



*We believe, that to enjoy a good life, the human needs of security, significance and community must be met. At The Aspen, we seek to provide each of our residents with the freedom from danger, fear and anxiety; to ensure each of our residents feels their own intrinsic worth and importance; and to provide a place of togetherness and warmth where our residents belong.*

*Everything we do is focused on meeting these needs for our residents.*

www.TheAspen.Life  
719-465-3870



## ASSISTED LIVING

### 10 symptoms that suggest seniors are struggling living alone:

#### 1. SOCIAL ISOLATION

A study of over 6500 elderly people by University College London suggests that social isolation significantly reduces lifespan, posing both mental and physical health issues.

#### 2. DEPRESSION AND/OR ANXIETY

The prevalence of depression and anxiety increases with age. In 2008, the proportion of people age 65+ with clinically relevant symptoms was higher for those 85+ (18%) than for any of the younger groups (12%-15%). Anxiety is often the result of feeling unsafe or unable to manage, which is magnified when you live in social isolation, don't have someone to talk to on a regular basis and don't have the resources for help.

#### 3. FALLS

Elder falls are one of the leading causes of death and morbidity. Living alone increases the risk due to lack of assistance.

#### 4. LACK OF HELP IN AN EMERGENCY

This risk nearly goes without saying. From falls or other medical crises to unsafe practices that could lead to harm, it can sometimes be impossible to call for help.

#### 5. INCREASE IN HOSPITALIZATIONS AND EMERGENCY ROOM VISITS

Elders living alone see a dramatic increase in hospital and emergency room visits, often resulting in negative long-term consequences including increased confusion, weakness, and greater disability than when they entered the hospital.

#### 6. MEDICATION MISMANAGEMENT

Adverse drug reactions are about seven times more common in persons over 70 years of age than in those younger. Over and under medicating is also a much higher risk in this population.

#### 7. MALNUTRITION

Elderly people who live alone are at a much higher risk for malnutrition. This can be a symptom of depression or anxiety, some medications, or simply the result of basic nutritional ignorance or inability to shop for and prepare nutritious food.

#### 8. DEHYDRATION

Dehydration is the most common fluid and electrolyte problem among the elderly. Age-related changes in total body water, thirst perception, renal concentrating ability and vasopressin effectiveness probably predispose to dehydration.

#### 9. SAFE/HYGENIC HOUSEKEEPING

Depression, isolation and physical limitations may prevent basic housekeeping to ensure a safe, clean and hygienic home.

#### 10. MISSED SYMPTOMS

Living with someone or in a community can provide an external perspective on one's well-being. This is especially true if a medical professional (e.g. an RN) is doing wellness checks and observations.

 SECURITY

***"We take away the fear and anxiety of not being able to accomplish some of the tasks of daily life."***

We provide a comfortable and safe environment for our residents. We take away the fear and anxiety of living life alone, inability to accomplish tasks of daily life such as remembering medications, the steps of preparing nutritious meals – shopping, cooking, cleaning up afterwards, housekeeping, laundry, bathing, etc. Comraderie between the staff and residents promotes recognizing the residents' need to feel they can still accomplish some things on their own with staff coming alongside to offer help when needed.

---

 SIGNIFICANCE

***"We believe our significance comes from our sense of importance, our achievements, the respect we are granted."***

We believe each of our resident's lives should have meaning and significance. We are not providing a place where we intend to warehouse and entertain. We believe our significance comes from our sense of importance, our achievements, the respect we are granted, feelings of being unique, wanted and needed. We will strive to foster these feelings in our residents in everything we do; from the simple everyday interactions to special opportunities to explore passions.

---

 COMMUNITY

***"We want to make connections in the community not only for the benefit of the residents, but also for the difference and positive impact our residents can make."***

Community is the cornerstone of life. So many seniors are increasingly isolated in their homes. At The Aspen, we are intentional about community. By encouraging our residents to be out and about in our beautiful common areas, engaging with each other and with us, their need for connection is met. Feeling of togetherness, unity, warmth, and love are cultivated. This connection extends to the broader communities in which we are located as well. We want to make connections in the community not only for the benefit of the residents, but also for the difference and positive impact our residents can make.



