

***How do I know this is for me at this time in my life?***

Aren't you ready to enhance your current lifestyle, while gaining valuable peace of mind? Often people wait until it's too late, and are then unable to take full advantage of the benefits of residing in a senior living community. By making a smart decision now, you can relax, knowing your future is secure. Many people who are just retiring are signing up for Aberdeen Heights to take advantage of healthy lifestyle choices.

***Will I get bored? What is there to do?***

Aberdeen Heights is anything but boring. Our beautiful community is an ideal setting for various outdoor activities, and we also have a fully equipped aquatic and wellness center, providing you the opportunity to stay physically active, if so desired. Residents may also choose from a complete calendar of activities such as concerts, trips, parties, educational classes and seminars, guest speakers, spiritual opportunities, volunteerism and much more! You'll find many destinations for shopping, dining and entertainment in the surrounding Kirkwood community, as well as in downtown St. Louis.

***Is the community safe and secure?***

Yes. As a resident of Aberdeen Heights, you'll enjoy a safe, secure environment with on-site security personnel. Additionally, each residence is equipped with an emergency call system for your added protection and long-lasting comfort.

***How does Aberdeen Heights promote health and wellness?***

Our approach to wellness certainly includes the physical aspect, but it also goes well beyond that. We focus on six components that help you feel healthy in body, mind and spirit – physical, social, spiritual, intellectual, creative and service-oriented.

***Is the quality of construction at Aberdeen Heights up to my standards?***

Aberdeen Heights is designed in a residential style consistent with and complementary to design themes prevalent in the Kirkwood area. The scale and detail of the residences, as well as the choice of materials, replicates items commonly found in single-family homes in the area.

*You may have additional questions you'd like addressed personally. If so, we're glad to help. Please call **314-909-6066** to schedule a personal appointment with a senior living counselor today.*

# Cost of Living Comparison Worksheet



**ABERDEEN HEIGHTS®**

A PMMA COMMUNITY



**ABERDEEN HEIGHTS®**

A PMMA COMMUNITY



A Presbyterian Manors of Mid-America (PMMA) Senior Living Community  
575 Couch Avenue | Kirkwood, MO 63122 | 314-909-6066 | [AberdeenSeniorLiving.com](http://AberdeenSeniorLiving.com)



Aberdeen Heights, the premier senior living community in Kirkwood, offers a great value and gives you more for your money, because we offer countless services and amenities, coupled with the advantages of our Unique Health Care Benefit. But don't just take our word for it.

*This simple worksheet will help you see for yourself. Please take a few minutes and fill it out by estimating your monthly living expenses. Then compare it to the monthly service fee at Aberdeen Heights, and see all the extras you get for your money. You'll then begin to understand why retirement living at Aberdeen Heights provides such an exceptional value.*

	Your Home	Aberdeen Heights
HOUSING-RELATED MONTHLY EXPENSES		
Mortgage/rent/condominium fees	_____	Included
Real estate taxes	_____	Included
Home insurance (excluding personal property and liability for negligence)	_____	Included
All utilities (electricity, A/C, heat, water, trash/ garbage removal) except telephone and internet	_____	Included
Grounds maintenance (snow shoveling; lawn, tree and shrub care)	_____	Included
Housekeeping and linen service	_____	Included
All major interior/exterior maintenance (roofs, plumbing, window cleaning, gutters, painting, etc.)	_____	Included
Building security	_____	Included
SERVICES & AMENITIES		
Continental breakfast served daily	_____	Included
Several different dining venues	_____	Included
Scheduled local transportation	_____	Included
Planned social, cultural, educational, recreational and spiritual activities	_____	Included
Fitness center, library, resource center, billiards/game room and private dining room	_____	Included
Indoor aquatic and wellness center	_____	Included
PEACE OF MIND		
Safe, secure environment	_____	Included/Priceless
Emergency call system and security monitoring	_____	Included/Priceless
Priority access to assisted living	_____	Included/Priceless
Priority access to memory care	_____	Included/Priceless
Priority access to skilled nursing	_____	Included/Priceless
Fire alarm system/sprinklers	_____	Included/Priceless
Companionship and security, every day of the year	_____	Included/Priceless
TOTALS	_____	

Are you questioning whether Aberdeen Heights is right for you?

Are you interested in Aberdeen Heights, but still questioning whether it's right for you? We want to make sure you receive the most from your retirement, and we especially want you to make an informed choice. At Aberdeen Heights, we encourage questions, so you can choose the retirement option that's right for you and feel confident in your decision. Here are just a few of the most commonly asked questions and their answers to get you started.

Do I bring my own furniture or will the residence be furnished?

We encourage residents to bring their own personal furnishings to their new apartment home at Aberdeen Heights. Residences, regardless of style, are designed to be open and spacious, with room for your own furniture and belongings.

How do I know if I can afford Aberdeen Heights?

When comparing the cost of living in your current home to living at Aberdeen Heights, you'll be pleasantly surprised. For details on pricing, please schedule an appointment with one of our senior living counselors.

What is the Unique Health Care Benefit and what does it mean to me?

As a resident of Aberdeen Heights, the confidence you'll feel about your future will change your entire way of thinking. Here, you'll have priority access to a full continuum of on-site care, including assisted living, memory care and skilled nursing, provided by people you know and trust. Predictable monthly rates and the financial security of an entrance deposit that is 90% refundable to you or your estate means choosing Aberdeen Heights will be one of the wisest decisions you can make. With that peace of mind, you'll then be able to enjoy the incredible Aberdeen Heights lifestyle to its fullest extent.

Do I have to participate in numerous on-site social activities?

While we encourage you to meet new friends through various social gatherings, we know you may not be able or want to attend all activities. We understand each person has his or her own daily preferences, and our social calendar is only here to enrich your independent lifestyle. Our goal is to make sure we have varied programs, appealing to each person's tastes.

Will the monthly service fees ever increase?

Adjustments to the monthly service fee are made only once per year.

Why is Aberdeen Heights' location so important?

As a resident of Aberdeen Heights, you'll be surrounded by art, culture, history and just plain fun. Our ideal location in the charming town of Kirkwood gives you easy access to local landmarks such as Kirkwood Park, the historic train station and the farmers' market. Only minutes away, you'll find more than you can imagine in downtown St. Louis, including the art museum, botanical garden and an abundance of entertainment venues. We're confident you'll find as many things to do outside of our community as you will on the inside.