



When visitors first walk into the grand entrance at Crane's Mill they are struck by the incredible and unique interior architecture that greets them. This vision and indeed both interior and exterior designs throughout the community, with warm natural woods and elegant ambiance was inspired by the original Crane's Mill.

Mill Club MEMBER PROGRAM

Plan For Tomorrow *While Enjoying Life Today*

"We wish we'd made our move earlier," is one of the statements we hear from many of our residents. Crane's Mill is situated on 48 beautiful acres which house a wildlife habitat and our very own pond. Our community offers a wealth of social and recreation activities, it's understandable why so many people wish they had become a part of Crane's Mill sooner.

Imagine an opportunity of experiencing the lifestyle of Crane's Mill while still living in your own home. With the Mill Club Program you get to do just that. Each member is welcomed to participate in Crane's Mill activities while becoming familiar with the amenities, staff and residents.

Enjoy the lifestyle you deserve. Experience the possibilities of living at Crane's Mill. A complete life-care retirement community, Crane's Mill offers an active, vibrant lifestyle within easy reach of the excitement and cultural attractions of New York City, shopping, beaches, churches and medical facilities.

A Mill Club membership gives you a taste of the active, fulfilling and independent lifestyle that awaits you at Crane's Mill. *Don't you think it's time to guarantee your place at such a premiere life care community with a reputation of excellent service? Call us at 973.276.3001.*



Crane's Mill
Continuing Care Retirement Community

459 Passaic Avenue
West Caldwell, NJ 07006
www.cranesmill.org



A program of Lutheran Social Ministries of New Jersey, a not-for-profit agency serving New Jersey since 1904.

You Are Invited!

The Crane's Mill marketing staff holds frequent informational events and luncheons at our community, but there's no need to wait, call us to schedule a tour **973.276.3001**. Visit our website at www.cranesmill.org to find out more about us.

DECEMBER EVENTS:

Crane's Mill celebrates the season with two events, a holiday sleigh ride and end of year party to showcase our beautifully renovated restaurant-style dining venue with fun food & spirits to end 2011 and herald in 2012.

Watch for your invites in the mail.



THE *Crane's Mill* VIVACITY

News From Crane's Mill, A Continuing Care Retirement Community

IN THIS ISSUE

P2

HEALTH FAIR

Here's to your health! Learning about good health and nutrition. The September Health Fair was a huge success at Crane's Mill.

P3

ENOUGH IS ENOUGH!

Imagine a winter free of shoveling, anxiety, and cancelled activities. No need to imagine – it happens at Crane's Mill.

P4

LIFESTYLE/VALUE

Often a great retirement lifestyle comes at a price and value is hard to find. Here at Crane's Mill we like to think we offer both.

AUTUMN AT CRANE'S MILL

Crane's Mill celebrates the season



Fall is a beautiful time to visit Crane's Mill, for many of our residents it is the favorite season of the year. The days are warm, with just a touch of crispness to the air, and nights slowly become cool. Visually it is a dramatic time as the foliage on our beautiful campus begins to change into vibrant hues of red, yellow and gold, and then fall to the ground where they crunch underfoot.

The foliage on our beautiful campus begins to change into vibrant hues of red, yellow and gold.

The summer is indeed over, but there's still lots to see and do. There's a special feeling in the air in fall, as Crane's Mill residents seem to get a renewed burst of energy with traditional holiday events and celebrations planned before another cold winter sets in.

We are pleased to have welcomed so many new friends and neighbors to our community in the last year, so it is fitting with autumn now upon us, that we view the fall season as a metaphor to describe the wonderful changes that have occurred, as well the remarkable new and exciting things now taking place here at Crane's Mill.

describe the wonderful changes that have occurred, as well the remarkable new and exciting things now taking place here at Crane's Mill.

We welcome you to see for yourself. Call 973.276.3001 to schedule a visit.

HEALTH FAIR AT CRANE'S MILL

The Crane's Mill Health Fair will now become an annual event



Crane's Mill held a Community Health Fair on Saturday, September 17th. More than 12 exhibitors set up displays offering information and educational demonstrations on topics ranging from holistic approaches to wellness, blood pressure checks, bone density testing, cardiac and nutritional education, osteoarthritis, chiropractor and respiratory care. Over 200 local residents, including Crane's Mill residents attended. Due to such an overwhelming response, the event will now be held annually as part of Crane's Mill "Aging Well, Living Well" community education series.

"Many people are drawn to Crane's Mill because of programs like this health fair"

"Last year was a difficult winter for seniors in our area," says Craig Karczmer, Executive Director of Crane's Mill. "We have had many calls from potential residents and their family members, seeking alternatives to maintaining a home during the long winter season. The Health Fair was a great way to not only emphasize the importance of health and wellness to our local seniors but also introduce them to the benefits of our community." A number of Crane's Mill departments were represented, including Health Care, Assisted Living and Rehabilitation Services. "All of us who work in Health Care areas, both here on our staff and the participating vendors are committed to patient education," says Beth Sparling, Health Center Administrator at Crane's Mill. "Events like this are an important way for us to reach out to residents both here at Crane's Mill or in the surrounding community who may be looking for information about healthier lifestyles, or even a particular problem they may be having."