## RESIDENT INDEPENDENCE

***"From the time of our childhood and adolescence, we seek independence... Residents can make choices for themselves."***

From the time of our childhood and adolescence, we seek and cherish independence. While our residents have come to us for some assistance in their daily lives, we don't believe they need to or should give up their individuality and independence. Residents can make choices for themselves. When they go to bed, when they get up, when they eat, what they eat are examples of the choices our residents make. We want to conform to your desires not ask you to conform to an institutional schedule. When safety (e.g. using a walker) conflicts with independence, we will provide counsel and let the resident make the decision they feel is right for them. This is your home after all.

---



## ENGAGEMENT, CONTRIBUTION & GROWTH

***"What we found was the greatest need of our seniors was to be needed. We have seniors who want things to do that are vital, that matter, that make a difference."***

— LESLIE WALL, Community Connections, Plumas Rural Service, Plumas County, California

We want our residents to continue to have new experiences where they may feel challenged and excited. We want to provide opportunities for our residents to continue to learn and grow. We believe the observation of Leslie Wall is what our residents desire. We strive to provide these opportunities in the everyday lives of our residents as well as providing special opportunities to contribute.

---



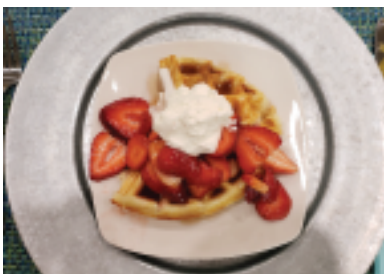
## GOOD FOOD

***"Food is one of the most important parts of living a good life."***

We all look forward to meals, and food is one of the most important parts of living a good life. In food, we can find memories, excitement and adventure as well as a sense of well-being and comfort. We provide not only exciting cuisine but excellent food that is comforting, pleasing and nutritious. Balancing these options will be resident-driven and will meet the needs of each individual. The Aspen Kitchen is a from-scratch kitchen in constant motion to achieve the highest standard of flavor, nutrition and visual appeal. Our offerings are carefully crafted by our culinary team.

***"When things like security, significance, community, independence, life-long engagement, good nutrition and sleep are encouraged, our residents can experience improvements to their vitality, and by extension their joy of life."***

The Aspen is committed to helping our residents maintain both their *bios* (well-being of their physical body), but also their *zöe* (their vitality or the well-being of their essential self – the qualities and attributes that make them unique individuals.) When things like security, community, independence, life-long engagement, good nutrition and sleep are encouraged, our residents can experience improvements to their vitality, and by extension their joy of life.



**"The ache for home lives in all of us – the safe place where we can go as we are and not be questioned."**

from Maya Angelou's  
*"All God's Children Need Traveling Shoes"*

## *The Services*

We strive to provide a supportive and nurturing environment for healthful, natural aging. We will get to know you, and develop personalized, goal oriented plans for assistance and support. Our services are inclusive so there will be no “nickel and diming.”

We will provide nursing oversight in order to ensure we meet each resident’s needs. We will keep our resident-to-staff ratios at 8:1 or lower. We will always have two dedicated staff in the residence at night. These ratios do not include culinary staff or management. We believe this exceeds the staff ratios in most residences.

- Three, skillfully created meals a day and nutritious snacks
- Housekeeping
- Laundry
- Medication assistance
- Health-related treatments
- Assistance with showering
- Assistance with transfers
- Assistance with dressing and personal hygiene
- Medication review and alternative interventions for symptoms and comfort
- Gravity blankets

The Aspen’s daily activities are led Monday-Friday by our activities director and include reading, conversation, sharing, movement, games and art. The Aspen also hosts a number of activities and entertainments through outside speakers, musicians, dance troupes and community groups .

