



SUMMIT
HILLS



There is *more* care for the *individual* here than *I* have found *anywhere* else.

And that makes *me* feel happy & safe. And *I* know that *this* is a tremendous gift *to my* family *to* know that *I* am in a place that *I* love!

Bernice Potter, Member





LONGER, HEALTHIER, & HAPPIER LIFE!

Our number one goal at Summit Hills is to help our Members live longer, healthier & happier lives. Located on 50 acres, our community is designed to better the quality of life of each of our Members. Through our award-winning wellness program, our dedication to preparing & serving fantastic food, our ability to provide services allowing people to stay independent in their own home and by abiding by the simple rule of...

*‘...treating others like
we want to be treated...’*

...we give people the ability to live a higher quality of life.

*‘“I wish I would have
moved here sooner.”’*

We hear that statement all the time from our Members. Once they move into **Summit Hills** they realize that the things that concerned them the most about moving are irrelevant. **Summit Hills** isn't about losing independence. It's about making a change in your *lifestyle* affording you the opportunity to maintain and enjoy your **independence** for the rest of your life.

With our abundant services taking the daily work out of your life, you'll get to spend more time on hobbies, travel, family, friends and enjoying all the amenities and social life at the community. In short, **Summit Hills** is **The Weller Life**.®

The Weller Life® – as you well know, “**Weller**” is not a word. We made it up. It's not proper grammar. It's a little whimsical and a little startling all at the same time. It suggests fun and health. Our school teachers would write us up for using it in a sentence, but when it comes to describing the lifestyle at **Summit Hills** – a little whimsical, very healthy, startling in how wonderful life can be and a lot of fun – **Weller** becomes the word of the day.

The Weller Life® Offers

- Advantages in maintaining and even improving your health
- Life without the burdens of home ownership and maintenance
- Concierge services for ease in navigating your day and calendar
- Fantastic food each and every meal
- Your own clubhouse with fitness center, library, private dining room, game & media room and more
- Wonderful friends and neighbors sharing the same interests and good times
- More time to spend with family, friends and on one's self
- The security of a gated community
- Cost savings on everyday living
- Money-saving tax deductions
- Enhancing your opportunities for independence
- Fun, fun and more fun





Included Services

- Restaurant-style dining
- Weekly housekeeping
- Residential & lawn maintenance
- Property taxes & insurance
- All utilities included except telephone & Internet services
- Trash pick-up & recycling
- Use of all community common areas & facilities
- Basic cable
- Daily activities, exercise & wellness programs
- Scheduled transportation
- 24-hour emergency response systems
- Evening campus security
- Concierge service
- Consulting dietitian
- Wellness Coordinator
- Monthly Wellness Check



LIVING THE WELLER LIFE[®]

At Summit Hills you can count on the following to enhance your life...

Property Features

- Gated entry
- Quiet streets for scenic walking
- Concierge service
- Scheduled transport
- Ponds & water features
- Park

Clubhouse Features

- Library
- Game and media room
- Wellness center
- Beauty salon

Dining

- Grand dining room
- Private dining room
- Meals prepared to order
- Flexible dining hours

Fitness Center & Spa

- Variety of exercise & fitness related classes and seminars*
- Aerobics studio*
- Personal training*
- Manicures & pedicures
- Massage therapies
- Stationary equipment*
- Heated Indoor Pool*

** Included in monthly fee*

One day he came in said,
**“I’m moving to Summit Hills,
are you coming with me?”**

He didn’t say,
**“I hope you’re going with me,”
or anything.**

*But we moved in and I realized he **had** made
the **right decision**. We’ve been in the **best health**
we’ve been in... *since we’ve been here.**

*We go **everyday** to the **wellness center**, that’s our
priority... and I guess that’s why he made the
decision so quickly, because they told him about
the **wellness center!***

Gloria White, Member

WELLNESS PROGRAM

Summit Hills has invested in all the right equipment, the resources and the experienced personnel in order to lead our industry in total wellness. We believe wellness is the central piece to remaining independent through-out life and to enjoying life to the fullest. Our Wellness Program is cutting the edges off the way people approach physical & mental fitness.

