



The Stafford Newsletter

1200 Overlook Drive • P.O. Box 738 • Lake Oswego, OR 97034 • 503-636-4589 • www.thestafford.net

November 2007

Message From the Executive Director

Instant Heritage

The Stafford Boutique Retirement Community draws on the history and culture of Lake Oswego to create magnificent apartment homes for seniors

By Alexander Ben-Israel, MBA-NHA, Executive Director



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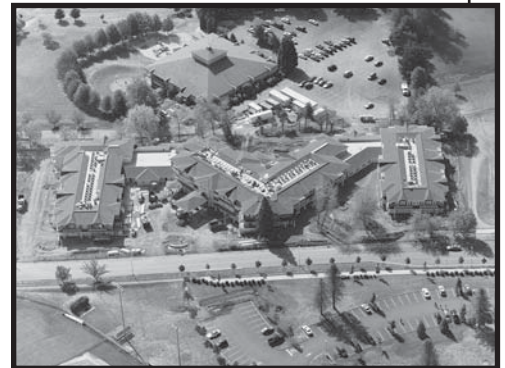
The 105-apartment Stafford Boutique Retirement Community in Lake Oswego pioneers the combination of exclusive retirement living with authentic resort style hospitality, inaugurating a new brand of senior living located just south of Lake Oswego’s downtown, about a 15-minute drive from Portland and about a half hour from the Portland International Airport.

As the first no-buy-in, month-to-month independent boutique living community in Lake Oswego, the Stafford presents an assorted combination of ambiance, services and amenities providing the environment where its residents truly live the life they always wanted to live. Rather than being another everything to everyone, the Stafford’s owner, Avamere Health Services, sought to create a unique product with a strong identity and one-of-a-kind appeal to serve a specific resident in a unique market.

“The architects, Ankrom Moisen & Associates and the interior designer firm of TR Hill Designs fused the wants and desires of today’s seniors with a strong sense of place, creating a selection of more than 31

distinctively different floor plans,” said Marty Surby, Construction Development Project Manager for the Stafford. The design and colors of the comfortable resort-like public spaces echo the Pacific Northwest-inspired look amalgamated with a local residential feel. The design team customized some of the Stafford’s apartment homes and assisted living homes, meeting the definition of ADA requirements.

The Stafford’s amenities include a Full-Service Restaurant, Bistro, Full Day Spa, Fitness Center, Beauty and Barber Shop and fully equipped Business Center. The locally based Hughes Gardens architect Randy Raburn created the South Court water feature, unifying the grounds designed to double as true garden and park space for all seasons. The landscape architects closely integrated the natural look of local landscaping materials; stone is used throughout, creating a seamless blend of interior and exterior space.



Don't Let Cold Weather Slow You Down



Isn't it ironic? During the season when we face the most temptation to overindulge our appetite, we are most likely to slow down and neglect our exercise program. Colder temperatures, rain and snow, fewer hours of daylight, a busy holiday schedule...all combine to push exercise to the bottom of our "to do" list.

But our need for exercise doesn't take a winter break.

Study after study demonstrates that the prime factor for aging well is physical activity...and the winter weight gain and slowdown that many of us experience can be a challenge.

Weight gain isn't the only consequence for neglecting our fitness program in the colder months. People with a sedentary winter lifestyle are more at risk for....

- ✓ Seasonal depression
- ✓ Infectious diseases
- ✓ Sleep problems
- ✓ Injury when resuming exercise in the spring

But be assured...you can still remain fit by changing your routine for the season...and taking a few simple health and safety precautions.

CONTINUE YOUR OUTDOOR ACTIVITIES

If walking, cycling or other outdoor activities are part of your fitness routine, with a few modifications and a little planning, you don't have to take a break during the cooler months. In all but the coldest days, keeping up a brisk pace will warm you up fast.

To safely continue your outdoor regimen for winter, also remember....

- 1) For comfort and to avoid hypothermia (a dangerous drop in body temperature), dress right for cold temperatures and wind. Wearing several layers of water- and wind-resistant clothing is the best way to hold in body heat...and you can shed or add layers as you warm up and cool down. Don't forget a hat or hood, gloves and scarf.

