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Hillside Community helps retirees remain young at heart

By BRUCE SUSSMAN
CONTRIBUTING WRITER

If you feel too young to move into a retirement community, you might want to hear Janet Fisher's story.

She's 63 years young and still works part time as a substitute teacher. Yet she says, if anything, she should have moved to the Hillside Retirement Community in McMinnville when she was even younger.

"I have never been happier. This place is so incredible and the people who live and work here are amazing."

Fisher still cannot believe all of the choices she has on this 57 acre campus that looks like a park and feels like a resort. "The fitness classes are fantastic, there all sorts of committees you can be a part of, and look at this cottage, it's gorgeous."

She loves that house cleaning, yard care and maintenance are all included with her home so she can just enjoy life.

And although her cottage includes a nicely sized kitchen, you will often find Fisher

at Hillside Community's restaurants. In addition to a cafe, there are two full service restaurants with completely different menus at each meal.

"When you walk in," says Fisher, "you're greeted by a server and they hand you a real menu like in a restaurant. You sit at a beautiful table and the only thing better than the people here is the food!"

Maybe that's because in this retirement community, everything is made from scratch. Dining Services Director Klaus Monberg is clearly proud of the tasty items his staff whips up: "We have fresh salmon here at every single meal. Other menu items include shrimp, seared scallops, rack of lamb, beef tenderloin and prime rib."

And since this community is located in Oregon's wine country, the resort hosts wine and cheese events featuring some of the state's best wines. What's more, there's an endless series of themed dining experiences that lets residents eat their way around the world.

Of course not everyone can make these events because at



PHOTO BY BRUCE SUSSMAN
ABOVE: Hillside Retirement Community resident Janet Fisher relaxes with her cat, Cosmo. Fisher enjoys Hillside's fitness classes, committees, dining options and her independent living cottage, and says "I have never been happier" than since having moved to Hillside.

least some residents are typically away—actually traveling the globe, as a group, by train, plane or cruise.

For those who would rather stay close to home, the activities calendar includes guest lectures, group discussions, talent shows and frequent visits to the beautiful main street in McMinnville along with trips for shows and shopping in downtown Portland.

The sooner one moves to

Hillside, the sooner one can take advantage of everything this community has to offer, including peace of mind.

Hillside is a Continuing Care Retirement Community. Marketing Manager Nikki Phillips explains: "You actually buy into the community with the assurance that Hillside has all levels of care and can provide for your ever evolving needs as you age. It's really preplanning for future health

HILLSIDE RETIREMENT COMMUNITY

ADDRESS:
300 N.W. Hillside Parkway, McMinnville

SERVICES: Independent living cottages and apartments, assisted living, memory care and skilled nursing care.

PHONE:
503-472-9534 or toll-free at 800-275-2384

WEBSITE:
brookdale.com

community garden.

The campus is also home to the Terrace Health Center. It has assisted living apartments, a memory care wing and skilled nursing care—primarily for independent living residents recovering from medical procedures to help them become active again—which has been awarded the highest possible rating (5 stars) from the national quality rating service for residential care.

And residents are extremely active here but apparently they are not the only ones. Deer are often seen meandering across the beautiful open spaces of the campus along with lots of people walking their dogs on the community's 2.5 miles of lighted and paved trails.

And looking out the window at all this action? Cats—like Janet Fisher's cat, Cosmo. Both appear to be pleased they made the move to the Hillside Retirement Community. Says Fisher, "You just never know what is next, okay, so why would you put off something that is so wonderful?"

That is an excellent question. Why would you?

Let the Spirit of Hillside Captivate You

We are located in beautiful McMinnville, Oregon.

Situated on 57 picturesque acres in the heart of Oregon wine country, you'll find Hillside, a premier Continuing Care Retirement Community where you can enjoy an enriched lifestyle, complete with walking paths and exercise areas. Our two spacious dining rooms, luxurious apartments and garden cottages are nestled under mature trees, clean air and beautiful surroundings. It's retirement living the way you always imagined.

Join us for an informative seminar on living at Hillside and understanding Life Care.

Friday, October 2 | 10:30 a.m.

Location:

Driftwood Shores Resort, 88416 1st Ave. Florence, OR 97439

For reservations or more information, call 1-800-275-2384.

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