

The Village at Duxbury is managed by Welch Senior Living, the leader in senior housing and services on the South Shore. Serving South Shore seniors and families for over 70 years.

781-679-5035 www.VillageAtDuxbury.com 290 Kingstown Way Duxbury, MA 02332





The Sun is Always Shining at The Village

Well, not really, but you can throw out your snow shovel if you move here. The Village at Duxbury is a great place to ride out the long nights and frigid days of winter. Look inside to learn more about our energizing, warm and weatherproof lifestyle.

Call Harriet for a tour today. 781-679-5035





an exceptional lifestyle with the peace of mind that comes with a full-service retirement community.

Inside: Fast Facts About The Village, An Update From Harriet Voyt, Resident Spotlight, Hornstra Farms at The Village, Focusing on Wellness





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Get to Know The Village



A Great Place to Live With Easy Access to A Continuum of Care

The Village at Duxbury offers a full array of living options and services designed to maximize your freedom and independence.

Apartment Homes

Our main building offers a choice of more than twenty different floor plans—all beautifully refurbished and fully-applianced. Great amenities are just steps away, including a heated indoor swimming pool, state-of-the-art fitness center, three dining venues, general store, bank branch, art studio, walking paths, and a greenhouse. Your predictable monthly fee includes 24-hour security, maintenance, local transportation, emergency response, and an impressive variety of health, fitness, educational, cultural, and entertaining programming.

Call Sales Manager Harriet Voyt at 781-679-5035 for more information.

Fast Facts About The Village at Duxbury:

- Choice of elegant Garden Homes, gracious two-bedroom apartment homes, and spacious one-bedroom apartment homes
- Resident-owned and governed by the Cooperative Corporation's Board of Directors
- Developed and managed by Welch Senior Living, a fourth-generation, family-run, locally owned business

Garden Homes

The Village is the South Shore's only continuing care retirement community offering a Garden Home option. Each Garden Home features more than 2,000 square feet of living space with a modern, open floor plan, attached garage, and access to all of the amenities our apartment home residents enjoy.

Call Sales Manager Harriet Voyt at 781-679-5035 for more information.

Key Elements of The Village's Continuum of Care:

- Memory Care, Duxbury House at The Village.
 Contact: Mary Brennan, 781-298-0297
- Assisted Living, Allerton House.
 Contact: Mary Brennan, 781-298-0297
- Home Care, Village Home Services.
 Contact: Kathy Pooler, 781-679-5056
- Rehabilitation and Long-term Care, Bay Path.
 Contact: Bethany O'Connor, 781-585-5561
- Primary Care, the practice located in The Village's on-site medical office building is managed by Vesta Healthcare. Contact: Monica Mello, 781-582-1402



Village Update From Sales Manager Harriet Voyt

It's always summer when you walk through the beautiful conservatory entrance at The Village. The swimming pool temperature is in the high '80s, and there is a full calendar of activities for the people who live here. Our building services team and their contractors make sure the snow gets plowed and the walkways and driveways remain salted.

Let's talk unit availability. Independent Living Garden Homes and apartments remain fully sold out, with a growing waiting list. But don't worry; getting onto

our waiting list is uncomplicated and free. Simply come for a visit. If you like what you see, I will add you to our no-cost list and call you when something you might like becomes available. And units do become available frequently, so don't get discouraged! The Village is worth waiting for, and I'll have something for you before you know it.

If you haven't been to The Village lately, or even at all, I warmly encourage you to do so. We've made some wonderful renovations recently, and I love showing those off to our visitors. One of the more popular ways to see The Village is to attend one of our informational luncheons (see below for event information).

Harriet Voyt
Harriet Voyt
Sales Manager

P.S. – Did you know that nestled within The Village at Duxbury Independent Living Community, we have our own Allerton House Assisted Living residence? If you or a family member are having a difficult time managing the activities of daily living, call my colleague Mary Brennan at 781-298-0297, or email her at mbrennan@villageatduxbury.com, to learn more about our current move-in specials at Allerton House Assisted Living at The Village at Duxbury!

Call Sales Manager Harriet Voyt at 781-679-5035 to schedule an in-person visit today or take a video tour at www.villageatduxburyvideotours.com.

Try It, You'll Like It Lunch & Learn Event



Intrigued by what you've heard about The Village? Come to one of our events. We invite you to learn a little bit about how The Village works from our sales manager and executive director. Sample our food, meet some of the people who live in the community, and see our beautiful apartments. Reservations are required.

Wednesday, March 6 • 11:30 AM Wednesday, April 10 • 11:30 AM Wednesday, May 8th • 11:30 AM

Space is limited. RSVP to 781-328-2351.

