What was meant to be
“My wife and I highly recommend Clark. The community is outstanding and the staff is wonderful. We wouldn’t go anywhere else.”

(resident)
Welcome to Clark

The fact that you are holding this booklet means that you—or people you love—are exploring retirement living options. When you ask about retirement communities in Grand Rapids, Clark will be mentioned often. After more than 100 years of community service, we have a reputation for excellent care and enduring relationships.

Clark is a place where people come to live life to the fullest. We use both our knowledge and our hearts to create a welcoming, caring, engaging environment that invites each resident to craft the next part of life’s journey.

We have found that attitude and engagement are integral components of a positive retirement, and studies from places like the University of Michigan back up that belief. So we have outings, social events, workshops, worship, formal and informal gatherings that bring our residents together and fuel their zest for life.

Life is full and rich at Clark.

The following pages attempt to explain some facets of life at Clark. However, words really can’t do the experience justice. We invite you to visit Clark and personally experience the warm and genuine spirit of our community.

“To create a community of dignity, compassion and respect centered on the lives of older adults and those who care for them.”

(Clark mission)
Living LIFE to the Fullest

It’s natural to be a little unsure about retirement, because it seems like a new chapter in life. But at Clark Retirement Community, you don’t need to worry about the present—or the future. We’re here to make your retirement years fun, fulfilling and full of freedom.

When you come to live at Clark, you will enjoy:
- freedom from responsibilities such as home and yard maintenance
- a chance to enjoy favorite activities and also try new things
- a fun-loving and engaging community full of friendly people
- a continuum of services for every stage of life
- the security of knowing you will always have a home here
- professional and compassionate care for the rest of your life

A History of CARING

Clark was founded in 1906 through a generous donation by Melvin and Emily Clark. Their spirit of generosity and community still resonates at Clark today. Clark is a thriving, ecumenical community that welcomes people with open arms and warm smiles. Each resident feels a deep-rooted sense of belonging, and the committed caring of the staff.

The Clark COMMITMENT to Lifelong Care

We form a very serious partnership with our residents. When you come to Clark, you are home. You will never have to leave. We promise that if your money runs out due to longevity or illness, we will continue to provide excellent care. We are able to fulfill this commitment to benevolent care thanks to the work of our Foundation and the generosity of our donors.
### Amenities for Independent Living

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<thead>
<tr>
<th>Amenities</th>
<th>All Towne Homes</th>
<th>Sherman Court</th>
<th>Franklin Apartments</th>
<th>Suites &amp; Studios</th>
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- Dots indicate services and amenities that are included in the monthly fee
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<th>Amenities</th>
<th>Assisted Living</th>
<th>Dementia Services</th>
<th>Skilled Nursing Care</th>
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* Dots indicate services and amenities that are included in the monthly fee.
Clark offers two unique community options. Clark on Franklin is situated in a beautiful, traditional southeast Grand Rapids neighborhood. It is just minutes from the cultural attractions of downtown Grand Rapids.

Six miles away is Clark on Keller Lake, located in the Cascade area. This 40-acre campus has groomed nature trails that wind around Keller Lake, and is conveniently located near shopping and dining establishments.

Approximately 500 residents live on the two campuses of Clark Retirement Community, including those who are utilizing Clark’s rehabilitation services at any given time.

No matter which location you choose, you are invited to use the many services and amenities on both campuses.

Each resident comes to Clark at a different time of life, and for different reasons. But one of the reasons they all share is the sense of security and permanence that is found here at Clark.

We offer a full continuum of care, from short-term services to end-of-life services, and everything in between. So when you come to Clark...you come home.
“Clark offers the right living arrangement for me. I can be as independent as I like, but there's care available if I need it.”

(resident)
Clark offers several different styles of independent living accommodations at both of our campuses. All support an unencumbered lifestyle, where you are free to pursue activities, travel, friendships and personal interests without the worries and responsibilities of private home ownership.

Regardless of which accommodation style you choose, you are encouraged to use the many services and amenities on both campuses.

A few additional notes:
- Assisted living and skilled nursing services are available, should you need them to recover from an accident or illness.
- Clark also offers residential short-term rehab services when needed.
- Each residence includes a 24-hour emergency response system.

