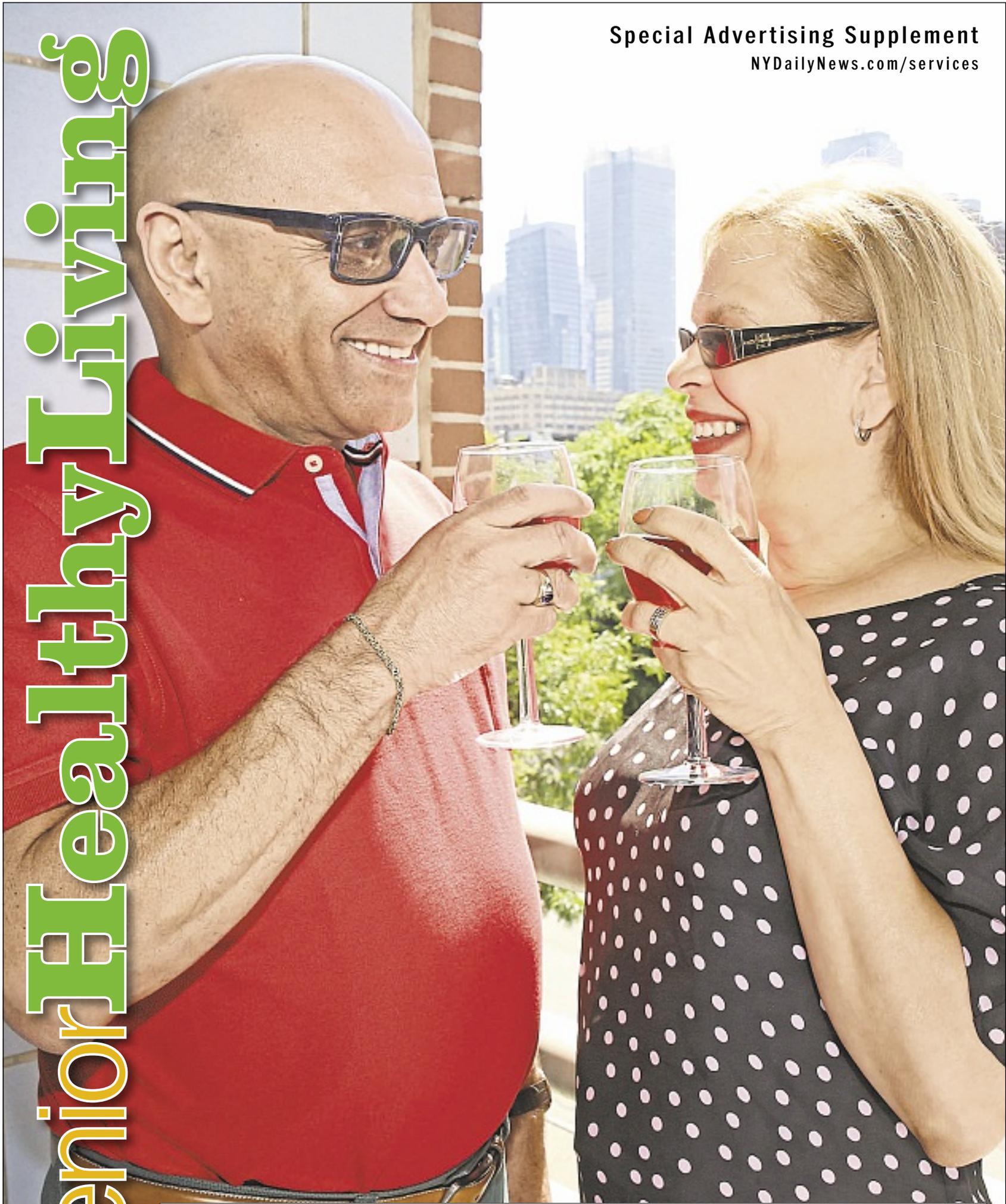


Senior Healthy Living



● Riverview’s “cruise ship on land” helps seniors stay connected, vibrant and healthy – see page 6

Affordable senior living in the heart of Manhattan

Located at the Crossroads of the World on West 49th Street, steps from the Hudson River, Riverview Senior Independent Living is open and conducting tours daily by appointment. The non-profit developers of Manhattan's newest senior residence have created a home-like environment with attention to comfort, convenience, and community. Most importantly, Riverview's inviting interior and outdoors spaces, its comprehensive list of amenities, and its on-site services are available to all at an affordable price.

Riverview's well-appointed décor, featuring relaxing colors and nature motifs in both the common indoor and outdoor spaces—so coveted in New York City—purposely create a sense of community. Riverview's studio and one-bedroom units with kitchenettes, many with views of the river or private terraces, provide a personal oasis when residents prefer careful contemplation, relaxation, and time on their own.

"It's phenomenal," according to an Upper West Side resident who recently toured the building because she's looking to downsize and simplify but still craves a sense of community. "I live in a building with a bunch of my friends and if we come to Riverview, you better believe we'll come as a group."

Leading professionals in the senior living field have taken

notice and are creating customized solutions noting the importance of "social capital," especially when it comes to the well-being of seniors. What's social capital? Friends, family, co-workers, religious affiliations. It's those ties that bind, keeping people connected, vibrant, and healthy. But as retirement age hits, many start to lose touch with friends from work, spouses or significant others may pass on, children and grandchildren go off to college or move out of state, and many seniors are left wanting. They want to maintain their active, vibrant lives, especially enjoying all that New York City has to offer.

That's where senior independent living—places like Riverview—come in. Riverview is a nonprofit senior living community that comes with 18 years of serving New Yorkers. Its sister community, Island Shores Senior Residences, is the premier independent living community on Staten Island's South Shore. Riverview residents benefit from the management and expertise of a well-established organization without sacrificing a personalized



experience. Since Riverview is a nonprofit all of this comes at an all-inclusive modest monthly fee.

One of the things Riverview's present Director, Heather Levine, hears most when she talks with potential residents and their families is how important keeping an active, comfortable, and engaging lifestyle is when choosing a retirement community.

"Senior independent living isn't a brand-new concept," comments Heather, who is on-site daily to assist residents and prospective residents. "But it is new enough that the public confuse it with a nursing home. Riverview is the opposite of a nursing home—I

call it a 'cruise ship on land' as it offers you the best of everything in one, convenient spot."

Included in one monthly fee, Riverview residents get a beautiful private living unit that comes either furnished or unfurnished depending on the resident's needs. There are three home-cooked meals plus snacks and light housekeeping daily, and a weekly deep-cleaning of each residential unit. All residents have access to Riverview's rooftop garden and a choice of outdoor spaces to read, relax, and watch the clouds float by. Riverview has an on-site movie theater, game room, a library, a

computer lounge, and hosts a visiting on-site doctor. Riverview also has a full calendar of activities and events ranging from on-site lectures, yoga and movement classes, and painting workshops to off-site trips to Manhattan's finest institutions. Finally, we have concierge service along with security and pendant monitoring 24 hours per day, seven days per week.

To learn more about what Riverview has to offer or to schedule a tour today, call Heather at (212) 586-4546 or email her at HLevine@riverviewnyc.org. You can also learn more at RiverviewNYC.org.