And we cut those edges by offering variety! **Summit Hills** monthly wellness schedule features normal exercise classes such as *Sit & Be Fit* (chair yoga), Tai Chi and core strength.

Along with that comes the fun stuff like line dancing, *Cardio Splash* and the robust *Morning Circuit*.

Then you add in the water aerobic classes, spa treatments, walking clubs and strength training and you've got something for all different comfort and experience levels. Our **Wellness Program** assists our Members in improving their quality of life through better cardiovascular function, increased strength, greater flexibility, better balance, enhanced endurance, intellectual stimulation, healthy menus, education and overall fitness.

Our **Wellness Program** inspires our Members to have fun and be more active, makes it easier to perform daily activities, improves health and lowers risk for disease and disability.









Our program is enhanced by our partnership with **Wake Forest University** and the **J. Paul Sticht Center on Aging**. Their research is committed to improving the quality of life for every one of our Members and promoting a long and healthy lifestyle for seniors. Through partnerships we've been able to examine new tools for measuring health, increase knowledge of healthy weight management in the senior adult, build new exercise programs and offer more choices promoting independence while aging.

Our classes are taught by our **Wellness Coordinator** who is certified and trained to deliver high quality instruction and guidance to assist our Members in achieving personal fitness goals as well as lead the way to ***The Weller Life.***® Like having a personal trainer, they make sure each Member gets the attention and encouragement needed to achieve maximum results and live life to the fullest!





SECURITY & 24-HOUR STAFF

We are the reality of security because we have staff on hand 24 hours every day.

When security matters most, we're there. Our Members' safety and security is of the utmost importance at **Summit Hills**. Every Cottage & Villa Apartment home is fully equipped with an **emergency call (E-Call) system**. Activated at the touch of a button, the **E-Call system** offers protection and peace of mind for you, your family and friends.

Pendant or bracelet devices are available. These portable devices may be carried throughout the home. If a health emergency arises you can quickly alert staff members of trouble. This information is displayed over a computer and sent to a pocket pager worn by our staff. The **E-Call system**, along with the help of our caring staff can, and has, saved lives in our communities. The most common events that cause a Member to activate the **E-Call system** are falls, loss of breath, dizziness, weakness, etc. Because those symptoms can lead to more serious illness, it's best that it's detected early with the help of the **E-Call system**.

Summit Hills Emergency Call System

- Wireless pendants or bracelets that can travel anywhere in the home with the Member
- Equipment that translates the signal into a computer and paging device
- Paging devices that notify the caregivers on staff of trouble
- Integration with smoke detection systems so the staff knows about trouble even before the fire department knows

These complex systems allow our Members to maintain their independence with the security of knowing that emergency assistance is just a push button away.

EXPERIENCE DINING

One of our members said,

*“My wife used to say,
‘I wonder what’s for dinner.’*

Then we moved here and now she says,

*‘I wonder what I’m going
to wear to dinner.’”*

Much like our **Wellness Program**, the dining services at **Summit Hills** are built around the simple idea of **“choice.”** All of our food is cooked fresh to order and served table side by our dining services staff. Our high-end, restaurant quality, daily menu consists of over **15 entrées** plus daily specials. The menu changes regularly and everything is cooked to your specifications.

Each one of our menus contains wellness options that meet the **American Heart Association’s** criteria for healthy eating (*& reduction of waistlines*)! Part of our **Wellness Menu** offerings centers around the **Mediterranean Diet**. The Mediterranean Diet is a *heart-healthy* plan that combines elements of Mediterranean-style cooking and food preparation. Besides the food itself, two *non-edible* portions of the Mediterranean Diet that **Summit Hills** enables our Members to easily engage in are **1)** getting plenty of exercise and **2)** enjoying meals with friends and family.

*‘Cause at the end of the day, enjoying good food with good friends and family makes life that much more enjoyable. And at **Summit Hills**, we’ve got enough selections to fit most every single palate.*

Wellness is a key to living a full and fun life and every part of our community, including our menu, is designed to enable our Members to live a higher quality of life.









YOUR CURRENT HOUSE *or the* LIFESTYLE *at* SUMMIT HILLS?