Planning Your Move

In the event that the accommodation you desire is not immediately available, you will be added to our Ready Wait List based on the date your completed application is received. If you are not ready to make a move right away, your name will be placed on our Not Ready Wait List until you decide that the time is right.

Please refer to page 6 to see a detailed list of services offered in each type of accommodation.
Towne homes give you room to entertain and enjoy spacious surroundings, without having to be concerned about interior or exterior maintenance.

When you move into a townie home, you enter into a life lease agreement with Clark, who retains ownership of the residence. The cost of a townie home includes a monthly amenity and service fee. There is also a one-time residency fee, the amount and terms of which can be set up as refundable or non-refundable.

**Towne Homes at Franklin Street**

The one- and two-bedroom red brick townie homes create a charming neighborhood at the entrance to Clark on Franklin Street. All have full kitchens, walk-in closets, living and dining rooms, attached garages, forced air heat and central air conditioning. Most already have either a three-season porch, sun room or solarium. There are three floor plans, which range in size from 806–1,119 sq. ft.

**Towne Homes on Keller Lake**

Spacious townie homes are clustered around Keller Lake. All of them feature GE appliances, Kohler fixtures, Pella windows, forced air heat, central air conditioning and oversized attached garages. All townie homes have two bedrooms, two full baths, full kitchen, living room, dining room, solarium and cathedral ceilings. There are six layouts, ranging in size from 1,551–1,726 sq. ft.
Clark’s Sherman Court consists of two duplexes and one fourplex. These accommodations are scaled to fit a simpler lifestyle with a smaller space requirement. Some of the accommodations do offer a basement for additional storage.

The Sherman Court accommodations are located adjacent to the main building at Clark on Franklin Street. The cost of Sherman Court accommodations includes a monthly amenity and service fee. There is also a one-time residency fee, the amount and terms of which can be set up as refundable or non-refundable.

Apartment residences graciously balance convenience with independence. You’ll enjoy having neighbors next door, a dining room that offers a blend of comfort food as well as signature specials, and virtually all of the essentials located around the corner.

One- and two-bedroom apartments are available in the main building at Clark on Franklin. All apartments have full kitchens, forced air heat and central air conditioning. Laundry rooms are located on each floor, with washers and dryers available for your use at no charge.

The suite and studio accommodations enable residents to maintain their independence, because a majority of housekeeping tasks are performed by the Clark staff. Three daily meals are provided, as well as weekly laundry and monthly housekeeping. Residents enjoy all the amenities of Clark.
Amenities & Services

At Franklin Street

- chapel
- Chatterbox café/ice cream parlor with complimentary coffee and tea
- fitness room
- hair salons
- health and wellness center (nurses and physicians are scheduled)
- indoor pool and hot tub
- library
- mini-mart with grocery items and gifts
- recreation areas for playing cards, games, puzzles and billiards
- regularly-scheduled outings and activities
- The Mouse Pad computer lab with internet access
- therapy and therapists (physical, occupational and speech therapy)
- transportation
- wi-fi access
- wood shop

At Keller Lake

- complimentary coffee and tea stations
- exterior park and garden
- hair salon
- library
- mercantile with small personal items
- outdoor deck
- recreation rooms
- regular podiatrist visits
- regularly-scheduled outings and activities
- therapy and therapists (physical, occupational and speech therapy)
- transportation
- walking trails
- weekly physician visits
- wi-fi access
“The decision to live at Clark is not only the right thing for us, it is a gift to our children.”

(resident)
We understand how important it is to remain as independent as possible, for as long as possible. However, when the time comes that you need a regular helping hand, isn’t it comforting to know that you’ll be right at home at Clark?

We help you enjoy a safe level of independence, with support that is designed to meet your individual needs for daily tasks such as taking medication, dressing and personal hygiene.

When we provide extra assistance for these tasks, you have the time and freedom to enjoy the many recreational and social opportunities at Clark. In addition to the general Clark programs and amenities, there are also specially-tailored activities such as restaurant outings, gardening, art classes and parties. It’s not unusual for volunteers from Clark, as well as residents of the Grand Rapids community, to be involved with these programs.

**Planning Your Move**

In the event that the accommodation you desire is not immediately available, you will be added to our Ready Wait List based on the date your completed application is received.

If you are not ready to make a move right away, your name will be placed on our Not Ready Wait List until you decide that the time is right.

