



# The Meadows

• SENIOR LIVING •

## About Our Community

*Affordable • Safe • Fun*

The Meadows is a wonderful senior community offering the best in independent living. We are located on the edge of Lufkin, Texas on the way to Hudson, Texas. Our dedicated staff goes above and beyond to make The Meadows feel like home.

You can depend on us for supporting our residents and their family every step of the way. Our residents are able to enjoy a variety of activities and social programs in a warm, respectful and welcoming environment, while living their life to the fullest.

## Amenities and Care Services



24-hour staff on-site



Three Meals per day



Housekeeping & Laundry Service



Basic Television



Emergency Pendant System



Activities & Socialization



Transportation to medical appointments



Beauty Salon



Pet friendly



Two secured courtyards

## Call today to schedule your tour!



**Affordable Senior Living!**  
**A Safe environment and**  
**warm atmosphere that**  
**feels like home**

**Independent Senior Living**  
**with amenities included:**

- 24 –hour staff on-site
- Three Meals per day
- Basic Television
- Utilities included  
(Water, gas, electric, etc.)
- Housekeeping and Laundry Service
- Weekly Activities and Socialization
- Emergency Pendant System
- Pet Friendly
- Grocery Pickup Service
- Covered parking
- Transportation to medical appointments
- Multiple apartment/room sizes to  
choose from
- Maintenance

**Add On Services:**

- Hair styling available on site
- Personal care services including medication  
reminders, bathing and dressing help,  
companionship, etc.



Don't just survive,  
come ***Thrive*** at  
The Meadows!

"I love this place. We have  
wonderful people. We get together  
and we enjoy each others company.  
You just gotta come join us."  
~Miss. Pat Higgins

...at an affordable cost.

**Call today to**  
**schedule your tour!**



# *Prepared with Care*

Food plays an important role in the health and well being of each of our residents. Our kitchen prepares nutritious and delicious meals for breakfast, lunch and dinner every day.

Meals are another important social interaction opportunity for our residents in their day to day.



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- ♦ Three nutritious meals served daily.
- ♦ All meals are prepared and served by our talented and loving kitchen teams.
- ♦ All of our meals are prepared with the health and wellbeing of our residents in mind.
- ♦ Dietary management system planned menus and recipes.

“I’ve lived here for 14 years, I came when I was 75 and now I’m 89. It’s a lovely place to live. They’re very kind and thoughtful of you. We just get along great here. Come and join us.” ~Miss. Mary Jordan





## *Lets get active and social.*



### ***Crafts and Social Activities***

Our community offers a range of crafts and social activities that range from coffee, lemonade, and watermelon Socials all the way to making toys for pets and playing trivia. We also supply games such as Bingo, Dominoes, Puzzles, Board Games, Word and Number games, and more.



### ***Live and Virtual Programs***

We have live performances, stream concerts and plays, movie nights, along with music and reminisce, to name a few, for our residents to enjoy.



### ***Celebrate Good Times***

Just like everyone else we love to celebrate birthdays, holidays, and special occasions with our residents.

## **Join our Community! Reserve an Apartment Today!**



**“I really love The Meadows. I’ve lived here nine years going on ten and I enjoy the camaraderie. The meals are great, we have wonderful cooks and the activities are fun. We play Bingo three times a week, and it’s close to downtown, to doctors and two hospitals. Those things are important as we age. So I’m really happy here.” ~Miss. Patsy Dunn**



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# *Testimonials*

“I like The Meadows. I like my room in particular because I can get around really easy. I eat well here. And I enjoy the activities we do. ~Ms. Sharon Titus



“The Meadows is a place of friendship, love, and compassion. Every one I have met here says “Hi, how are you?” or even just “Joe”. But I feel at home. I’m not going to move for any reason .” ~Miss. Joe Thompson



“I am enjoying life and I think it’s because The Meadows is a stable business with stable people. They fair people and look out for anyone and everyone. Tell them about an problems and they do their best to make the people confrontable. I am very satisfied with my stay at The Meadows.” ~Mr. Frank Arender



“One day Preston came in and said “I’m ready to move to The Meadows” and I said “I am too.” After that our son and daughter-in-law started looking around at three other places besides this one. One day my son said “Mom I still think The Meadows is the best.” and I said “Well lets go down there.” So we came down and the rest as they say is history. That was a little over three years ago.” ~Mrs. Joy Hammond



“It’s like a home to me. I like the way people treat me and I get all the help I need. They take care of my room and clothes. They feed me. I still have my family come and go as I please and they allowed me to have flowers on the front. And I just like it here. It’s a very good place for anybody who wanted a please closet to the hospitals and all that. It’s a good place to be I enjoy it here. We have a lot of activities that some I go to and some I don’t, just when I feel like it. I’m just real happy here and I think anybody else will be.” ~Ms. Anna Caldwell