People making a decision to move to a retirement community typically struggle with two very important questions

1. Can I afford it?
2. Why would I want to leave the house I've lived in for so many years?

If you are like most people, you are concerned about outliving your money. You are also anxious over the unexpected and unpredictable costs that come with owning a house.

Summit Hills offers solutions to both of those problems. Most people find living here is **\$500 - \$1,500** per month less than their current house (**\$6,000 - \$18,000 per year less**). When you take into account the tax effects, that's like being paid **\$8,200 - \$25,000** per year to live at **Summit Hills**.

Summit Hills also offers a fixed cost. Each month you know what your monthly service fee will be and that's all you pay. There are no fluctuating or extra charges.

Why would you want to leave your house? The opportunity to live independently the rest of your life AND live a better lifestyle... that's the reason why. **Summit Hills** offers more freedom and services than you'll ever receive in your current house and at an affordable price. Our community supports your lifestyle now and provides a safety net of services for the future, preserving your independence instead of taking it away.

We've provided the following worksheets to help you analyze your costs and compare them with living at **Summit Hills**. Feel free to have our **Lifestyle Advisors** sit down and work the sheets with you. We think you'll find that **Summit Hills** is an affordable way to *live a longer, healthier and happier life*.



Lawn Care

Lawn Mowing, Edging	
Cost of Lawn Care Tools	
Tree Care / Limb Removal	
Dead Plant Replacement	
Lawn Treatments - <i>Fertilizer / Weed Control</i>	
Lawn Upkeep Supplies	
Leaf Clean Up	
Other	



Home Care

Light Bulb Replacement	
Carpet Cleaning	
Gutter Cleaning	
Pressure Washing	
Window Washing	
Driveway Cleaning	
Air Filter Replacement	
Other	

Preventative

Seasonal Air Conditioning Service	
Seasonal Heating System Service	
Roof Cleaning	
Tile Grouting	
Fan and Motor Oiling	
Garage Door Maintenance	
Mold Prevention	
Water Heater Maintenance	
Exterior Caulking	
Smoke Detector Batteries and Cleaning	
Other	

Repairs & Replacements

Roof Repairs	
Appliances - Washer and Dryer	
Appliances - Refrigerator	
Appliances - Stove	
Appliances - Dishwasher	
Water Heater Replacement	
Window Repair	
Door Repair	
Electrical Repairs	
Plumbing Repairs	
Air Conditioner Repairs	
Heating System Repairs	

Repairs & Replacements

Risk of Hiring the Wrong Contractor	Priceless
Water Piping Repairs	
House Painting	
Sidewalk and Driveway Repairs	
Exterior Upkeep	
Interior Repairs - <i>Cabinets, Doors, etc.</i>	
Other	

Dining

Continental Breakfast	
Lunch or Evening Meal	
Cost to Shop	
Cost of Food Prep Supplies	
Cost of Food Waste	
Value of Having Someone Clean Up	Priceless
Someone To Share Dinner With	Priceless
Other	

Insurance

Property	
Flood	
Windstorm	
Other	

Mortgage Payment / Rent

If Applicable

Taxes & Assessment

Up-front Partial Tax Deduction of <i>Home Purchase</i>	
Partial Deductibility of Monthly Cost	
Local Property Taxes	
Drainage / Local / Common Area Assessments	
Property Owner / Condo / Association Dues	
Other	

24-Hour Emergency Call

Monitoring Service	
Value of Immediate On-Site Response	Priceless
Other	

Wellness

Personal Trainer	
Gym Membership	
Wellness Classes - Yoga / Tai Chi / Pilates	
Water Classes	
Aerobics Classes	
Health-related Lectures	
Healthy Snacks	
Value of Keeping You Out of Skilled Nursing	Priceless
Other	

Housekeeping

Annual Heavy Cleaning	
Weekly Maid Service	
Other	



SUMMIT HILLS
MEMBER SERVICES

YOUR
CURRENT
COSTS

SUMMIT HILLS
MEMBER SERVICES

YOUR
CURRENT
COSTS

Transportation

Local Transportation	
Golf Cart	
Vehicle Upkeep / Gas Costs	
Other	

Social

Parties, Happy Hours, Lectures	
Outings and Day Trips	
Book Clubs	
Music Entertainment	
Fun with Friends	Priceless
Other	

