

## ALL-DAY DINING SAMPLE MENU

### BREAKFAST

#### ***The Elmhurst Breakfast***

One or two eggs, any way you like, with your choice of bacon, sausage patties or grilled ham. Served with golden hash browns and your choice of toast.

#### ***Caprese Omelette***

Fluffy eggs with fresh basil, tomatoes and mozzarella cheese. Served with your choice of toast and fresh fruit.

### SOUPS AND SALADS

#### ***Aspired Living<sup>®</sup> Signature Salad***

Mixed greens topped with cucumbers, tomatoes, olives, red onion and your choice of chicken, tuna, egg or seafood salad.

#### ***Soup du Jour & Half Sandwich***

Our tasty soup of the day with your choice of any sandwich below.

### SANDWICHES

#### ***Grilled Chicken Club***

Grilled, boneless chicken breast topped with hickory bacon, tomato, lettuce and your choice of cheddar or Swiss cheese on Texas toast.

#### ***Reuben Sandwich***

Specially seasoned corned beef, sauerkraut, Swiss cheese and our signature sauce on grilled rye bread.

### HOT ENTRÉES

#### ***Pistachio-Crusted Tuna Steak***

Ahi tuna crusted with pistachios, sautéed and served with creamy caper sauce, baked sweet potato and a side salad.

#### ***Teriyaki Grilled Flat Iron Steak***

Featured steak served with golden pineapple-mango salsa and a fresh baked potato with sour cream.

### DESSERTS

#### ***Chocolate Mousse Crêpes with Raspberry Glaze***

#### ***Apple Pie à la Mode***

847-818-1808

[AspiredLivingProspectHeights.com](http://AspiredLivingProspectHeights.com)

708 N. Elmhurst Road

Prospect Heights, IL 60070

A Pathway to Living<sup>®</sup> Community





## PATHWAY TO LIVING®

Pathway to Living® is a privately held, Chicago-based company founded in 1997 and managed by an experienced team dedicated to improving the lives of older adults.

Innovative and progressive, Pathway to Living® has developed a variety of programs that elevate residents' quality of life:

- **VIVA!™** is a new approach to resident wellness and person-centered care
- **VIVA!™** Plus brings a coordinated team of healthcare professionals to the community
- Extreme **VIVA!™** invites residents to enjoy the great outdoors
- **VIVA!™** Legacy, an award-winning program, honors residents' living and end-of-life wishes to create a personalized lifestyle
- Lifelong Learning with Pathway promotes and supports continued education
- And many more



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# VIVA!<sup>SM</sup> WELLNESS PROGRAMMING

At Pathway to Living<sup>®</sup>, we're changing the way people think about aging. More importantly, we're changing the way people age!

It's all about perspective. We perceive aging as a vibrant stage of life – a time that should be recognized and celebrated.

With that belief as our foundation, we created our signature, award-winning **VIVA!<sup>SM</sup>** wellness programming.

This isn't a calendar of activities. It's a way of life! **VIVA!** fosters purpose and provides a whole new way of aging healthfully and happily by ensuring our residents *Live Well. Age Well. Be Well.*

## LIVE WELL

The health and wellness of mind and body is an essential goal of **VIVA!<sup>SM</sup>** At Aspired Living<sup>®</sup> of Prospect Heights, we offer programs like tai chi and yoga, meditation, personalized fitness training and mental agility exercises.

## AGE WELL

The **VIVA!<sup>SM</sup>** lifestyle is as much about leading programs, sharing talents and making a contribution as it is about participation. From intriguing book clubs to art classes, gardening, crossing items off your bucket list, camping and so much more, **VIVA!** offers opportunities for engagement, social interaction and meaningful contribution – all of which make for happier, healthier people!

## BE WELL WITH **VIVA!<sup>SM</sup>** PLUS

**VIVA!<sup>SM</sup>** Plus is a comprehensive and coordinated care model that focuses on wellness, rather than sick care. **VIVA!** Plus brings together a group of third-party healthcare professionals to provide residents with high-quality, coordinated medical options – all conveniently delivered in the privacy and comfort of their own apartments.

