



Foulkeways
AT GWYNEDD

A LIFE PLAN COMMUNITY

Setting Standards in Excellence in Retirement Living Since 1967

compassion

future

mission

generosity

giving

generations

*"Don't just count your years, make your years count."
-Ernst Meyers*

quaker values

WELCOME

to Foulkeways at Gwynedd

Foulkeways at Gwynedd is steeped in the time-honored Quaker traditions of honesty and integrity, respect for simplicity and quality, and an abiding belief in the unique worth of every human being.

Our Life Plan Community has been providing unwavering standards of excellence to residents for over 50 years. A pioneer among retirement communities, Foulkeways has been dedicated to maintaining or improving the quality of life for its residents, while providing a framework of friendship, care and dignity since 1967.

Foulkeways mainly single-story, direct access apartments and cottages include patios and balconies designed to maximize the beauty of the surrounding environment. A variety of floor plans, ranging in size from studio apartments to large three and four-bedroom cottages, provide residents with a tasteful framework to display their cherished personal possessions and family keepsakes.

We are dedicated to maintaining and improving the quality of life for all residents, always mindful of the fundamental worth of every individual, regardless of race, color, gender, religion, sexual preference, or national origin.



giving

New beginnings await your discovery...

COMMUNITY

the Foulkeways difference

From your very first visit to Foulkeways, you quickly recognize that there is far more to our community than just tasteful, comfortable apartments and cottages scattered amid 130-acres of beautiful suburban countryside. Look beneath the surface and you will find a friendly connected community, proven financial stability and a comprehensive, progressive health care program that effortlessly expands to meet your changing retirement needs.

At Foulkeways we are secretaries and teachers, social workers and scientists, homemakers, lawyers, physicians, artists, musicians, business people and postal workers. We are a community!

Respect for diversity, whether cultural, intellectual or spiritual, is a fundamental Quaker principle, and very much alive at Foulkeways. It is measured, in part, by the significant number of "resident committees" actively involved in shaping the character and personality of our community. Over one hundred volunteer groups are devoted to fostering the wide ranging talents and interests vital to our population.

Listening to and being heard, accepting and valuing differing opinions, and the on-going efforts between staff and residents to communicate on matters of importance, both large and small, have helped to promote a vibrancy and mindfulness of one another's needs, unique to our community. Residents, board members and staff, working together, ensure that Foulkeways continues to encourage a deep understanding of individual needs and community values, helping to maintain the subtle balance we call "community harmony."

Whether engaging in a new or familiar hobby or helping to coordinate community-wide enhancements, new beginnings await your discovery and camaraderie and friendships are the end result!

In 1967, Foulkeways became the first Continuing Care Retirement Community in Pennsylvania.



EVERY SEASON brings
a beauty of its own to Foulkeways





LIFE AT FOULKEWAYS

discover a unique senior living lifestyle

Foulkeways offers exceptional surroundings, a creative culture, and innovative services for retirement living. Here you can rediscover your passions or devote more time to life-long hobbies - the choice is yours. You will find that there is always an opportunity to enjoy the outdoors and make new friends. With over 100 'Special Interest' groups to choose from, you'll find something close at hand to inspire your body, mind, and spirit.

CAMPUS. Every season brings a beauty all its own to Foulkeways. Whether there's a chill in the air and a new fallen snow, brilliant hues of tulips and daffodils ushering in the spring, the deep greens of summer beneath a sweltering sun, or the flaming reds and golds of autumn's splendor, Foulkeways provides an ever-changing delight to the senses. Our 130-acres of natural beauty are strewn with miles of walkways and wooded trails to encourage bike riders, hikers, pet walkers and nature lovers alike.

Equally important, and to assure your safety and peace of mind, every residence is equipped with a 24-hour, emergency medical response system. At Foulkeways your well being is always a priority.

WELLNESS. Health and wellness are essential to your quality of life. It is not limited to a particular workout routine or dietary plan but includes enhancing your physical, spiritual, intellectual, social and emotional well-being. Foulkeways offers health and wellness activities and programs for seniors vital to achieving your full potential.

ACTIVITIES. Residents at Foulkeways have the freedom to select from numerous activities and social clubs. Stay active or relax on your patio, the choice is up to you. Options include physical and mentally stimulating pursuits such as:

- Weekly performing arts, concerts, and movies
- Flower arranging and crafting
- Book clubs
- Line dancing, modern dance, and tap dancing
- Community chorus and performance opportunities
- Sketching, painting, woodworking, and ceramics
- Wimbledon, tennis, pickleball, bocce, and a putting green
- Educational seminars, current issues, and health lectures
- Join the Foulkeways Resident Association (FRA) Committees that oversee services and activities
- Volunteer locally or on campus
- Take part in projects with local middle school, high school or college students, strengthening intergenerational bonds

DINING SERVICES. In the mood for casual dining, fine dining, or something in-between? Have a hankering for take-out or eating al fresco? Foulkeways dining services specialties include diverse menus and farm-to-table venues that promote nutrition for seniors, tastefully. Healthy choices and abundant options are available in all of our community dining rooms, so vegetarians, international connoisseurs, and meat-and-potato aficionados all find something they enjoy to eat. Decide whether to eat in one of two formal dining rooms serviced by our courteous and attentive wait staff, dine casually at our Meadow Café or take-out to enjoy at home.