- 2) If you wear rain gear, choose a fabric that "breathes." Sporting goods and outdoor wear stores feature a variety of high tech materials that repel water and block the wind, but let perspiration evaporate.
- 3) Your shoes should be waterproof, well-fitted, with good traction and ankle support. Keep feet dry and warm with the right socks.
- 4) Don't neglect your warm-up. A longer stretching phase and slower movements at the beginning of your workout help prevent muscle or tendon injury.
- 5) Avoid treacherous conditions, such as ice, slippery leaves and poorly lit walkways.
- 6) Dry, cold winter air can lead to dehydration, so drink plenty of water.
- 7) Pay attention to the weather, and be aware of the wind chill factor. On windy days, your body temperature can lower much faster. Be aware of the symptoms of hypothermia and frostbite.
- 8) If you walk at dusk or after dark, make yourself more visible by wearing reflective clothing. Carry a flashlight.

WHAT ABOUT INDOOR OPPORTUNITIES?

When the weather is just too miserable or it's too dark, alternate with indoor fitness opportunities. This might be the year to....

- Join a gym
- Check out local senior fitness classes
- Take up mall walking, or go to an indoor track
- Take a swimming or water aerobics class at an indoor pool
- Invest in a treadmill or other home exercise equipment
- Work out at home with an exercise or tai chi video.

As with any change in your fitness routine, check with your healthcare provider first.

Winter doesn't mean hibernation. Your body and mind still need 30 minutes or more of physical exercise, most days of the week. But with a little planning and preparation, you can continue to be active even in the winter months—and feeling your best will provide its own motivation!

Stafford Update

Dear Friends of the Stafford,

It is with a heavy heart that I am writing this letter to inform you that Norma Brainerd has resigned her sales and marketing director position with the Stafford.

I assure you that this was Norma's decision and as she told me, she made this decision to better be able to care for her aging parents. I am deeply grateful to Norma for her commitment, intellect and support of the Stafford during this past year and wish her the best for her future.

On a brighter note, I feel privileged to announce the selection of Elizabeth Conrad to be the sales and marketing director for the Stafford. Elizabeth joins the Stafford team on November 1, 2007 and I am certain she will make every effort to get to know all of you in the coming weeks.

Elizabeth comes to the Stafford from the Wilsonville senior living community in Wilsonville where she was the director of marketing, sales and PR for the past six years.

I know that Elizabeth will continue on the path charted by Norma and you will find her to be extremely responsive to your questions and desires.

With best wishes to all of you,

*Alexander Ben-Israel,
MBA-NHA
Executive Director*

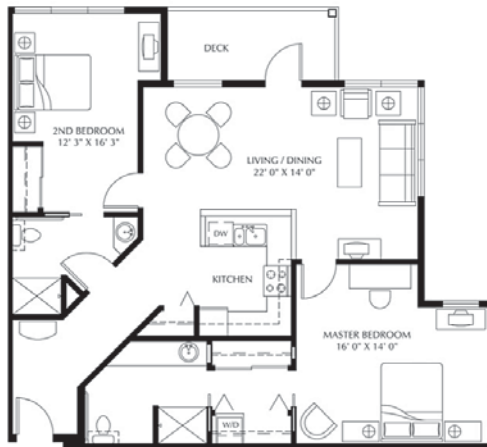
Choice Living for Remarkable People



Elizabeth Conrad,
Director of Sales
and Marketing

Imagine waking up in the morning and greeting the day with a delicious gourmet breakfast and a steaming cup of fresh, roasted coffee, followed by an invigorating walk through beautifully landscaped gardens. Perhaps you'll spend the afternoon sculpting, or finding a healthy balance in a Tai Chi class. Maybe you'd rather relax and enjoy some private time at home before savoring a gourmet dinner prepared just for you. Life is the sum of the choices we make. The Stafford, A Boutique Retirement Community in Lake Oswego, Oregon, offers a life brimming with possibilities for each of its remarkable residents.

Featured Floor Plan



F2
TWO BEDROOM
TWO BATH
1,167 SF

STAFFORD

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apartments, only
92 left to reserve!

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resident and be
entered into a
drawing to win
a big surprise!



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Our Mission:
To Enhance the Life of
Every Person We Serve

Avamere Family of Caregivers



CARESOURCE
HEALTHCARE COMMUNICATIONS

www.caresource.com

Key Staff

Alexander Ben-Israel, MBA,
Executive Director
abenisrael@avamere.com

Elizabeth Conrad,
Director of Sales and Marketing
econrad@avamere.com

The Stafford
A Boutique Retirement
Community
Open in Early 2008

1200 Overlook Drive
P.O. Box 738
Lake Oswego, OR 97034
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Phone: 503-636-4589
Fax: 503-636-4583

Coming Up at the Stafford!

Depositor and Special Friend Luncheon!

Meet Elizabeth Conrad
while enjoying tea and
crumpets and jam.

Call Elizabeth for dates
and location.



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