Utilities

Electricity and Natural Gas	
Water and Sewer	
Cable TV	
Pest Control	
Termite Treatment	
Trash Removal	
Other	

Security

Gated Community	
Value of 24-hour Staff	Priceless
Value of Not Being Afraid Home Alone	Priceless
Other	





THE PERKS *of* THE WELLER LIFE[®]

Investing in Happiness and Your Legacy

Each day that you wait to buy is another day of spending your efforts, health and time keeping up a house and yard while you could be using your health, time and emotions enjoying the fun, wellness and happiness that life at **Summit Hills** brings.

Plus, the longer you wait, the less money you'll save by not taking advantage of today's prices!

While our pricing and incentives are subject to change at any time, currently **Summit Hills** is offering some terrific programs to help you or your friends make the transition to **The Weller Life**.[®] One program gives you peace of mind in buying and moving into your new home and life at **Summit Hills**. The other allows you the peace of mind knowing that your life and legacy can truly be given to your children, grandchildren and loved ones.

The **Happiness Guarantee** allows you to move in, experience **Summit Hills** and then move out in six months if you aren't happy.

The **Life Story Series** is a documentary film series available to all Members of **Summit Hills**. You have the opportunity to tell and record your life story in your own words. Captured on high definition film, this keepsake is a wonderful way to share memories, laughter and your voice with the people you love the most.

Summit Hills could have other new exciting programs or buying incentives on select Villa Apartments and Cottages, so please ask your **Lifestyle Advisor** for more details about current buying incentives and the following opportunities to enjoy...
The Weller Life.[®]



HAPPINESS GUARANTEE

Smiles & Laughter, Guaranteed.

Your happiness is our goal, and when you begin your carefree retirement lifestyle with us at **Summit Hills** we want you to truly enjoy it. Your **happiness** and *satisfaction* is **guaranteed**, and if for any reason within six (6) months of your move-in, you are not satisfied and choose to leave **Summit Hills**, we will refund **100%** of your Occupancy Fee, when your home resells, minus any damage to the home.