# Cost Comparison

*The Meadows*  
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## OTHER SENIOR LIVING COMMUNITIES

When it comes to comparing the cost of living at The Meadows to other senior living communities in Texas, you'll be pleasantly surprised by the tremendous value we offer. While many other communities charge exorbitant prices, we believe that affordable living shouldn't come at the expense of quality care and exceptional amenities. At The Meadows, we have carefully crafted our pricing structure to ensure that our residents receive the best possible experience without compromising on their budget. Please note that these figures are approximate and can vary based on location, services offered, and specific amenities:

### 1. High-End Communities:

- Monthly fees can range from \$4,000 to \$10,000 or more.
- Additional charges may apply for specialized care, amenities, or premium services.
- While these communities often provide luxurious accommodations and an extensive range of services, the high costs can be prohibitive for many seniors.

### 2. Mid-Range Communities:

- Monthly fees typically range from \$2,500 to \$4,000.
- These communities often offer comfortable accommodations, meals, housekeeping, and some social activities.
- However, additional charges may apply for specific services or higher levels of care.

### 3. Basic or Affordable Communities:

- Monthly fees generally range from \$1,800 to \$2,500.
- These communities provide essential services, basic accommodations, and limited amenities.
- While they may not offer as many luxurious features as high-end communities, they still prioritize the well-being and comfort of their residents.

## LIVING ALONE: A BREAKDOWN OF NORMAL EXPENSES

When considering the cost of living alone, it's important to take into account the various expenses that come with maintaining a home and lifestyle. Here is a breakdown of the typical expenses you may encounter when living alone, along with estimated amounts:

### Housing Costs:

- Rent or Mortgage Payments: \$800 - \$2,500 per month
- Homeowners Insurance or Renter's Insurance: \$30 - \$100 per month.

### 2. Utilities:

- Electricity and Gas: \$100 - \$300 per month.
- Water and Sewer: \$50 - \$100 per month.
- Internet and Cable: \$50 - \$100 per month.
- Phone: \$30 - \$100 per month.

### 3. Food and Groceries:

- Grocery Shopping: \$200 - \$500 per month.
- Dining Out: \$100 - \$300 per month.

### 4. Transportation:

- Car Payments: Varies based on the cost of the vehicle and financing terms.
- Insurance, Fuel, Maintenance, and Repairs: \$150 - \$500 per month.
- Public Transportation: \$50 - \$150 per month.

### 5. Healthcare and Insurance:

- Health Insurance: \$200 - \$500 per month.
- Medications and Healthcare Costs: Varies based on individual needs.

### 6. Home Maintenance and Repairs:

- Repairs and Upkeep: Varies based on the age and condition of the home. Budgeting a few hundred dollars per month for maintenance is a good estimate.

### 7. Personal Expenses:

- Clothing and Personal Care: \$50 - \$200 per month.
- Entertainment and Hobbies: \$50 - \$200 per month.

### **Total Estimated Monthly Expenses:**

The total estimated monthly expenses for living alone can range from approximately \$1,700 to \$6,000 or more, depending on individual lifestyle choices and location. It's important to note that these estimates are rough approximations, and individual circumstances may result in different expenses. However, they provide a general overview of the typical costs associated with living alone. In contrast, senior living communities like The Meadows offer an all-inclusive pricing structure that covers housing, utilities, meals, transportation, and various amenities, providing a predictable and comprehensive cost for a fulfilling and hassle-free lifestyle. By choosing The Meadows, you can enjoy the convenience and financial peace of mind that comes with a transparent and inclusive pricing model, allowing you to focus on living your best life during your retirement years.

# Welcome HOME



## What to Bring

### *Personal Items:*

- Toiletries (including toilet paper)
- Medications
- Photos and keepsakes
- Purse or wallet
- Sentimental jewelry or items worn daily like a watch
- Eyeglasses, Hearing aid, Cane, walker, or wheelchair
- Legal and financial paperwork (keep copies)

### *Furniture:*

- Bed, Side table and lamp
- Dresser, small sofa, Recliner or chairs
- Table or desk

### *Entertainment:*

- Television, Computer, iPad
- Chargers
- Audio system or radio
- Books, Puzzles, Playing cards



- Hobby supplies

### *Clothing:*

- Tops and bottoms
- Light sweater or sweatshirt
- Jacket, Winter Clothing
- Underwear and socks
- Pajamas, Robe and slippers
- Comfortable shoes

### *Décor:*

- Plants
- Pictures
- Storage boxes Clock
- Mirror

### *Housewares:*

- Small selection of plates, cups, bowls, and mugs
- Towels, Linens
- Hangers, Hamper
- A grabber, Extended shoe horn

### *Cleaning Supplies:*

- Broom and dustpan
- Surface wipes or multipurpose spray, Paper towels and kitchen towels, Dish soap