"Many are drawn to Crane's Mill not only because of the quality of our residences, but also because of programs like this Health Fair that we are able to offer," says Karla Traficante, Director of Marketing. "Special events at Crane's Mill are a great way for area residents to meet Crane's Mill residents and to learn firsthand about the positive experiences being part of a continuing care community."



Health Fairs are a great way to help stay fit, feel better, become healthier and more productive. Planning and managing a health fair can be a challenging and time-consuming undertaking, so kudos go to Saint Barnabas Health Care System, our vendor participants, Beth Sparling and the entire staff at Crane's Mill for making this a tremendous success.



IT'S COMING: *The winter wonderland can leave you cold!*

Winter is approaching and as the temperature drops, it's important for older adults to prepare for the potential risks that cold weather can bring. For the thousands of seniors living in the Northeast, winter poses great inconvenience and also a number of risks. Reports have shown much higher incidences of injury and illness due to icy sidewalks, cold and dry air, flu viruses and other winter hazards.

At Crane's Mill our residents have the advantage of spending the winter season in an environment of convenience, comfort and security no matter what the winter brings. Escape from shoveling sidewalks, hiding inside from the bitter cold and defrosting the windshield on the car. Crane's Mill gives you a chance to enjoy the weather instead of dread it.



Crane's Mill offers activities for everyone, whether athletic, artistic or intellectual. There is always plenty to do. Our full time lifestyle coordinator creates an ever-changing, wonderful calendar of programs and events that always provide stimulating

benefits. Those who want to work out appreciate the fitness equipment studio with state-of-the-art cardiovascular and strength equipment, a heated pool for year round enjoyment and a full-time professionally trained and certified fitness staff. Hinman Hall, our auditorium, is the site for lectures, concerts and recitals, as well as inter-denominational worship services. Many of our residents who use the winter to learn a new hobby, pick up crafting techniques or take lessons they've always dreamed about. There's no need to venture into the cold...it's all just steps from you home.



A Pub with big screen televisions provides just the right atmosphere for social gathering or watching the big game. Enjoy fine dining without fighting wintery roads. We feature multiple dining options and experiences within a café-like setting at Crane's Mill. Our main café is an incredible display cooking and dining venue that offers a myriad of food choices, all prepared directly in front of our residents and their guests. Residents enjoy delicious meals without having to brave the cold to go to a restaurant.

Winter is not meant to be a time of isolation and worry, allow winter to be a wonderland. Experience all seasons of the year with no worries and peace of mind at Crane's Mill.

Right now, before the snow flies, might be the perfect time to see what we have to offer at Crane's Mill. Call 973.276.3001 to schedule a personal tour. We look forward to meeting you.

QUESTIONS AND ANSWERS

Just What Is A Continuing Care Community?

A continuing care retirement community offers accommodations at every level – residential living homes and apartments, common areas, services and amenities and community areas for socializing as well as on-site health care.

As needs change, residents are secure in the knowledge that high-quality supportive services and care are available, when needed, in an attractive, professionally staffed on-site environment, providing peace of mind for you and your family.

An ever-increasing number of seniors are choosing to spend their retirement years in CCRCs. They are making the decision for the simple reason that it offers solid security for the future.

LIFE'S CHOICES *lead to life's rewards.*



Barbara has always been confident and self-reliant. So when her husband passed away, she decided to be sure her life still included retaining her independence and security. Her greatest decision? The decision to move to Crane's Mill. "I feel very secure and comfortable living here at Crane's Mill," says Barbara.

She is excited about the many activities and services that Crane's Mill offers. "There's so much to do with all the various activities scheduled for residents. I was always very busy and content to spend all my time caring for my family. Today my daughter is still close, so I didn't want to depend on her for my future needs but wanted to be close-by to still be there for her."

"I was always busy... spending all my time caring for my family"
–Barbara Eicher

There are so many good reasons to choose the lifestyle at Crane's Mill. The conveniences, the amenities and services, the security of health care. But one of the most rewarding reasons would be the fact that the entire family can share the incredible peace of mind that comes with knowing your loved one is safe and secure at home—at Crane's Mill.

CRANE'S MILL LIFESTYLE

Crane's Mill Value



Craig Karczmer,
Executive Director

I would like to personally invite you to visit us to see first hand the wonderful, care-free lifestyle here at Crane's Mill—when you talk with our residents and staff it is easy to see why so many call Crane's Mill home.

There has never been a better time than now to consider our community. I am pleased to announce that there are some very attractive financial programs available that make our community one of the very best retirement values in the New Jersey area. I encourage you to visit us. It will inform and inspire you to see your future in a new light—a future at Crane's Mill.