Senior Living Communities
Happiness Guarantee

Donald O. Thompson, Jr.
CEO

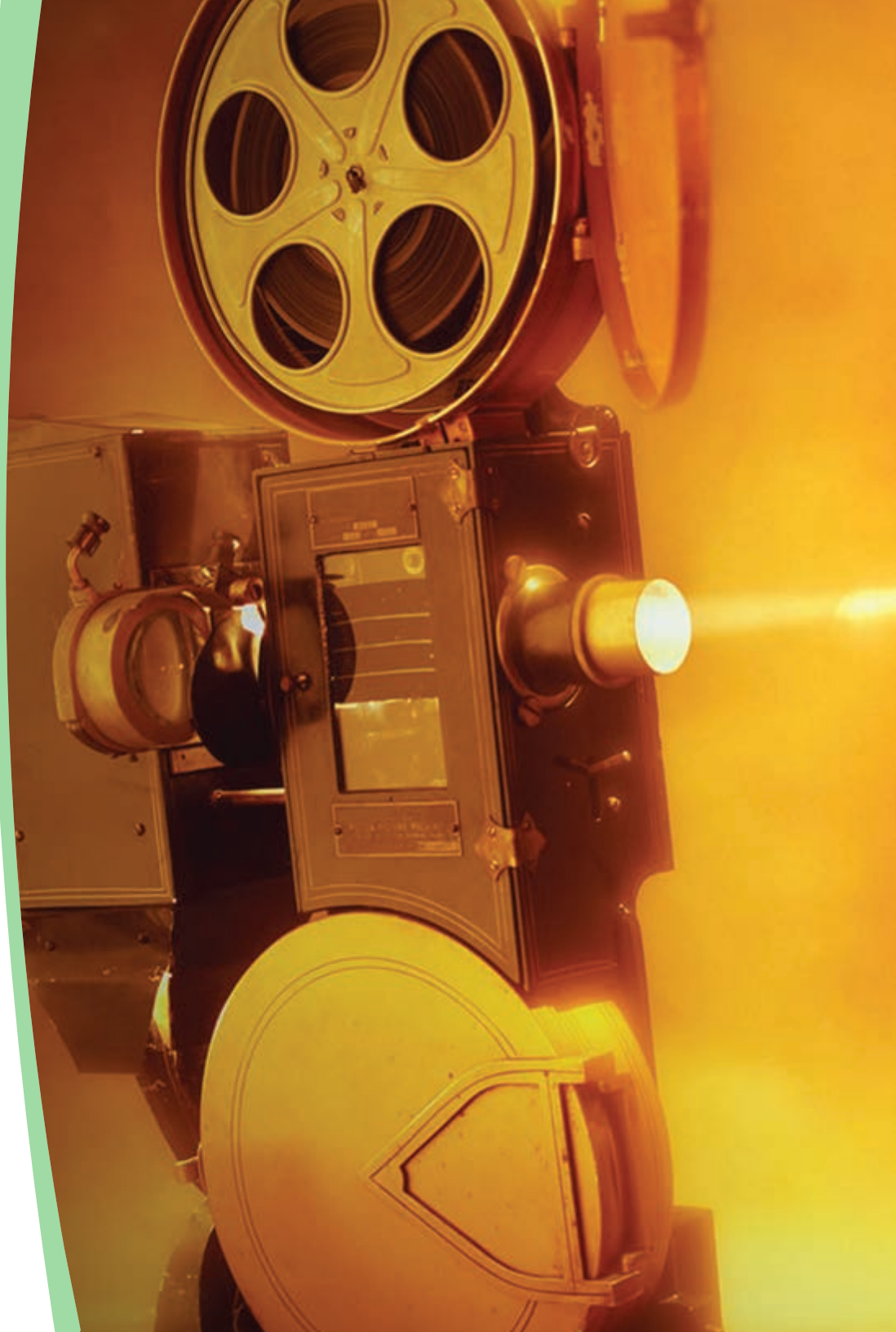
THE LIFE STORY SERIES

**Your Legacy, Your Life,
Your Loved Ones.**

Every Member of our community has a story to tell... a story unique to them and their time. You are one of those people and **Summit Hills** wants to make sure your story is heard by the people who need it the most. With the **Life Story Series** you have the capability to record your story... in your words... in your pictures... and preserve it for generations to come.

Our own **videography team** will film you on high definition video, and with music and family photographs will edit your personalized life story into a finished DVD. We will return the DVD to you, giving you additional copies to pass to grandchildren, children and loved ones.

The Life Story Series. Just another amenity from **Summit Hills** to *enhance* your **life & legacy**.



HEALTH CARE *if* YOU NEED IT

The Retreat at Summit Hills

While our goal is to help each member of **Summit Hills** live independently for the remainder of their lives, we know that sometimes more support is needed than can be provided in your home. If occasions should arise when rehabilitation, assistance or memory care is needed, **The Retreat** offers help for almost every healthcare need.

Assisted Living

In our **Assisted Living**, Members receive support with daily living but live much like they would if they were still living in their own home. They still enjoy restaurant-style menu dining and the **Wellness Program**. And they make their own schedules and choices... our support staff is simply there whenever an extra hand is needed.

Alzheimer's & Memory Care

In **Memory Care** Members enjoy family-style dining each meal and an active social program geared specifically for people who are living with memory impairment, Alzheimer's or other dementia. **Memory Care** Members also enjoy our **WAVES** program selected by the **Assisted Living Federation of America (ALFA)** as a **Best of the Best Program** for **Alzheimer's** and **Memory Care**. **WAVES** is an aquatic-based experience, led in our heated therapy pool, stimulating cardiovascular and cognitive functions. The exercise strengthens bonds between the **Alzheimer's / Memory Care** residents and caregivers while lowering agitation.



Skilled Nursing

In **Skilled Nursing** and **Rehabilitation**, Members continue to enjoy fine cuisine from our very own Executive Chef, person-centered service, and opportunities to heal and rehabilitate after surgery, injuries or illness.