### *Pet Supplies:*

- Food and water bowls
- Pet bed and blanket
- Dog crate or cat litter box

- Food, treats, Favorite toys
- Collar and leash
- Any pet medications

## What Not to Bring

And though it can be an arduous process to downsize, your loved one will be happier in a small place with the right-sized items. Here are some of the items to avoid bringing:

- Oversized furniture, furnishings that are wobbly or in need of repair, or stained clothing or clothing in need of repair
- Decorative items that sit on the floor, glass-top tables and area rugs
- Duplicate items (i.e., a couple of favorite mugs, not an entire mug collection)
- Chairs with wheels or without armrests
- Expensive or seldom worn jewelry, or fancy outfits and dresses
- Kitchen appliances, cutlery, and cookware
- Boxes of stored items

# Frequently Asked Questions

## Who is the Meadows for?

The Meadows is a place for seniors that feels like home, and includes many amenities and available services that make things more convenient and fun. The Meadows is staffed 24/7 with caring and helpful team members who provide services ranging from housekeeping visits to maintenance calls to pendant response.



## What services do you provide?

The Meadows, along with our PAS, Home Health and Hospice partners, help ensure that residents feel at home and receive the care they need.

## How much does it cost?

Leases start at \$1690 per month, and respite stays are \$100 per day. For more information, please contact us, schedule a tour or request an information packet.

## What Am I Paying For?

Independent living is a great option for seniors who want to enjoy the freedom of life without the hassle of things like cleaning, cooking and maintaining a home. It's a vacation-style, carefree environment that gives you the opportunity to do more of the things you love.

- A number of free activities, helping your entertainment budget go farther every single month
- A home-like living space with safety features, making sure you have time to enjoy your hobbies
- Fresh daily meals, giving you the energy you need to make the most of your day
- A staff that's available 24 hours a day, seven days a week to be alerted to an emergency
- Low property maintenance, giving you the chance to enjoy home sweet home without any of the upkeep
- Housekeeping and laundry, so you can spend less time dealing with chores and more time doing the things you love

## How can I pay for The Meadows?

We accept checks, money orders, cashiers checks and cash. Some residents/families have long term health insurance, life insurance, social security, investments, pensions, etc. We do not accept Medicaid or Medicare. We encourage veterans to check benefit qualifications with the VA directly or a VA representative like the [Veterans Services for Angelina County](#).



## Can I bring my pet?

Yes, we are pet friendly! Every resident is allowed one normal domestic pet (ex. cat, dog).

## Can I bring my car?

Sure! A number of our residents have their own vehicle. Covered parking is available.

## Do you provide transportation?

We provide transportation to and from scheduled medical appointments.





## PERSONAL CARE

The Meadows is contracted with PineCrest, a premier provider of personal care services in Lufkin, TX. PineCrest staffs shifts daily to meet the care needs of residents. Care services include medication reminders, showers, dressing, hygiene, extra cleaning, and more.



## HOME HEALTH

The Meadows is home to residents, so residents and their families are welcome to work with any home health agency they like, and to use the fitness/physical therapy room as needed.



## HOSPICE

If hospice assistance is needed, there are a number of local hospice providers available to meet the needs of residents at The Meadows.





## Rest, Recuperate, Respite

The most loving and dedicated caregivers need a break once in a while, and our Respite Program is here to help. From a weekend stay to longer visits. Rest easy knowing your loved one is being cared for while you work, travel, or just get things you've been putting off.

**24-Hour staff on site**

**2 Day minimum stay**

**One time or recurring visits available**

We are thrilled to welcome you into our loving community.

**Contact our staff for pricing information**





# Economy

## *Main Room*

Approximately 210 Sq. Ft.

## *Closet*

Approximately 20 Sq. Ft.

## *Bathroom*

Approximately 56 Sq. Ft.

## *Shower*

Approximately 15 Sq. Ft. for walk-in

Approximately 9 Sq. Ft for step-in





# Deluxe

## *Main Room*

Approximately 300 Sq. Ft.

## *Closet*

Approximately 20 Sq. Ft.

## *Bathroom*

Approximately 56 Sq. Ft.

## *Shower*

Approximately 15 Sq. Ft. for walk-in

Approximately 9 Sq. Ft for step-in







# L-Shape

## *Main Room*

Approximately 200 Sq. Ft.

## *Bed Room*

Approximately 64 Sq. Ft.

## *Closet*

Approximately 20 Sq. Ft.

## *Bathroom*

Approximately 36 Sq. Ft.

## *Shower*

Approximately 15 Sq. Ft. for walk-in





# Double

## *Main Rooms*

Approximately 200 Sq. Ft.

## *Closets*

Approximately 20 Sq. Ft.

## *Bathrooms*

Approximately 36 Sq. Ft.

## *Shower*

Approximately 15 Sq. Ft. for walk-in

Approximately 9 Sq. Ft for step-in