Resident Spotlight

ANNETTE LINTZ & CHRISTINE McShane

It's pretty uncommon for two generations of a family to be living in a retirement community at the same time. What's even more uncommon is for the younger generation to move in first. Christine McShane and her husband Kevin were planners and moved when Christine was barely 62 years old. Christine's Mom, Annette Lintz, lived in Hastingson-Hudson, New York, at the time. When she found herself accumulating hefty mileage on her car driving up from New York to visit Christine at The Village, she decided to take the plunge and buy a garden home here.

A decade later, both are still happily ensconced at The Village. Christine enjoys partaking in library activities, including the weekly read-aloud program. Annette has found great enjoyment in The Village's drama club. Through the many trips and activities offered at The Village, they have made intersecting circles of friends. The two have a standing date for dinner in the dining room on Friday nights, where they enjoy a cold glass of sauvignon blanc before placing their orders.

Both of them have also been enjoying the new delivery service being offered by Hornstra Farms. And we recently learned that Annette's family was once in the dairy business!



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Hornstra Farms at The Village

This past fall, The Village started offering weekly deliveries of Hornstra Farms products to its residents and associates through The Village General Store—an arrangement made when one of our newer residents moved in from Norwell and made the request. She had become rather attached to their home delivery program and was reluctant to give it up.

Hornstra Farms offers a wide selection of milk, ice cream, and conveniently prepared meals and treats. Like The Village, Hornstra Farms is a pillar of the South Shore community. They recently received wonderful support when they were able to purchase Whitman's beloved Peaceful Meadows at auction.

Focusing on the "Wellness" Part of Health & Wellness

The Village at Duxbury's health and wellness department is led by nurses Shelby Feid and Jackie Miller. They take the "wellness" part of their department's name very much to heart and take great pride in promoting a healthy lifestyle. They are champions of proper nutrition and hydration, exercise, good preventive health care, and meaningful social engagement. Here's a sampling of the wellness programming enjoyed by residents of The Village.



Jackie and Shelby

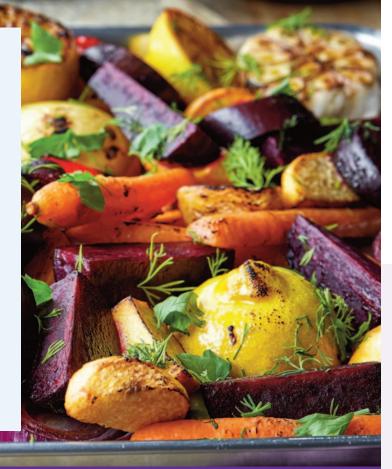
FLEXIBLE DINING AT THE VILLAGE

Nearly all continuing care retirement communities require you to be on a meal plan. But that's not so at The Village at Duxbury. All of our Independent Living homes have full kitchens, and some of our residents really enjoy cooking. The Village does offer a one-meal-per-day plan and a ten-meal-per-month plan. These provide savings on the cost of a meal for someone who isn't on a meal plan. Over half of The Village's residents are on a meal plan.

The Village's menus are reviewed by a registered dietitian and always feature heart-healthy, gluten-free, and vegetarian options. The Village Bistro and Dining Room have both been fully refurbished recently. Our newest option is an enhanced dining option in our Pub.



The Village Dietitian
Terry Anderson Girard.



FITNESS CLASSES AT THE VILLAGE



Working under the supervision of our Health and Wellness nurses, The Village's robust fitness program is led by Rebecca Michalowski, a certified Exercise Science & Personal Training graduate of Quincy College. Rebecca pursued her certification after acting as the managing editor of two fitness magazines for many years—deciding that, after writing about her passion for health and

wellness for so long, she wanted to trade in her desk job for the real, handson action. As a much-welcomed member of The Village team, Rebecca supports our residents in their fitness pursuits, including running gym- and pool-based programs, as well as leading entry-level hiking excursions to popular local destinations, such as World's End in Hingham.



THE ASSISTED LIVING OPTION

Nestled among the Independent Living apartments at The Village is a 34-apartment Assisted Living community called Allerton House. For those of us who need some extra help, Assisted Living is a great way to preserve our independence. Home care is a wonderful option for some, but when that kind of help is needed for more than a couple of hours a day, it becomes much more expensive and, for many, more intrusive than the Assisted Living option.



COMING SOON: SYNCHRONY HEALTH SERVICES

This spring, The Village's Fitness Center will begin sharing its space with local company Synchrony Health Services. In addition to providing physical, occupational, and speech therapy services to those who have been injured or are recovering from surgery, Synchrony will also offer preventive physical therapy geared toward improving strength and balance with the goal of preventing injuries. Their services are covered by health insurance, and they assist their patients with securing this coverage.



Synchrony has been on The Village campus at Bay Path for some time now, where it has received acclaim for its physical and occupational therapy.

The Village culinary team helps warm up the winter with seasonal choices like roasted root vegetables pictured above.

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