Home Health

We want our Members to remain independent in their own home and to do that, our **Supportive Services Team** can help with the activities of daily living right where they live. Running errands, help with bathing and dressing, medication reminders and companionship are all available on a pay as you need basis.

Rehabilitation and Therapy Center

Members of **Summit Hills** also benefit from having a Rehabilitation and Therapy Center on site. Offering physical, occupational and speech therapy, the Center's goal is to help Members regain strength, abilities and a high quality of life.

In short, support is right here in our community if you should ever need it.

MAPS & FLOOR PLANS

On these pages, you will find a **Community Map** showcasing our property as well as renderings of some of our favorite floor plans.

Please be aware, this is not the entire selection of floor plans at **Summit Hills**. Just a sample to get you started.

In fact, if choice is what you are looking for, then we've got plenty for you to consider.

We have 2 **Villa Apartment** floor plans; one or two bedrooms ranging from 703 – 930 SQ. FT. Then 6 **Cottage** floor plans; two to three bedrooms ranging from 1,794 – 2,448 SQ. FT. in the **Cottages**. All available by asking your **Lifestyle Advisor**.

You can begin with the samples included here, *but* be sure to sit down with your **Lifestyle Advisor** and find the floor plan that's right for your enjoyment of **The Weller Life.®**

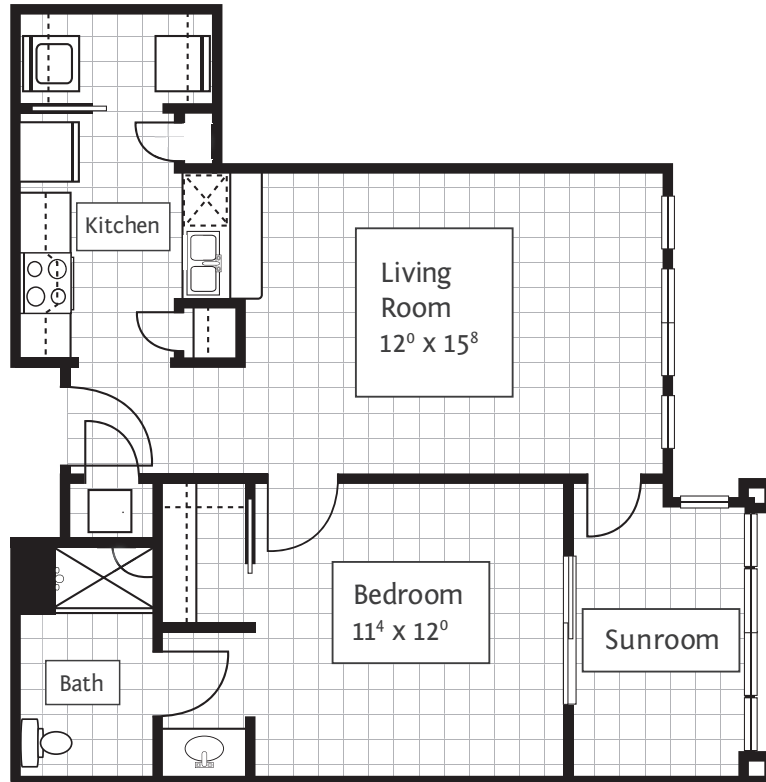


APARTMENTS

Our 2 Villa Apartment Home Floor Plans ranging from 703 - 930 SQ. FT.

