



ECHO LAKE

SUPPORTIVE LIVING & CONNECTIONS MEMORY CARE

 SAGELIFE | Living to the Power of You



*Completely Customized Support,
Distinctively Sophisticated Surroundings,
Unparalleled Hospitality*



WHAT IS IMPORTANT TO YOU RIGHT NOW?

That simple question defines the Echo Lake difference.

SOPHISTICATED ECHO LAKE LIFESTYLE, CUSTOMIZED CARE AS YOU NEED IT

We recognize that needs and desires change.

Our tailored care concept enables you to create a lifestyle that is as individual as you are.

Nestled within the dynamic 'live-work-play' style community of Atwater, Echo Lake blends an upscale and energetic feel in a well-planned, bucolic setting.



At the leading edge of the 'aging well' movement, Echo Lake is centered around a 4,500 sq. ft., state-of-the-art fitness and wellness center offering everything you need to feel your best.

LIVING LIFE ON YOUR OWN TERMS SHOULDN'T STOP WHEN YOU NEED SUPPORTIVE CARE.

We offer a full spectrum of services and a dedicated team of care providers including an onsite Wellness Nurse, available at a moment's notice, 24 hours a day.

We coordinate your care – from managing your medications to arranging transportation for doctor and diagnostic visits outside the community.

Overseen by our Director of Health and Wellness and with the support of our Medical Director, the Wellness Spa & Clinic connects you with podiatry, physical therapy, lab and imaging services, pain management, and more.

Our signature 'Move for Life' program improves strength, balance, and flexibility – key components for aging well.

It's all part of a personal health plan that keeps your wellness goals in focus.

Our inclusive supportive care system is designed to meet your needs for aging in place. Should your healthcare needs change, your community doesn't have to.

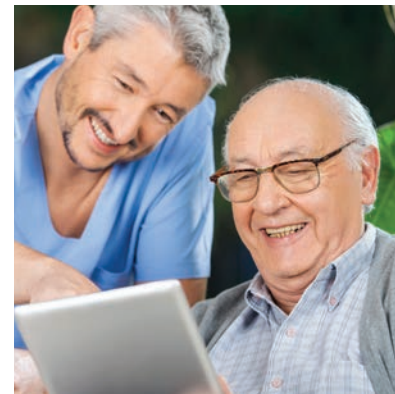


DISTINCTIVE DINING

Whether you are opting for lighter fare, savoring a refined meal in our restaurant-style dining room, or joining friends for a Happy Hour at The Pub, the menu is always right, with flexible dining options available throughout the day. Count on seasonal and sophisticated chef-prepared meals, built around a foundation of fresh, quality ingredients.



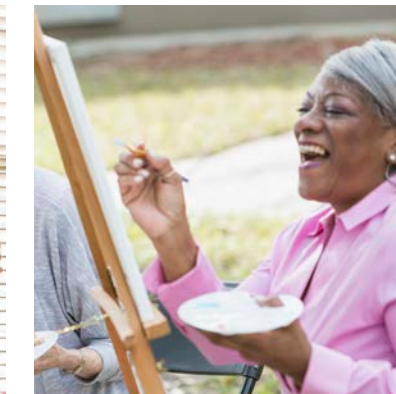
A SLICE OF LIFE at Echo Lake...



SUNDAY:
Catch a matinee at People's Light before attending our popular 'Tech 101' workshop.



MONDAY:
Do needlework and trade stories with the Chat 'N' Stitch group and then get moving in our signature 'Move for Life' exercise class.



TUESDAY:
Check out a new restaurant with the Lunch Bunch gang. Later, choose between a movie or painting in the art studio.

WEDNESDAY:
Make casseroles for a local shelter. Relax after dinner with an evening concert.



THURSDAY:
Attend a lecture on nutrition. Then, find a sunny spot on the terrace to read.



FRIDAY:
A massage and manicure in the Spa. Gather with neighbors for a wine tasting.



SATURDAY:
Have your daughter and her family over for a leisurely lunch.





A WORLD OF COMFORT... A SOPHISTICATED SETTING

Customize according to your personal tastes, and a wealth of personalized services and amenities, for truly exceptional living.

- *Your choice of apartments: studio, one bedroom, one bedroom with den, and two bedroom*
- *Utilities and connectivity, including cable TV and WiFi*
- *Upscale finishes*
- *Individual climate control*



- *Safety and security systems*
- *Big windows and high ceilings*
- *Housekeeping, laundry, home maintenance — strike it all from your ‘to-do’ list. We’re happy to have it on ours!*
- *Sage Advice, the thoughtful counseling and support available to you and your family, when you need it.*



CONNECTIONS *Memory Care*

We all make many connections over the course of a lifetime, and the ones that mean most to us are those that evoke feelings of joy, love, contentment and engagement.

With this awareness, Echo Lake has taken a positive, holistic approach to memory care.

Our first step with you is to remove the mystery surrounding dementia and its treatment. We understand that residents and their loved ones are navigating through an emotional and confusing time in their lives.

We partner with each resident's family and advocates and offer them personalized support, guidance, and counsel that evolve as the memory care needs change.

We recognize that each Connections resident is unique. They may be limited by their cognitive abilities, but each possesses a rich history, singular experiences, and distinctive gifts.

CONNECTIONS APPROACH TO DEMENTIA CARE

We employ an extensive education and training program called Positive Approach to Care.™

Developed by internationally acclaimed dementia care expert Teepa Snow, the approach incorporates the recognition of an individual's changing abilities, leading to an adjustment of expectations and the most appropriate hands-on care at any given moment.

We incorporate this individuality of care by providing a personalized daily routine to give each resident the structure that empowers them to succeed. This includes abundant opportunities for resident self-determination within the safe environment of our beautiful indoor and outdoor Connections living and life enrichment areas.

The boutique-style space enhances the special amenities found throughout Echo Lake – just “right-sized” for the Connections community.

SAGELIFE | Living to the Power of You



SageLife President, Kelly Andress (left)

Echo Lake is locally owned and operated by SageLife. Our founders were pioneers in senior living. They helped define the companies that have defined the industry.

Sage's mission is to create the best home for each member of the SageLife family every day by encouraging, empowering, and celebrating successful aging.

SageLife disrupts the negative paradigms around aging – outdated mindsets that have been barriers to recognizing senior living as an aspirational move; as the wisest choice for aging well. Community living is the best way to fully realize the potential of every day.



ECHO LAKE

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