



TRADITIONS OF ATHENS

Independent Living • Assisted Living

BE YOU. BE VIBRANT. BELONG.

22171 Traditions Way
Athens, AL 35613
(256) 444-3255
www.myvitalityliving.com

REDESIGNING SENIOR LIVING *with you in mind*

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A BEAUTIFUL LOCATION ATHENS, ALABAMA

We are thrilled to be part of the greater Athens community. We are often out in the community doing outreach, lending a hand to a not-for-profit organization, and building relationships with other businesses and individuals. We always look to create win/wins when it comes to making life better for the older adults and their families in the Greater Athens-Limestone Area.

Nestled in the heart of Athens, our residents experience and enjoy Alabama's local culture, as well as Huntsville. Be it trips to baseball games, autumn's beauty, local musical entertainment, or a play at the theatre, we create vibrant living for residents to live purposefully and experience a profound sense of belonging.

Traditions is conveniently located on the corner of Lindsay Lane & Highway 72W, just minutes from I-65.

Traditions
of Athens

WELCOME TO TRADITIONS OF ATHENS

Thank you for considering Traditions of Athens. Traditions prides itself on a culture of respect, excellence and caring. Our mission is to create vibrant communities where residents, families and team members can be themselves, live purposefully, and experience a profound sense of belonging. Our vision is to create vibrant communities where RESIDENTS thrive, FAMILIES engage and TEAM MEMBERS are proud to work.

We recognize that navigating through the myriad of senior housing and care options can be overwhelming. The experienced Traditions team is here to help you with the process. Oftentimes, families find themselves having to make urgent decisions regarding care of a loved one due to illness or emergency. This can be stressful and many people simply don't know what to do or where to start. Others are planners, and begin gathering information well in advance of making a decision. It's our intention to be a resource at every stage of the process.

The experienced Traditions team is prepared to help you identify the best option for you or your loved one based on your unique needs. Our difference is in the relationships we build with customers, residents, team members, families and people in our local community. We want Traditions of Athens to be your resource as you plan your move. We listen and learn about what's important to you.

Please contact us at any time with questions and to schedule an individualized appointment to discuss your senior living needs. Whether you choose Traditions or not, consider us a resource.

We look forward to meeting you!



ABOUT VITALITY LIVING

Traditions of Athens is proud to be managed by Vitality Living, a premier provider of retirement living, assisted living, and memory care.

Vitality Living is a team of seasoned retirement living professionals passionate about creating vibrant communities where residents can be themselves, thrive and belong.

Vitality's leadership firmly believes that the industry must evolve and change to more capably meet the wants, tastes and demands of the older adults of the future. Every team member is inspired to reimagine the experience of older adults living in a community setting. We challenge every perception, advocate for choice, and reject the status quo.

Through engagement, innovation, family collaboration, and a passion to serve, Traditions of Athens embraces a responsibility to strengthen communities, ensuring older adults have access to lifestyles that empower them to lead an inspiring life for years to come.

Our corporate headquarters is in Brentwood, Tennessee. We know the greater Nashville area well which allows greater support for Traditions of Athens.

We look forward to serving you and your family.

Be You



SERVICES AND AMENITIES THAT ENGAGE MIND, BODY AND SPIRIT

From the thoughtfully-planned community amenities to the overall focus on exceptional service, Traditions of Athens residents can count on everything they need to live life to the fullest.

LIFESTYLE AND HEALTH SERVICES

Health and wellness means having a balanced life rich in vitality and well-being. Research shows that how people age is not only a matter of genetics, but also how they live their life. To assist our residents in achieving a healthier and happier lifestyle, Traditions of Athens incorporates wellness programming that provides a focus on their lifestyle and health services.

SPIRITUAL

well-being gives meaning to life and helps inspire a sense of peace, confidence and security.

VOCATIONAL

pursuits such as sharing and volunteering help maintain a sense of identity and purpose.

WELL-BEING SERVICES

offer a means to proactive care, independence and peace of mind.

INTELLECTUAL

idea sharing and general education activities lead to proven health benefits.

EMOTIONAL WELLNESS

is all about maintaining a positive relationship with oneself and others.

ENVIRONMENTAL CONSCIOUSNESS

comes with appreciating and caring for our physical surroundings.

PHYSICAL LIFESTYLE

remaining active and a well-rounded diet promote healthy aging.

