

OceanView at Falmouth
A 21st century retirement community

to OceanView Welcome





It's about life. It's about time.

*As a resident of OceanView, you have more time to enjoy life because you'll have **fewer responsibilities** associated with the upkeep and maintenance of your home and property. That*

*means **more time** to spend on the things you love and the things you'll learn.*





home

With a 35+ year history of energy-efficient construction and alternative energy sources, we welcome you to join us and our commitment to a greener, more sustainable future.





Personal growth *is an essential part of life at OceanView. We offer a variety of programs that are designed to enrich your life experience.*



At OceanView, community is everything – while respecting your desire for independence and privacy.



The character of a community is ultimately defined by those who live in it. OceanView is a wonderfully diverse group of independent, active, and friendly people from all parts of the country and all walks of life. There are also many residents from the greater Portland area with family and friends nearby.

Although OceanView is an adult community, it feels a lot like a neighborhood, situated on wooded hillside. Choosing between living in a cottage or apartment is entirely up to you — your lifestyle and interests will help you decide which will feel most comfortable.

OceanView is also defined by the vision of its builder and owner, John Wasileski. A resident of Maine and an active community leader, Mr. Wasileski has more than 35 years' experience in the design and development of adult communities in Maine. He is closely

involved in the planning, development, and operation of OceanView, with a special focus on sustainability and smart growth. It is this level of commitment that earned him the Governor's Award for Business Excellence.



Five beautiful acres of conservation land on campus, with trails and benches for enjoyment in any season.



Experience Portland, Maine - catch an island-hopping ferry cruise on Casco Bay or shop and dine in the historic Old Port.

OceanView has created an environment where you can continue to grow personally, and at your own pace. You may choose from a variety of stimulating classes, lectures, and excursions to museums, theaters, concerts, and more. We're just minutes from an abundance of cultural activities because OceanView is only a few short miles from downtown Portland, Maine's largest city. And on campus, with everything from movies in our Screening Room, to painting classes, hiking clubs, and bridge groups, we have something for everyone.

Health and wellness are also a central part of the OceanView community, with exercise programs such as strength training, water aerobics, yoga, and tai chi offered on a frequent schedule.



Stay fit with a wide variety of exercise classes in our new, state-of-the-art Fitness Pavilion, our 4-season heated salt water pool with a unique retractable cover, or individually with one of our personal trainers.

A sense of belonging.

*A sense of community. Good neighbors
make good friends at OceanView.*



FALMOUTH HOUSE
at • OceanView



*OceanView's comprehensive health care
advocacy and case management provides
a supportive link between Independent Living
and our **Care Continuum**, providing
peace of mind for the future for every resident.*



Legacy Memory Care
at • OceanView



OceanView is situated on more than 80 acres of beautifully wooded and landscaped property overlooking Casco Bay in Falmouth, Maine. Scattered throughout our hillside campus are 148 cottages and 125 apartments in the interconnected Blueberry Commons and Lodge buildings. Within these independent residences you'll find a wide choice of homes of varying sizes and layouts, with the option to customize further if you like.



Our Wellness Director's proactive health care advocacy services allow for an individualized response to each resident's situation should care needs arise. On-campus resources in our care continuum include: PRO - OceanView's own personal care agency, Falmouth House Assisted Living, and Legacy Memory Care.

The Whipple Farmhouse is one of three dining venues on campus, featuring a delicious, restaurant-style menu in a 1756 saltbox with a beautiful stone patio and gas firepit.





There are so many ways to measure the value of OceanView.

*Some might say it's the friendly, **welcoming community.***

For others, it's the location in southern Maine with your choice of beautiful cottages and apartments. Some might say it's the

***emphasis on wellness** and the variety of stimulating programs. Others say it's the community's **commitment to sustainability.** OceanView residents know it's the sum of all these advantages that defines the true value of OceanView.*





Our Main Lodge Welcome Center is located at 20 Blueberry Lane in Falmouth, Maine.

Interstate 295

Exit 10 to Falmouth/Bucknam Road
Bear right onto Bucknam Road to Route 9
Left onto Route 9, travel straight through blinker at Lunt Road
Right on Blueberry Lane

Maine Turnpike

Exit 52 to Falmouth
Bear right onto Bucknam Road to Route 9
Left onto Route 9, travel straight through blinker at Lunt Road
Right on Blueberry Lane

OceanView at Falmouth

Menu of Services

Activities and Residential Affairs

- ◆ Speakers, theatre programs, musical concerts, seminars, travelogues, and intergenerational programs
- ◆ Van transportation and ticketing assistance to local attractions, social, sporting, and cultural events
- ◆ Day and overnight trips
- ◆ Screening Room with cinema seating for movies, lectures, viewing events, streaming, and cable channels
- ◆ Cocktail hours and seasonal parties
- ◆ Travel concierge - exclusive booking agent
- ◆ Discussion, hobby, and book groups
- ◆ Bridge, mahjong, and poker groups
- ◆ Bible fellowship, non-denominational
- ◆ Community Council