---

## *The Residence*

Set in Pike National Forest, The Aspen residence is over 13,000 square feet and offers 21 suites – sixteen studio suites and five two-room suites. Residential aesthetics are used throughout The Aspen, giving her the feeling of home, rather than facility. You won’t see any nurses’ stations, acoustic ceiling tiles, metal doors, or plastic baseboard material. Each ADA compliant suite has a private bath, kitchenette with cabinetry, sink and refrigerator and a mounted 43” television. Solid rustic alder doors and trim, ceramic tile on the bathroom floor and beautifully tiled showers give the feeling of luxury and of home.

The common spaces include a living room with fireplace and baby grand piano, and a large sunroom with fireplace, big screen television and a wall of windows to capture the spectacular views. The dining area has a community dining area as well as a private dining room where residents can entertain friends and family. Other amenities are a therapy room and a spa-like beauty salon. The outdoor area, with views of Pike’s Peak, features patios, comfortable seating, paths for walking, and a fire-pit.

## 30 Day Menu Sample

### *Breakfast.....*

French Toast  
 Biscuits & Redeye Gravy  
 Vegetable Frittata  
 Corned Beef Hash with Eggs  
 Waffles  
 Quiche  
 Pancakes  
 Huevos Rancheros  
 Shakshuka  
 French Toast Bake  
 Breakfast Pizza  
 Breakfast Potatoes O'Brien  
 Fresh Berry Muffins  
 House Made Cheese Danish  
 Bagels and Lox  
 Sausage Breakfast Lasagna  
 Biscuit Egg-in-a-hole  
 Spanish Omelette  
 Stuffed French Toast  
 Steak and Eggs  
 Quinoa Fruit Breakfast Bowl  
 Breakfast Bread Assortment  
 Breakfast Burritos  
 Cinnamon Rolls  
 Eggs Benedict  
 Egg and Tomato Open Faced  
 Green Chile Chilequiles  
 Super Grain Breakfast Bowl  
 Bagels & Assorted Toppings  
 Chicken & Waffles

### *Soup of the Day.....*

Vegetable Barley Soup  
 Chicken Noodle Soup  
 Beef & Bell Pepper Soup  
 Creamy Tomato Soup  
 Tortilla Soup  
 Vegetable Soup  
 Jambalaya  
 Carrot Ginger Soup  
 Cream of Mushroom Soup  
 Lemon Chicken Orzo Soup  
 Baked Potato Soup  
 Minestrone Soup  
 Chicken Posole Soup  
 Butternut Squash Soup  
 Beef & Bean Chili  
 Beer Cheese Soup  
 Chicken & Wild Rice Soup  
 Cream of Broccoli Soup  
 Italian Wedding Soup  
 Lentil Soup Soup  
 Tortellini Soup  
 Cauliflower Kale Soup  
 Egg Drop Soup  
 Corn Chowder Soup  
 Beef Stew Soup  
 Cream of Chicken Soup  
 Roasted Garlic Soup  
 Taco Soup  
 Golden Mushroom Soup  
 Ham & Bean Soup

### *Lunch Entree.....*

Beef Tenderloin  
 with Horseradish Cream  
 Pasta Primavera  
 Grilled Chicken Fajitas  
 Mushroom Chicken  
 Stuffed Bell Peppers  
 Caramelized Onion Burgers  
 Shrimp & Grits  
 Chicken Tagine  
 Ramen Bowls  
 Beef Pot Roast  
 Wedge Salad  
 Braised Pork Chops  
 Green Chile Chicken Enchiladas  
 Meatloaf  
 BBQ Chicken Sliders  
 Shepherd's Pie  
 Parmesan Crusted Whitefish  
 Vietnamese Pork Chop  
 Chicken Piccata  
 Chicken Tandoori  
 Baked Potatoes  
 Lasagna  
 Beef & Broccoli Stir Fry  
 Salmon Croquettes  
 Balsamic Chicken  
 Macaroni & Cheese  
 Beef Tips  
 Pork Tostada  
 Chicken Pot Pie  
 Whitefish in Papillote