SOCIAL WELLNESS

includes positive interaction with people and other living things.

EXCEEDING EXPECTATIONS

We work hard to exceed expectations with outstanding service, exceptional care and a full array of amenities that make living the Traditions of Athens lifestyle an everyday treat.



THE TRADITIONS OF ATHENS APPROACH TO ASSISTED LIVING

Traditions of Athens Assisted Living offers residents exceptional service in a caring, home-like environment. Our residents and their families have peace of mind knowing that our Traditions of Athens team provides safety, security and well-being.

Comfortable apartments, daily meals, activities, outings, and caring staff members on hand when needed are just a few of the amenities included in the monthly fee. We strive to understand each of our residents' needs to personalize daily living and see each as individuals.

COMMUNITY FEATURES

- Private apartments
- Medication assistance and monitoring, as assessed
- Assistance with dressing, bathing, and personal hygiene
- Social, recreational, and educational programs
- Three restaurant-style meals served daily in the dining rooms
 - In-apartment meal service provided during special circumstances
- Transportation to local appointments, social events, and shopping
- Laundry, linen, and light housekeeping services
- Beauty salon and barber shop
- Activity and fitness room
- Safety-monitoring systems in every room
- 24-hour well being (care team member) on duty

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APARTMENT FEATURES

- Spacious floor plans
- Kitchenette; sink, refrigerator, and microwave
- Wall-to-wall carpet in neutral colors
- Window blinds
- Individually controlled heating and cooling
- Safety grab bars in bathroom and shower
- State-of-the-art emergency call and alarm systems

Be Vibrant



THE TRADITIONS OF ATHENS APPROACH TO RETIREMENT LIVING

STRESS-FREE LIVING. LIVING THE LIFE YOU WANT TO LIVE, FREE FROM THE HASSLES OF HOME AND YARD MAINTENANCE.

It means never settling for a place to call home. It means finding a home that allows you to let loose and follow your passions. It means the freedom to do what you want, when you want - without worrying about anything but how to fit everything into your schedule.

With maintenance-free living at Traditions of Athens Independent Living, you can pursue it all. Our community team does all the work for you, giving you the opportunity to shop with friends, visit your grandkids, or golf the day away. Whatever makes you happy, you can do it here. Find your perfect fit at Traditions.

INDEPENDENT LIVING SERVICES AND AMENITIES INCLUDE

- Apartment rental
- All utilities (except land line telephone)
- Transportation to scheduled outings
- Twice monthly light housekeeping (includes linen change)
- Landscaping and yard work
- Maintenance
- Washer and dryer provided
- Full kitchen; refrigerator, stove and microwave
- Emergency Alert System
- Attached garage
- Activities programs: one IL-focused activity daily; can join in on Assisted Living activities
- Option to purchase meal plan

Belong





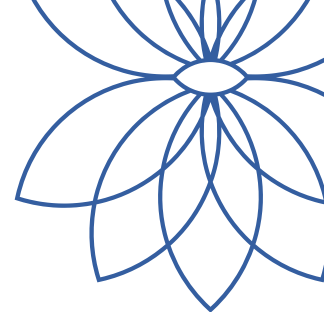
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Vitality Living is excited to partner with Traditions of Athens's visionary leadership team. Their commitment to excellence is evident in the community's design and offerings and brings a premier senior living community to the area of Athens. We are confident that our mission of creating vibrant communities where residents, families, and team members can be themselves, live purposefully, and experience a profound sense of belonging is fulfilled at Traditions of Athens.

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CHRIS GUAY, FOUNDER & CEO OF VITALITY LIVING

INDEPENDENT LIVING RATES



At Traditions of Athens, there are no buy-in fees or hidden costs. Our leases are month-to-month. Traditions has exquisitely decorated common areas and a variety of apartment styles that will suit your particular taste.

The Monthly Rental Fee Includes:

- Apartment rental
- All utilities, except landline telephone
- Engagement Programming, including entertainment. One IL focused activity daily; can join in on AL activities
- Twice monthly light housekeeping, includes linen change
- Transportation to local medical appointments and group outings
- Landscaping and yardwork
- Maintenance
- Emergency Alert System
- Washer and dryer
- Refrigerator, stove, and microwave
- Attached garage

Independent Living

One Bedroom	\$3,000
Two Bedroom.....	\$3,500
Second Resident Fee	\$350

Meal Plan (per month, per person)

All Three Meals	\$300
Breakfast.....	\$90
Lunch	\$180
Dinner.....	\$150

One Time Community Fee.....	\$1,500
Pet Fee	\$500

Secure your apartment with a \$1,500 reservation fee that will be applied toward the one-time community fee. Contracts are on a month-to-month basis and can be canceled with a 30-day written notice.

