

# TIMBER RIDGE Living



— Inside —

FEELIN'  
GOOD

FAMILY  
TRADITION

LOCATION  
TO LOVE

## SENIOR LIVING RUNS IN THE FAMILY.



When Christian “Kip” Smith, his wife Monica Clement, and their black lab Osa moved into Timber Ridge at Talus in 2017, he already had decades of experience with senior living communities. “My parents moved into a Life Plan Community with *LifeCare*® (also known as a continuing care retirement community or CCRC), in 1981. When I visited them, they talked about the advantages of having on-site assisted living, skilled nursing and rehab. They said, ‘We’re not going to be a burden to you.’ It was a lesson Monica and I took to heart, in that we knew we wanted the same level of autonomy and security for ourselves when the time was right. We knew the foundation of a good community would allow us to engineer a confident future, regardless of what tomorrow holds. My mom was going strong in independent living until she was 100. When she passed away in 2016, she was 102.”



To learn about the lifestyle benefits of living at Timber Ridge, call us at 425.272.9275 or visit [TimberRidgeLCS.com](http://TimberRidgeLCS.com) to schedule a personal visit.



“When my parents moved to a senior living community 38 years ago, I learned a place like Timber Ridge was obviously the way to go.”

Kip Smith, Timber Ridge resident



## DID YOU KNOW?

New research by the Mather LifeWays Institute on Aging proves the key to a more fulfilling retirement can be found at a Life Plan Community like Timber. In fact, over 2/3 of the residents surveyed said that moving to a Life Plan Community "somewhat or greatly improved" their social wellness.



## INSPIRING NEIGHBORS.



Moving to Timber Ridge has allowed Kip and Monica to not only continue their active lifestyle, but improve on it. "I feel healthier now than I did 10 years ago. And in 10 years, I'd like to be able to say I feel better than I do right now." As part of his workout routine, Kip takes full advantage of our on-site fitness center. "The indoor pool here is amazing. I swim a mile every other day and a half-mile on the off days. I use the fitness room when I want to push weights or use the resistance machines. I mean, I'm not buff stuff by any stretch, but I feel good."

Another important part of Kip and Monica's lifestyle is hiking. Our location on the side of Cougar Mountain offers trails right outside their door. "We're just 10 minutes from miles and miles of hiking trails. And we're 30 minutes from a lot of other trails. I don't know of any other community that has access to the great outdoors like Timber Ridge."

Kip chalks up his continued focus on fitness to his neighbors: "Having so many people in their 70s and 80s who are still active is good motivation to stay healthy."



## INVIGORATING NEIGHBORHOOD.

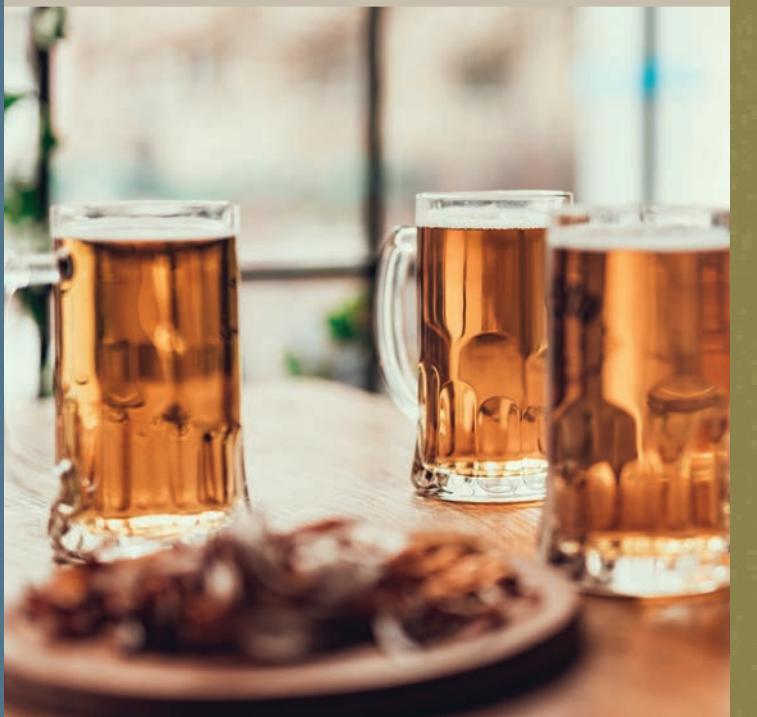
Before deciding on Timber Ridge, Kip and Monica looked at senior living communities throughout the area. One of the deciding factors was our location. “We discovered most of the communities in the Puget Sound area are very urban. Right smack dab in the middle of the city. I didn’t want to listen to a freeway. Plus, we liked the mountain lodge look of Timber Ridge and the high ceilings.”

The fact that Timber Ridge is just 10 minutes from Issaquah also helped with their decision. “We’ve been coming to Issaquah for the theater and the restaurants for over a decade. Plus, there are several breweries in Issaquah, and I enjoy a good beer.” And when they feel like going into Seattle, our location once again proves to be ideal. “Monica and I like going into Seattle for dinner and a show. We park and ride, and it takes all of half an hour.”

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“I’m glad I don’t have to clean the gutters or mow the lawn anymore. Plus, the staff here is really nice. They’re happy to take care of whatever we need.”

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## LOCK AND LEAVE LIFESTYLE.

Kip and Monica also make the most of our maintenance-free lifestyle. “We’re gone 2-3 months during the year. When we had our house, we’d worry about someone breaking in or it burning down while we were away. Now we just let the staff know we’re leaving, lock the door and go. And when we’re here, we’re relieved of a lot of responsibilities. I’m glad I don’t have to clean the gutters or mow the lawn anymore. Plus, the staff here is really nice. They’re happy to take care of whatever we need.”

## YOU DON’T NEED A DEGREE IN DECISION SCIENCE.

Before Kip retired, he was a college professor with a Ph.D. in decision science. (Decision science is the interdisciplinary application of business, math, technology, design thinking, and behavioral sciences to enable better decisions.) When it came time for him and Monica to choose where to live, they considered location, lifestyle and on-site levels of care. One of the other things Kip considered was our business philosophy. “I like that Timber Ridge is run by Life Care Services®. I know they’ll continue to provide the services and amenities I want. And I’m fairly confident Timber Ridge, and their high-quality health care, will be here when I need it 35 years from now.”





# TIMBER RIDGE

AT TALUS

100 Timber Ridge Way NW  
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**IT'S EASY TO LEARN MORE ABOUT  
THE ENGAGING LIFESTYLE AT TIMBER RIDGE.**

**Call 425.272.9275 or return the attached card to schedule your visit.**



Managed by  **Life Care Services®**