Please refer to page 7 to see a detailed list of services offered in each type of accommodation.
Assisted living accommodations at Clark on Franklin are located within the main building on two floors. Each one includes a private room with private bath. Each floor has its own dining room, and several common areas for socializing and recreational activities. Each accommodation has individually controlled heat and central air conditioning.

You are encouraged to furnish your room in your own personal style, so that it feels like home. Floor plans vary depending on location, but all rooms feature windows overlooking either the Clark grounds or nearby neighborhoods.

Our assisted living accommodations provide easy access to health care services, including:

- 24-hour onsite emergency response system
- Around-the-clock nursing and care staff
- A health and wellness center with physicians on duty at scheduled times
- Medication ordering and dispensing
- Access to lab services
- Skilled nursing services (as needed to recover from an accident or illness)
The assisted living buildings at Keller Lake are called Windsor Manor and Oxford Manor. They are located on the edge of Keller Lake, with large decks overlooking the water. Windsor Manor offers general assisted living accommodations. Oxford Manor provides assisted living with specialized services for residents who have dementia.

The small size of each manor creates a homelike atmosphere. There are two assisted living households within each building. Each household has accommodations for 20 residents. Each of these households has its own common space and dining room.

Most of the accommodations are single rooms, but there are some studios with kitchenettes, as well as some suites. You are welcome to furnish your room with your own possessions. If you prefer not to move your own furnishings, Clark can provide standard furniture: a twin bed with night stand and chest of drawers, small round table with two chairs, an occasional chair, a floor lamp and a table lamp.

All assisted living accommodations at Keller Lake include:

- private rooms
- private restrooms
- individually-controlled heat and air conditioning
- bay windows with a view
Amenities & Services

At Franklin Street

- chapel
- Chatterbox café/ice cream parlor with complimentary coffee and tea
- fitness room
- hair salons
- health and wellness center (nurses and physicians are scheduled)
- indoor pool and hot tub
- library
- mini-mart with grocery items and gifts
- recreation areas for playing cards, games, puzzles and billiards
- regularly-scheduled outings and activities
- The Mouse Pad computer lab with internet access
- therapy and therapists (physical, occupational and speech therapy)
- transportation
- wi-fi access

At Keller Lake

- complimentary coffee and tea stations
- exterior park and garden
- hair salon
- library
- mercantile with small personal items
- outdoor deck
- recreation rooms
- regular podiatrist visits
- regularly-scheduled outings and activities
- therapy and therapists (physical, occupational and speech therapy)
- transportation
- walking trails
- weekly physician visits
- wi-fi access
“I like it here because people are so kind to each other. I feel people really care about me.”

(resident)
Skilled nursing care is provided at Clark on Franklin Street. We serve residents with three profiles:

- Long-term residents who have unstable or chronic conditions that require substantial daily assistance.
- Short-term residents who require rehabilitation therapy and nursing care to recover from acute illnesses, injuries or surgeries.
- Residents with significant dementia who pose the risk of wandering.

(You will find more information under the “Dementia Services” tab.)

Our Keller Center for skilled nursing care is designed around a neighborhood concept. Just as in a residential neighborhood, this idea fosters a friendly atmosphere where people can get to know the people living around them.

Each household within the neighborhood is comprised of 8–10 rooms. The vast majority of accommodations are private. Each of the beds is Medicare and Medicaid certified.

At the center of each household is an area for dining and other activities. A certified recreational therapist leads a staff that plans individual and group activities, as well as special events. Residents also attend other Clark programs, from church services to performances by Clark residents and local talent.

Members of the nursing staff are assigned to the same household and the same shift as much as possible, so that they can build relationships with residents and family members.

Note: if you are in need of short-term rehabilitation services, please ask us about our residential rehabilitation program.

Planning your Move

In the event that the accommodation you desire is not immediately available, you will be added to our Ready Wait List based on the date your completed application is received.

If you are not ready to make a move right away, your name will be placed on our Not Ready Wait List until you decide that the time is right.
Amenities & Services

At Franklin Street

- chapel
- Chatterbox café/ice cream parlor with complimentary coffee and tea
- fitness room
- hair salons
- indoor pool and hot tub
- library
- mini-mart with grocery items and gifts
- recreation areas for playing cards, games, puzzles and billiards
- regularly-scheduled outings and activities
- The Mouse Pad computer lab with internet access
- therapy and therapists (physical, occupational and speech therapy)
- transportation
- wi-fi access
“I am so grateful to have a place like Clark, where I know that my wife is receiving the best possible care. I can spend time with her, while also having the freedom to take care of myself.”