COMMUNITY AMENITIES. Foulkeways provides convenient indoor on-campus community amenities and services. The Community Center has accessible common areas, a mail center, performing arts center, meeting rooms, art studio, dining venues, art gallery, bank, game room, and lounge.

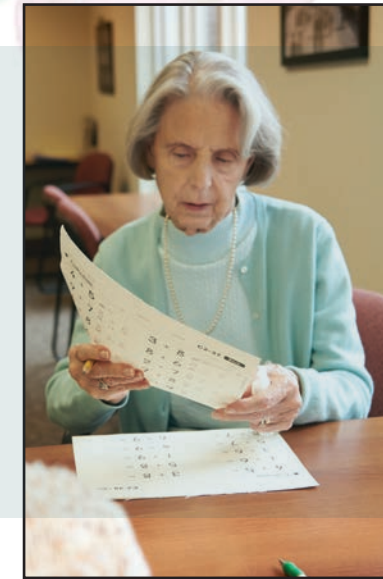
DEDICATED FITNESS CENTER. Foulkeways Fitness Center includes programming for both land and aquatic activity. Our gym is furnished with user friendly equipment, olympic size pool, and is professionally staffed during hours of operation. For a well-rounded approach to your health and fitness needs, we also offer specialized, evidence based classes that include balance and mobility training, yoga, aquatic exercise, and functional movement training.

OFF CAMPUS. In addition to the broad array of social, cultural and recreational options onsite, residents are easily able to explore the surrounding neighborhoods. Residents can ride the Foulkeways bus to parks and recreational areas, museums, performing arts, diverse dining venues and shopping destinations in Montgomery, Philadelphia, and Bucks Counties. Located only 20 miles from the cultural scene in nearby Philadelphia, Foulkeways is just a short train ride away from the city's wealth of cultural, sporting, and entertainment resources. Enjoy a stroll through Fairmount Park, the timeless beauty of the monumental Philadelphia Art Museum, strike a chord at the acoustically acclaimed Kimmel Center, home of the renowned Philadelphia Orchestra, or simply take in a Phillies baseball game. Whatever your tastes lean towards, you're sure to find Philadelphia brimming with activities waiting to be discovered.

Community Values - Community Involvement



future



CONTINUUM OF CARE

comprehensive health care services to fit your way of life

Continuum of Care consists of health maintenance, resident education on self-care, management of acute illness and monitoring of chronic disease. Foulkeways addresses a Resident's overall health and wellness at all levels of care.

RESIDENTIAL LIVING. Although often referred to as Independent Living, we prefer the term Residential Living because it more accurately reflects Foulkeways' commitment "to enhance the quality of life, wellness, and purpose of those we serve and to foster a sense of community", treating each person individually. Residents have access to a host of health care services centrally located on campus and there is always someone to assist if help is ever needed.

PERSONAL CARE/RESPITE CARE (often referred to as Assisted Living). Foulkeways Abington House is 'home' to residents who find themselves in need of support with tasks of everyday living such as meal preparation, mobility, dressing, bathing, grooming and medication management. Here you will find a welcoming Licensed Personal Care neighborhood experience. Each of our private, one-bedroom apartments include a patio or balcony and is large enough to accommodate couples who may wish to remain together, rather than separate, should one partner become in need of daily assistance. Our dedicated health care team provides licensed nursing care twenty-four hours a day, seven days a week to ensure each resident maintains the highest level of self-care.

MEMORY CARE. At Foulkeways, we believe in universal memory care. Unlike a traditional memory care community, Dementia care is provided in all areas of living on the Foulkeways campus. Our goal is to provide residents the ability to age in place for as long as possible by bringing memory support to the person where they can be most successful. We rely on high-level, interactive and personalized care, as well as advanced technological aids, and comprehensive staff training to help our residents remain safe, happy and enjoying all that life at our community has to offer. Programs include Therapeutic Activities, Certified Music and Memory, Brain Fitness, OMA-Opening Minds Through Art, Horticultural Therapy, Pet Therapy and Intergenerational Activities.

Recognizing the changes that come with aging...