### *Dinner Entree.....*

Herb Roasted Chicken  
 Lemon Butter Poached Salmon  
 Braised Beef Tips  
 Grilled Cheese  
 Balsamic Chicken  
 Cheese Stuffed Manicotti  
 Blackened Chicken  
 Baked Four Cheese Ziti  
 Charred Lemon Whitefish  
 Pesto Chicken  
 Pulled Beef Sandwich with Aus Jus  
 Asparagus Goat Cheese Tartlett  
 Chopped Salad  
 Jerk Chicken Lettuce Cups  
 Chili-n-Cornbread  
 Hashbrown Crust Asparagus Quiche  
 BBQ Chicken Cobb Salad  
 Goat Cheese Medallions  
 Tuna Salad Nicoise  
 Caprese Stuffed Portobella Caps  
 Chili Lime Salmon Bowls  
 Chinese Chicken Salad  
 Egg Salad Sandwich  
 Chicken Biscuit  
 Italian Chopped Salad  
 Margherita Pizza  
 Fajita Frittata  
 Roasted Vegetable Salad with Feta  
 Cacio e Pepe Pasta

Accommodations will be made to fulfill requests made by residents dependent upon items stocked and available for preparation.

# Today's Menu

## Breakfast

Baked French Toast with Berries  
Eggs To Order   Bacon   Sausage  
Juice   Coffee   Tea   Milk

*Soup of the Day*

*Vegetable  
Barley*

## Lunch

Beef Tenderloin with Horseradish Cream  
Whipped Potatoes   Glazed Carrots

## The Aspen Hour

Join us for The Aspen Hour at 3:30 pm for snacks  
and a glass of wine, beer or soda.

## Dinner

Green Salad  
Herb Roasted Chicken  
Roasted Vegetables

## Today's Desserts

Banana Cake  
Rice Pudding  
Cookie of the Day

*Please* feel free to ask a culinary team member about alternate entree options.

### *Breakfast*

Toast  
Yogurt & Granola  
Fruit Bowl  
Oatmeal  
Assorted Cereals

### *Entrees*

Grilled Cheese on Focaccia with Tomato  
Chicken Salad Sandwich  
Turkey Sandwich  
Chicken Soup  
Pasta Pomodoro  
Cheese & Crackers



