wilbraham, and other fine communities.



THE RESERVE

at East Longmeadow



Assisted Living
Reflections Memory Care

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