Traditions
of Athens

INDEPENDENT LIVING • ASSISTED LIVING

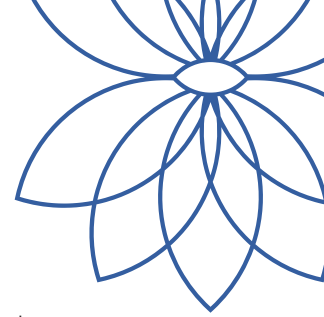
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ASSISTED LIVING RATES



At Traditions of Athens, there are no buy-in fees or hidden costs. Our leases are month-to-month. Traditions has exquisitely decorated common areas and a variety of apartment styles that will suit your particular taste.

THE MONTHLY RENTAL FEE INCLUDES:

- Apartment rental
- All utilities, except landline telephone
- Three meals per day and snacks
- Engagement Programming, including entertainment
- Laundry, linen and light housekeeping services
- Transportation to local medical appointments and group outings
- Maintenance
- Safety-monitoring systems in every room
- 24-hour wellness (care team member) on duty

One Time Community Fee.....\$1,500
Pet Fee \$500

ASSISTED LIVING

Private Studio Starting at \$2,950
Square footage 358
One Bedroom Starting at \$4,100
Square footage 574
Two Bedroom..... Starting at \$5,300
Square footage 871
Second Resident Fee\$1,500

LEVELS OF CARE

Medication Assistance\$250
Level 1..... \$300
Level 2..... \$600
Level 3 \$900
Level 4\$1,200

Secure your apartment with a \$1,500 reservation fee that will be applied toward the one-time community fee. Contracts are on a month-to-month basis and can be canceled with a 30 day written notice.



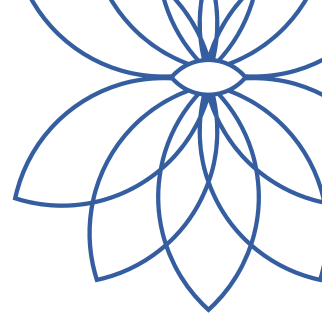
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LEVELS OF CARE



SERVICES AND AMENITIES INCLUDED IN BASE RENT:

- Three meals daily (snacks provided regularly and during some activities)
- Engagement Programming, including entertainment
- Housekeeping weekly
- Linens weekly
- Laundry weekly
- All utilities, except landline telephone and cable
- Weekly scheduled transportation
- 24-hour wellness staff availability
- Daily bed making

ADDITIONAL SERVICES NOT INCLUDED IN ASSISTED LIVING BASIC SERVICES:

MEDICATION ASSISTANCE: \$250

- Preferred Pharmacy Medication Assistance. Using our community preferred pharmacy with packaging. Non-preferred pharmacy is an additional \$250

LEVEL 1 SERVICES \$300

(Includes Basic Services)

- Reminders to meals and engagement activities
- Shower assistance/setup up to three times per week
- Supervision and cueing with dressing and grooming as needed up to three times per week

LEVEL 2 SERVICES \$600

(Includes Basic Services, Level 1 and Level 2 Services)

- Daily assistance with personal appearance and care, i.e.: combing of hair, oral hygiene, make up, etc.
- Additional shower assistance four or more times per week
- Transfer of one-person or standby assistance
- Regularly escorts to meals and activities

LEVEL 3 SERVICES \$900

(Includes Basic, Level 1, Level 2 and Level 3 Services)

- Shower assistance of four or more times per week
- Assistance with Diabetic self-management, monitor blood glucose
- Dining and meal assistance
- Oxygen monitoring

LEVEL 4 SERVICES \$1,200

(Includes Basic, Level 1, 2, 3 and 4 Services)

- More than four times per week shower assistance
- Additional Housekeeping (any needed cleanup more than once weekly)
- Diabetic assistance and monitoring
- Specialized treatments permitted under state regulatory guidelines
- Incontinence care
- Special diet

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