THE DOGWOOD

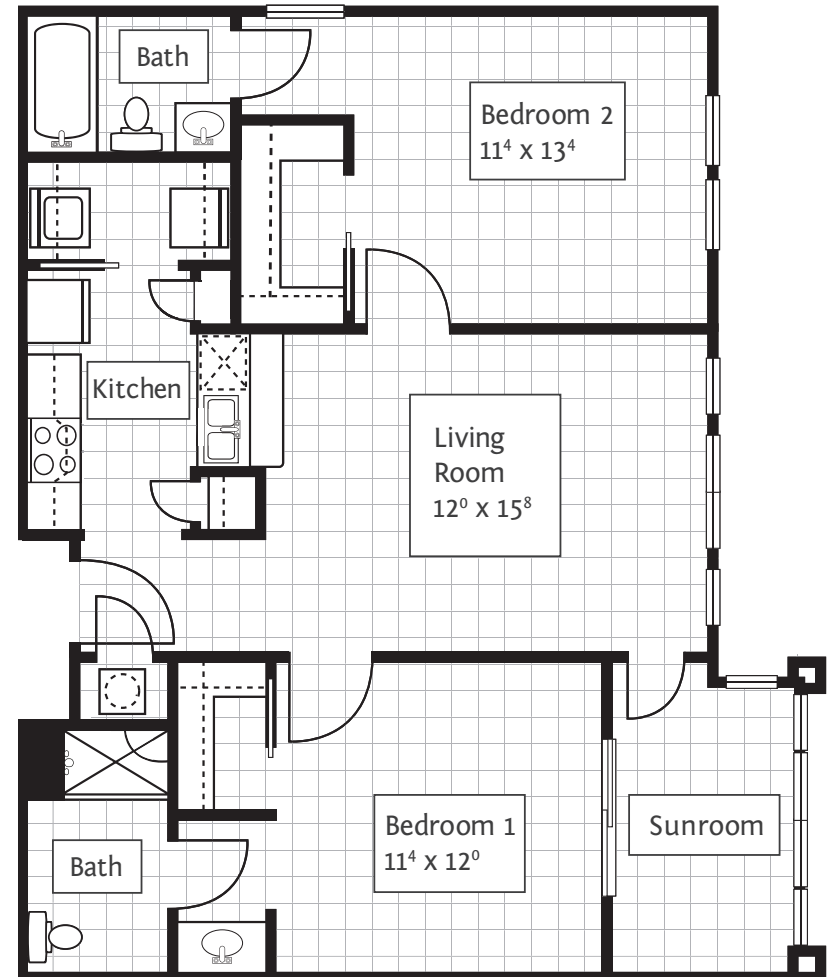
703 SQ. FT.



