



*Surrounded by* **Friends.**

*Treated Like* **Family.**

The Advantages of  
Living in an Assisted Living  
and Memory Support Community



**Monmouth Crossing  
Assisted Living**

CENTRASTATE HEALTHCARE SYSTEM®

# Discover Your Next Great Adventure



We invite you to begin the next chapter of your life surrounded by a community that offers support, health and peace of mind. An assisted living and memory support community is ideal for those who value these qualities.

When selecting a senior living community, it's crucial to recognize that not all communities are created equal. Each offers its own unique blend of attributes that can greatly influence your experience and quality of life. Here are some key factors to consider:

- 1. Pricing Structures:** Understand how each community structures its costs. This includes upfront fees, ongoing monthly costs and what those fees cover. Prices can vary widely, and it's important to make direct comparisons to ensure you understand exactly what each fee includes.
- 2. Customized Support:** It is very important to make sure the level of care and support is aligned with your current and anticipated needs. Whether it's assisted living options or specialized memory care, the ability of a community to adapt to your changing needs is a crucial factor in your long-term satisfaction and well-being.
- 3. Community Culture and Social Life:** The ambiance and social environment of a community are essential. You want a place where you can forge meaningful friendships and feel a sense of belonging. Each community has its own vibe and social calendar that can either enhance your lifestyle or leave you wanting more.
- 4. Amenities and Conveniences:** From on-site fitness classes and libraries to arts studios, the amenities available can significantly impact your daily activities and enjoyment. Assess whether these amenities align with your interests and lifestyle needs.
- 5. Apartment Features:** Consider the comfort and functionality of living spaces. Features like accessible bathrooms, and user-friendly space can affect your comfort and independence.

Taking the time to compare these aspects will help you find a community that not only meets your needs but enhances your life.



# Explore Your Living Options: Find Your Perfect Fit

This guide offers a detailed overview of the specialized assisted living and memory support services available at communities like Monmouth Crossing.

## Assisted Living

An assisted living community is a residential option for older adults who need some assistance with daily activities but do not require the intensive medical and nursing care provided in a nursing home. Assisted living communities are designed to provide residents with support services such as meals, medication management, bathing, dressing and transportation while promoting a level of independence and dignity. These communities typically offer a range of social, recreational and wellness activities to encourage engagement and a fulfilling lifestyle. They strive to create a safe and supportive environment tailored to the needs and preferences of residents, allowing them to enjoy a quality of life with dignity and respect.



## Memory Care

Memory care is specialized care provided to individuals with memory impairments, such as Alzheimer's disease and other forms of dementia. This type of care is designed to offer a safe, structured environment that minimizes stress for individuals with memory loss, while providing personalized support and supervision. Memory care communities are typically neighborhoods within assisted living communities or stand-alone care centers that are specifically designed to prevent wandering and ensure the safety of residents.

These communities focus on enhancing quality of life through structured activities that maintain residents' abilities and skills. The care provided in memory care includes assistance with daily living activities, 24-hour supervised care and programs that encourage engagement, interaction and wellness tailored to the cognitive levels of residents. The goal of memory care is to manage symptoms of the disease, reduce anxiety and promote a sense of security and familiarity for individuals living with dementia.







## Enhancing Life in a Community: *The Benefits of Assisted Living*

Residents of assisted living and memory care communities often experience a more fulfilling and enriched life compared to living alone at home. Communities like Monmouth Crossing provide an environment specially tailored to meet the needs of older adults requiring support or those living with memory impairments.

**Restoring Family Roles:** One profound benefit of moving a loved one into an assisted living or memory care community is the restoration of family roles. When professional caregivers take on the daily responsibilities of care, family members can step back from the role of primary caregiver and re-engage as sons, daughters and loved ones. This shift allows families to focus on quality time together, rebuilding and strengthening emotional connections and enjoying each other's company without the stress of caregiving duties. This renewed relationship dynamic can enhance the well-being of both the resident and their family, enriching their lives with moments of joy and shared experiences.

**Enhanced Socialization:** One of the significant advantages of living in these communities is the opportunity for social interaction and community engagement. Isolation can be a challenge for seniors living at home, but in assisted living or memory care, residents find themselves part of a vibrant community. Regularly scheduled social activities, group outings and communal dining areas encourage interactions, helping residents build friendships and maintain social connections that are vital for mental and emotional health.

**“Moving here was a relief not just for me, but for my daughter too. She doesn’t have to worry about my care anymore, and we can just enjoy our time together. It feels like I’m just Mom again, and she’s my daughter, the way it was meant to be.”**

— Assisted Living Resident



## Enhancing Life in a Community: *The Benefits of Assisted Living*

**Specialized Care and Support:** Assisted living and memory care communities are staffed with professionals trained in the unique needs of aging adults and those with cognitive impairments. This training ensures that staff members are equipped to provide not just medical and daily support, but also empathy, patience and understanding. The care provided is personalized, addressing each resident's specific requirements, from medication management to assistance with daily living activities, ensuring their health and safety.

**Structured Environments:** Memory care neighborhoods, in particular, are designed to reduce stress and confusion for residents with dementia. Safe, secure and easy-to-navigate layouts help minimize the anxiety that can come from getting lost or disoriented. These settings are also equipped with security features to prevent wandering, a common concern for those with memory impairments.

**Engaging Programs:** Both types of communities typically offer a range of activities designed to keep residents physically, mentally and socially active. From fitness classes and art workshops to cognitive exercises tailored for memory care residents, these programs help maintain their abilities and encourage a sense of achievement and joy.