**VIVA!** Plus physicians, pharmacists, home health nurses, physical and rehabilitation therapists, social workers, psychiatric nurses and hospice specialists all serve as extensions of the Aspired Living<sup>®</sup> wellness team. All providers work together to provide coordinated, seamless care.



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# INDEPENDENT AND ASSISTED LIVING



## Independent and Assisted Living Services

- Utilities, Wi-Fi and basic cable included
- Three chef-prepared meals each day
- All-day dining options in the Kennicott Bistro and restaurant-style Elmhurst Dining Room
- Award-winning **VIVA!**<sup>SM</sup> wellness programming
- Routine health and wellness program including weight monitoring, blood pressure checks, nurse consultation and coordination of licensed medical services
- Medication management
- Assistance with activities of daily living (ADLs)
- Routine follow-up coordination with physicians and ancillary medical service providers such as therapy, home health and hospice
- Housekeeping and maintenance services
- Scheduled transportation to shopping, outings and local appointments
- **VIVA!** Legacy, an award-winning program honoring residents' living and end-of-life wishes to create a personalized lifestyle
- Weekly laundry and linen service
- Trash removal
- Pendant response system
- Preferred providers and visiting physicians

## Community Amenities

- Spacious apartments
- The Elmhurst Dining Room
- Outdoor terrace dining
- Kennicott Bistro
- Family dining room
- Sundara Salon and Spa
- Community Life room with demonstration kitchen
- Fitness center
- Library and technology center
- Willow Movie Theatre
- Courtyards with lush gardens, walking paths, gazebo and raised gardening boxes



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# A KNEW DAY® MEMORY SUPPORT



## A Knew Day® Memory Support Services for One All-Inclusive Fee\*

- Spacious studio apartment
- All-inclusive care covers changing needs
- Three delicious, chef-prepared meals each day
- Snacks and beverages available anytime
- Groundbreaking approach to Memory Support proven to rehabilitate the brain
- Award-winning **VIVA!SM** programming
- Routine health and wellness program including weight monitoring, blood pressure checks, nurse consultation and coordination of licensed medical services
- Medication management and review of possible drug interactions by a pharmacist
- Assistance with activities of daily living (ADLs)
- Personalized care plan and programming
- Routine follow-up coordination with physicians and ancillary medical service providers such as therapy, home health and hospice
- Weekly housekeeping and maintenance services
- Weekly laundry service and linen changes

- Beautiful community amenities for socializing, entertaining and programming
- Outdoor courtyard with raised gardens and lush landscaping
- Scheduled transportation to shopping and outings

## Community Amenities

- Dining room with country kitchen
- Living room and family room
- Winter Garden
- Secured outdoor courtyard with raised gardens, lush landscaping and walking trail
- Fitness and multipurpose room
- Monarch multisensory room
- Library
- Salon

*\*Additional costs may apply; third-party services are not included.*

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# INDEPENDENT AND ASSISTED LIVING FLOOR PLANS

When it comes to accommodations, Independent and Assisted Living residents have a variety of apartment and layout choices.



STUDIO



ONE-BEDROOM

## Apartment Features

- Washer/dryer, excluding studio
- Kitchenette with peninsula
- Granite countertops
- Full-size, stainless-steel refrigerator and microwave



TWO-BEDROOM/TWO-BATH



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# A KNEW DAY® MEMORY SUPPORT FLOOR PLANS

A Knew Day® Memory Support residents reside in spacious studio apartments for one all-inclusive rate.



PRIVATE STUDIO



PRIVATE STUDIO, SHARED SHOWER

## A Knew Day® Memory Support Apartment Features

- Direct line of sight from bedroom to bathroom
- Sensor light in bathroom for easier nighttime use
- Spacious closet

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