(resident’s spouse)
Clark is a leader in dementia care in West Michigan. We were the first retirement community to be certified in dementia care through CARF-CCAC, and have received numerous awards for our innovative care and programming.

Clark seeks to provide person-directed care for each resident with dementia. What does that mean? Quite simply, it means that as much as possible, in all aspects of daily living, the resident experiences choice, dignity, respect, self-determination and purposeful living.

This mindset leads to better care for residents, and also helps guide employees to develop authentic relationships and have meaningful engagement with residents.

We offer dementia care in several different settings:
- assisted living at both our Franklin Street and Keller Lake campuses
- skilled nursing at our Franklin Street campus
- Clark at Home, which brings dementia care and expertise right to your own home

**Planning Your Move**

In the event that the accommodation you desire is not immediately available, you will be added to our Ready Wait List based on the date your completed application is received.

If you are not ready to make a move right away, your name will be placed on our Not Ready Wait List until you decide that the time is right.
Clark Retirement Community is a leader in West Michigan dementia care. We have developed significant expertise and award-winning programs that focus on preserving the identity of each person, regardless of the challenges or limitations that come along the way. You’ll find that our approach to dementia care is unique.

- **Focus on what is possible.** It’s easy to focus on what has been lost when dementia causes changes in a person you love. However, we like to build upon what is present.

- **Reduce frustration.** Dementia can cause some distress and frustration. We focus on alternative care techniques and therapeutic approaches to reduce this frustration. We try to anticipate the needs of each person before distress settles in.

- **Engage and stimulate.** Much dementia-related care focuses on physical necessities such as bathing, dressing and other activities of daily living. We also focus on enriching and optimizing each resident’s total quality of life. We strive to engage each person in activities and outings tailored to his/her unique identity and interests.

- **Educate.** We foster an environment of continuous learning and education for all staff, caregivers, family members and friends. Our goal is to normalize the dementia journey as much as possible for everyone.
People who have mild to moderate dementia may need some level of assistance to keep them safe while maximizing their capabilities. We offer assisted living dementia care at both of our campuses.

Some of our rooms are suited for individuals. Others are appropriate for couples, one or both of whom may be experiencing dementia symptoms.

**Services**

*All of our assisted living accommodations for residents with dementia include:*

- private accommodations with private restrooms
- restaurant-style dining experience offering choice and comfort
- gentle reminders and assistance (as needed) with bathing, dressing and medications
- regularly-scheduled outings to restaurants, cultural destinations and events
- “Date Night” for couples
- “Friends Swim Club”—weekly use of the pool and exercise programs
- support groups, education and consultation available for families or caregivers
- an individual plan of activities designed around each resident’s interests and skills
- access to “It’s Never 2 Late”—technology that provides a variety of activities designed to stimulate the brain
- supervised access to other Clark amenities
People who have more advanced dementia symptoms may require a higher level of care. The Keller Center at the Franklin Street campus provides this care in a safe, friendly, neighborhood atmosphere.

Eight to ten rooms are clustered together to form a household. At the center of each household is an area for dining and other activities.

Each room features individually-controlled forced air heat and central air conditioning. These accommodations are typically designed for one individual; however, a spouse may choose to live nearby in another type of accommodation.

**Services**

Our skilled nursing dementia care includes all of the services provided in assisted living.

In addition, it provides the following:
- a safe environment, offering comfort and security to both residents and their loved ones
- supervised access to outdoor gardens
- several destinations that can be accessed by the resident within the neighborhood, such as recreation rooms and sitting areas

**Loving Dementia Care at Home**

Clark at Home provides the personalized attention and peace of mind that make living at home easier and safer for people with dementia, as well as for those who love them.

Our dementia care services are provided by expert, trained staff based on your particular needs. These services do not require a physician’s order, and they are provided on a private-pay basis. Please contact us for more information at (616) 233-4142.
“It’s a community. There is a vitality of life here. You feel it when you first walk in the door.”

(resident)