SKILLED NURSING/SUBACUTE CARE/REHABILITATION. The Gwynedd House Health Center, our licensed skilled nursing home, offers rehabilitation therapies in a comfortable environment right on our campus, eliminating the need to travel off site as residents recover from a recent injury, surgery or regain strength when combating chronic illness. Our goal is to help residents achieve their best level of personal performance based on their individual treatment plans and regain the level of independence to which they are accustomed. Our onsite senior rehabilitation services include physical therapy, occupational therapy and speech therapy.

PALLIATIVE/LONG TERM NURSING CARE. Gwynedd House also provides long term care for those who need further assistance with activities of daily living. Foulkeways 'resident-centered' care creates a comfortable environment for residents without the hospital feel so often associated with other skilled nursing care homes. Residents in Gwynedd House receive individualized support based on carefully monitored and personalized health assessments designed to honor residents' lifelong practices and preferences.

HOSPICE. Foulkeways has a Medicare-certified Hospice Agency that focuses on a person's last six months of life or less. When curative treatment is no longer an option, our Hospice professionals work to make life as comfortable as possible. Hospice considers the entire family under the "umbrella of care." This means that the care is extended to both resident and family and that all are included in decision making involving end of life issues.

CONVENIENT ON-SITE MEDICAL SERVICES. Foulkeways' on-site Board-Certified Medical Care includes Certified Gerontological Nurse Practitioners, Internal Medicine

Physicians, and Geriatricians. Our medical team participates in ongoing educational opportunities and takes pride in providing the highest quality, personalized health care to our community members. On-site clinical services include: Audiology/Hearing Aide Services, Physiatry, Dentistry, Diagnostic Laboratory & Radiology Services, On-Site Pharmacy, Optometry, Podiatry, Therapy Services, Psychological and Psychiatric Services.

ON-SITE PHARMACY. Foulkeways on-site pharmacy provides convenience and the added benefit of a full-time Pharmacist to oversee and monitor your medications for possible interactions and side effects. The pharmacist works face-to-face with residents, physicians, and nurse practitioners to provide state-of-the-art medication management.

WELLNESS PROGRAMS AND SERVICES. The Foulkeways staff have created a true continuum of rehabilitative and fitness support that exists within a framework of the wellness program tailored to each resident's needs. Our interdisciplinary team works together to keep you living your life to the fullest. Residents, at any level of care, can take part in the Wellness Program. Preventative care and health services provided in the Foulkeways Life Plan include:

- Nutritional Counseling with registered Dietitians
- Fitness for Seniors, including yoga, aquatic exercise, swimming, balance and mobility training, walking, and low impact cardio exercise classes
- Holistic Therapies, including Mindfulness Groups, Massage, Meditation and Body Talk
- Support Groups, including Social Services, Caregiver and Bereavement

compassion

Plan for your future now...



LIFE PLAN COMMUNITY

live your retirement years to your fullest

Moving into a retirement community represents a huge decision as to where and how you will spend this wonderful new time in your life. Foulkeways at Gwynedd is a Life Plan Community, which means you receive a complete continuum of care and flexible health care options right on-campus.

Foulkeways Life Care contract brings peace of mind for you and your family. You direct your health care with the Foulkeways on-site Health Services team and senior care services. The comprehensive Continuing Care Contract assures that you will be taken care of regardless of the level of care your future may bring. Foulkeways is a single-site community, and we pride ourselves on our highly rated on-site care.

Weekly housecleaning and linen are services included and provided by the Environmental Services team. Maintenance-free apartment living affords you more time for other things. Foulkeways' fulltime maintenance crew takes care of all your home repairs and upkeep needs, standard repairs both inside and outside of your home.

At Foulkeways at Gwynedd you can focus on living your retirement years to the fullest – camaraderie, involvement, financial security and award-winning progressive health care. Experience all that Foulkeways has to offer. Spend time with friends doing the activities you enjoy while having the choices to live your retirement your way.

The Treasure and The Dream

*A Message From Gwynedd Monthly Meeting of Friends
To Residents at Foulkeways, January 1967*

Foulkeways at Gwynedd carries out a dream of Gwynedd Friends Meeting which began when a neighbor (not a Friend) left a beautiful farm to the Meeting for use as a memorial to his wife May Foulke Beaumont.

After much consideration the Meeting concluded that such a memorial could be created best if the farm were used to accommodate a community planned for older citizens where every feature of the architecture and the services could be designed especially for their needs; where facilities could be provided to meet every health hazard without disrupting family and friendly ties; where activities could be made available with their special interests in mind, but most of all where people could find persons of common interest and comparable age with whom to share the mature friendship and mutual support that only the rich experiences of a lifetime make possible.

To the future residents of Foulkeways, Gwynedd Meeting gives with love its treasure and its dream.





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