1 Bedroom | 1 Bath
+ Sunroom

THE MAGNOLIA

930 SQ. FT.

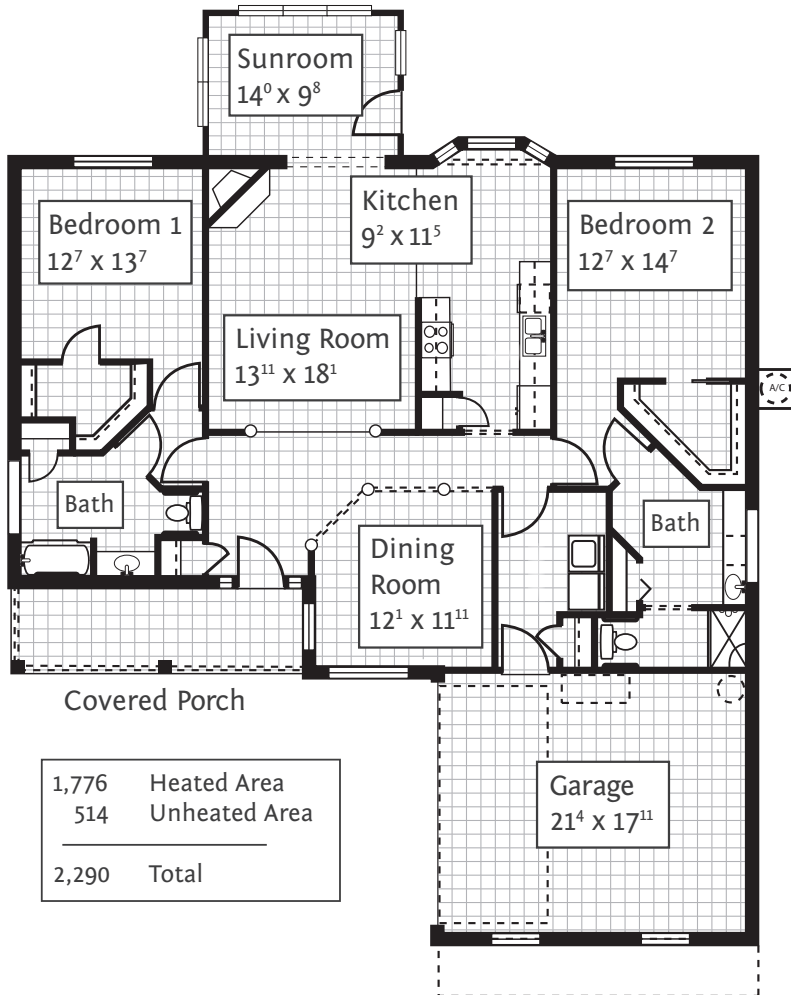


2 Bedroom | 2 Bath
+ Sunroom

SAMPLE COTTAGES

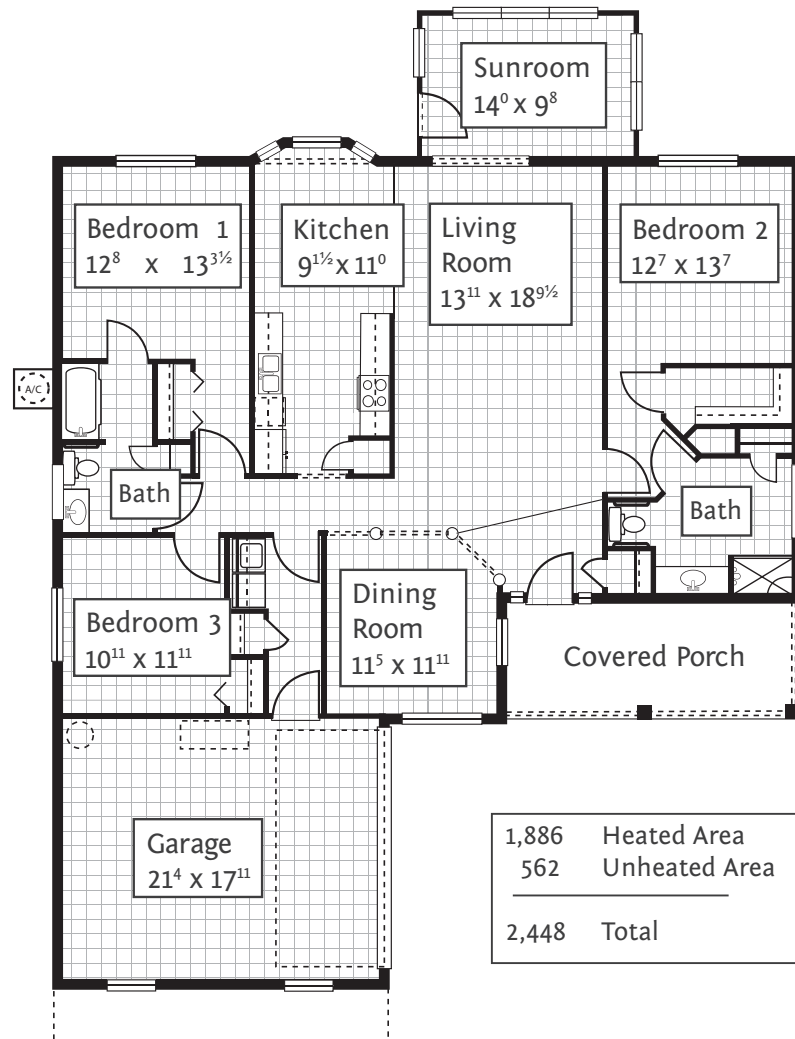
2 of our 6 Cottage Floor Plans ranging from 1,794 - 2,448 SQ. FT.

THE JEFFERSON
2,290 SQ. FT.



2 Bedroom | 2 Bath
+ Dining Room & Sunroom

THE WASHINGTON
2,448 SQ. FT.



3 Bedroom | 2 Bath
+ Dining Room & Sunroom



COTTAGES

SKILLED NURSING

APARTMENTS

CLUBHOUSE

WELLNESS CENTER

MEMORY CARE

COTTAGES

ASSISTED LIVING

FRONT GATE



We want People
to *be* better, *feel*
better and live
better with a
significantly
higher quality of
life, independently
in their own *home*.