*The Aspen*  
Woodland Park





## *Services and Suites*

*Rates starting at \$5300*

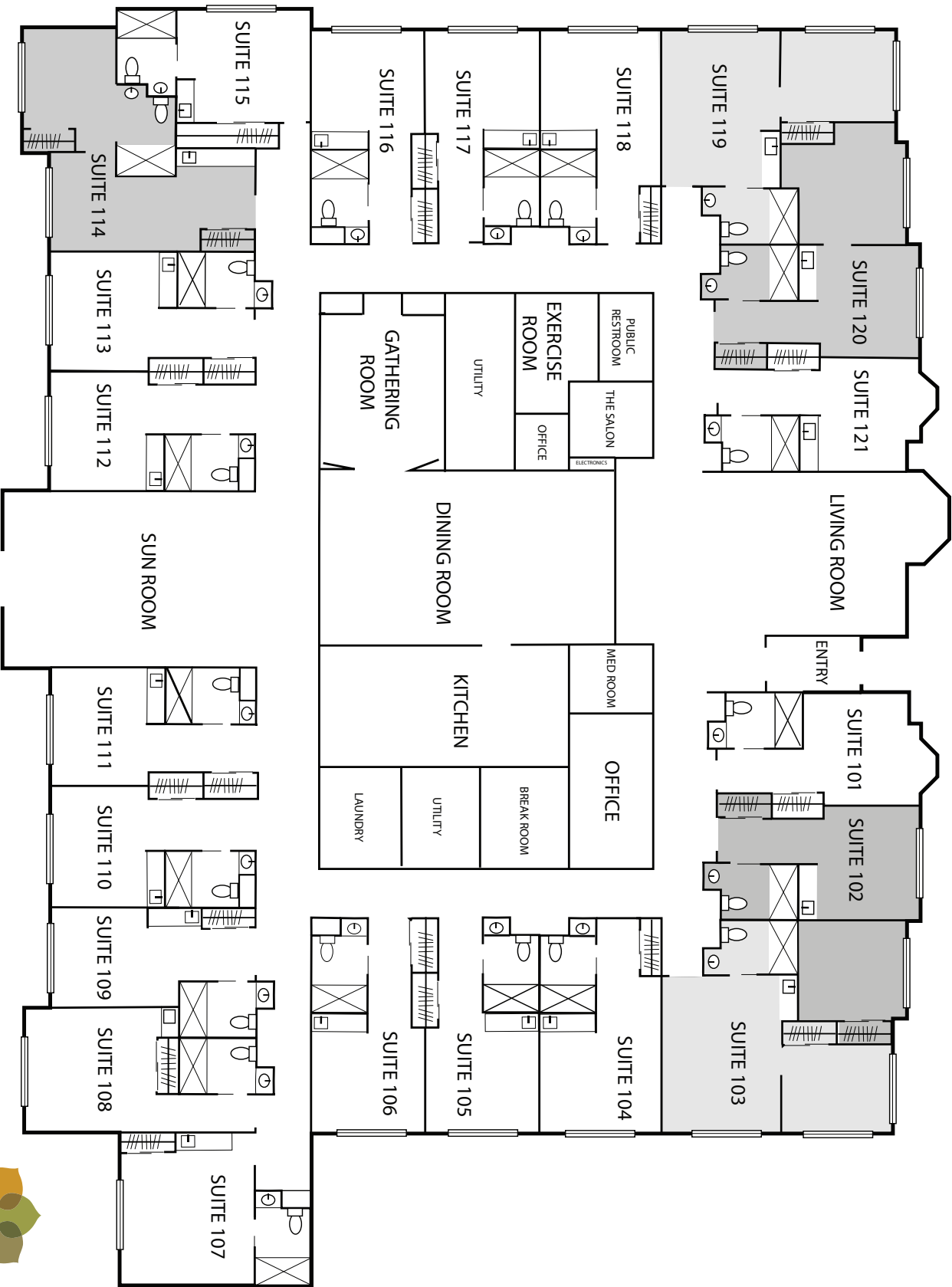
### Assistance and support include:

- Three chef-inspired meals each day
- “Aspen Hour” gatherings
- Nutritious snacks
- Coffee and hydration bar
- Personalized plan of assistance and support
- Daily housekeeping
- Laundry
- 24-hour supervision
- Cueing and reminders
- Medication administration
- Medication reviews **Access to staff nurse**
- Monthly wellness checks by nurse
- Individualized plans for life enrichment
- Group activities/outings
- Community engagement through partnerships and volunteers
- Exercise classes and education
- Daily activities as well as engagement through speakers, musicians, dance troupes, and community groups.

### All suites include:

- ADA compliant accessibility
- Private bath
- Kitchenette with refrigerator
- Custom closets
- All utilities including cable and internet
- Mounted 43” television with remote
- Video phone
- Common access to:
  - Living room with fireplace, phone, computer, and grand piano
  - Sunroom with Pike’s Peak views, fireplace, and big screen television
  - Gathering Room for private events
  - Outdoor areas with patio and fire pit
  - In-house salon
  - Therapy Room
  - Aspen Library
  - Games and Puzzle Tables
  - Local Artist Exhibitions





PATIO WITH PIKES PEAK VISTA





Follow us on facebook @The Aspen  
Follow us on instagram @theaspenkitchen

[www.TheAspen.Life](http://www.TheAspen.Life)  
719-465-3870