**Peace of Mind:** For families, knowing that their loved one is in a safe environment, receiving professional care and enjoying life can provide immense peace of mind. This assurance is something living at home may not always afford, especially as needs become more complex.

In summary, assisted living and memory care communities offer more than just care; they provide a platform for a more vibrant, social and secure lifestyle that enriches the lives of residents, making each day meaningful and enjoyable.

**“Knowing that my dad is in a place that’s not only safe but also engaging and supportive brings me immense peace of mind.”**

**— Memory Care Resident Family Member**

Asking the  
**RIGHT**  
**QUESTIONS**  
*leads to*  
**INFORMED**  
**DECISIONS**

The more you understand, the more confident you'll feel about your choice. Below is a concise list of essential questions to consider during your visit and comparing various assisted living or memory care communities.

## Ask Yourself:

☐ Yes   ☐ No   Was I greeted upon entering?

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☐ Yes   ☐ No   Is the team professional and happy to help?

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☐ Yes   ☐ No   Are residents social and interacting with one another?

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☐ Yes   ☐ No   Do I feel comfortable here?

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## Ask Residents:

1. How long have you lived here?

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2. What has your experience been like living in this community?

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3. How are the services? The food?

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4. How would you describe your relationship with the staff in the community?

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5. How connected do you feel to other residents in the community?

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6. What types of activities or programs are offered here?

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## Healthcare Questions:

1. Is a nurse available on-site?

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2. Is the staff specially trained in caring for those living with dementia?

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3. What kind of ongoing training do staff receive?

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4. What is the level of privacy in assisted living and memory care apartments? Do they include private bathrooms?

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5. Is the cleanliness of the common areas and nursing areas up to standard?

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6. What services are provided within the basic levels of care?

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7. Are residents required to use the community's healthcare network, or can they continue with their external doctors and providers?

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8. Are emergency alert systems installed in each residence?

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## Location Questions:

1. Are there hospitals or doctor's offices nearby?

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2. Does the community have a partnership with any healthcare systems?

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3. Is transportation available for residents to attend appointments and activities?

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4. Is there easy access to shopping and cultural attractions?

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## Community Questions:

1. Are the common areas well-maintained, comfortably heated or cooled, and furnished?

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2. Is there outdoor space available for residents' enjoyment?

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3. What security measures are in place?

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4. Are there any upcoming renovations planned?

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## Dining Questions:

1. Are special dietary needs accommodated?

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2. Can residents make specific dining requests?

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3. Are family and friends allowed to dine with residents?

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4. What are the dining hours, and is there flexibility in the schedule?

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5. Ask to see a menu.

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6. Remember to book a dining reservation for your next visit.

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## Services and Amenities Questions:

1. What services and amenities are provided on-site?

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2. Is housekeeping available, and is it included in the monthly fee or does it come at an extra cost?

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3. Does the community offer accommodations for guests?

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4. What is the community's connection to the surrounding area? What external resources are accessible?

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## Social Life Questions:

1. Does the community provide a published schedule for events and programs?

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2. Are there any planned excursions outside the community?

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3. What classes are available on-site?

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4. What opportunities do residents have to influence the selection of community activities and events?

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## Management Questions:

1. What training do team members receive, and are criminal background checks conducted?

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2. Who owns and manages the community?

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3. May I see the most recent state survey or customer satisfaction results?

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4. May I review a copy of the Residence and Care Agreement?

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5. Is the community operated as a for-profit or nonprofit organization?

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6. What payment forms are accepted (self-pay, long-term care insurance, Medicaid policy)?

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Exploring various communities and living options is essential for making a well-informed and confident decision.



Once you've explored the various options in the area, understanding and comparing them might seem daunting. Our team is ready to assist you in making an informed choice. Just give us a call to chat or schedule a visit. At Monmouth Crossing, we're committed to guiding you to the best decision for your unique needs.

## A Few Tips

- Explore every area of the community, from memory support to assisted living, including dining facilities, communal indoor spaces and outdoor leisure areas.
- Schedule a visit to get a genuine feel for the community firsthand.
- Learn about the community's financial health and licensing to ensure it meets all necessary standards.
- Speak with current residents to determine if the community aligns with your personality and lifestyle needs. Inquire about their experiences with the lifestyle, dining options and activities they enjoy, and whether they are satisfied with their decision to move there.

Notes

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# Welcome to Monmouth Crossing



If you're just discovering Monmouth Crossing, I'm excited to welcome you and introduce you to the community we've thoughtfully designed with residents' needs in mind. Here at Monmouth Crossing, we are dedicated to providing a living experience defined by both quality and comfort, nestled in the heart of Freehold and marked by our commitment to personalized care and a supportive environment.

Recognizing the significance of a safe and engaging home for your loved one, we ensure that every facet of our services, amenities and programs contributes to a secure, vibrant and inclusive community atmosphere. This approach not only offers peace of mind to you and your family but also enriches the daily lives of those who live here.

Monmouth Crossing stands out as more than just a residence; it is a dynamic community where your loved one can thrive. From private apartment homes and chef-prepared meals to an extensive range of social and recreational activities, we design our offerings to keep residents active, engaged and socially connected. Our compassionate and skilled staff are always available, providing the necessary care and attention each resident deserves.

We invite you and your family to explore all that Monmouth Crossing has to offer. Visit us to see firsthand how we can be the ideal new home, providing not just care, but a community life they'll love.

Looking forward to welcoming you to Monmouth Crossing. Call me at 732-290-4186.



Warm regards,  
Courtney Paul  
Administrator  
Monmouth Crossing



## Monmouth Crossing Assisted Living

CENTRASTATE HEALTHCARE SYSTEM®

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