Fitness Services

- ◆ Fitness Pavilion with certified personal trainers
- ◆ Strength and balance, cardio, dance, yoga, tai chi, and water aerobics classes
- ◆ Golf *FORE* Life program - free access to 3 local courses as well as tennis and pickle ball courts
- ◆ Initial and annual fitness assessments

Health Care Management

- ◆ RN Wellness Office hours
- ◆ Weekly lab services on-campus
- ◆ Support/advocacy with medical transitions, emergencies, and discharge planning
- ◆ Assisted living and memory care priority transitions
- ◆ 24-hour emergency nursing coverage at Falmouth House
- ◆ Annual health review
- ◆ Balance and blood pressure screenings
- ◆ FOX Rehab PT/OT on-campus and in-home
- ◆ Enhanced home health care options - *PRO*
- ◆ Emergency response system in every home
- ◆ Visiting massage therapist, podiatrist, and hearing aid service
- ◆ Registered dietitian for nutrition consultation

Administrative Services

- ◆ On-campus ATM and banking hours
- ◆ Newspaper, package, and medication delivery
- ◆ Fax, scanning, priority mail, and light administrative services
- ◆ On-campus notary
- ◆ Private business meeting space

Services and Amenities

- ◆ Campus shuttle to classes and event
- ◆ Weekly trips to shopping venues with store-to-door delivery
- ◆ Personal transportation program
- ◆ METRO bus to Falmouth center and Portland
- ◆ Garages - above and underground
- ◆ Full-time 24-hour emergency maintenance
- ◆ Non-business hours security service
- ◆ Landscaping, lawn and garden care
- ◆ Snow removal, shoveling, salt/sanding and winter car care
- ◆ Housekeeping and laundry service
- ◆ Salon and spa services
- ◆ Heated 4-season saltwater pool with retractable enclosure, “endless” water jets, and hot tub with therapeutic jets
- ◆ Function spaces available for private use
- ◆ Guest suite
- ◆ Library with water views, gas fireplace, and computers
- ◆ Wireless internet access hotspots
- ◆ Garden beds and walking trails
- ◆ Community patio, firepit, gazebo, courtyard, and balconies
- ◆ Woodworking shop
- ◆ Game room with pool tables, table tennis, darts, card table, shuffleboard table, tournaments, and groups

Dining Options

- ◆ Main Dining Room with guest dining
- ◆ Whipple Farmhouse Restaurant
- ◆ The Gazebo Grille Café
- ◆ Good-to-Go meal delivery
- ◆ Catering for private functions

Priority Waiting List - \$2,500 Deposit

PWL members receive:

- ◆ Priority notification of cottage and apartment availability with unlimited penalty-free refusals
- ◆ Some access to activities, events, and exercise classes on campus
- ◆ A visit to our dining room or café
- ◆ Community updates emailed monthly

20 Blueberry Lane · Falmouth, Maine 04105

Voice: (207) 781-4460 · Fax: (207) 781-4479 · www.oceanviewrc.com

OceanView at Falmouth

Financial Information for Apartments

Effective September 1, 2023

<u>Main Lodge Proper</u>	100% Refundable Entrance Fee	Monthly Fee (w/ Gold Meal Plan – see #1, #2, #5 below)
1 Bdrm, 1 Bdrm/Den, 2 Bdrm	\$278,000 - \$415,000	\$2,943-\$2,981/month; \$1,134/month 2nd person
Deluxe Large 1 Bdrm/Den	\$510,000 - \$515,000	\$3,719/month; \$1,134/month 2nd person
<u>Main Lodge Expansion & Hilltop Lodge</u>		Monthly Fee (w/ Gold Meal Plan – see #1, #3, #5 below)
1 Bdrm, 1Bdrm/Den	\$455,000 - \$485,000	\$3,448/month; \$1,485/month 2nd person
1 Bdrm/Den, 2 Bdrm	\$510,000 - \$620,000	\$3,662/month; \$1,485/month 2nd person
2 Bdrm/Den	\$600,000 - \$680,000	\$3,954/month; \$1,485/month 2nd person
<u>Blueberry Commons & Pavilion Apartments</u>		Monthly Fee (See #1, #4 below)
1 Bdrm/Den, 2 Bdrm	\$585,000 - \$710,000	\$2,705-\$2,813/month; \$570/month 2nd person
2 Bdrm/Den	\$670,000 - \$725,000	\$3,092/month; \$570/month 2nd person
2 Bdrm/Den Deluxe	\$785,000 - \$855,000	\$3,522-\$3,952/month; \$570/month 2nd person

Covered Parking Options (100% Refundable Entrance Fee)

Carports (detached garage): \$20,000

Parking Garage (attached): \$40,000

1. The **Monthly Fee** pays for all operational expenses of the community as well as certain supportive services. **Operational expenses** include management, water, sewer, property taxes, insurance, interior and exterior maintenance of buildings, cottages, and apartments, reserved parking, snow removal and car care, groundskeeping, landscaping, trash collection, and custodial care. **Supportive services** include on-site registered nurse, health care management, 24-hour emergency call service, housekeeping, priority access to Falmouth House assisted living community and Legacy Memory Care, mobile security patrol, van transportation options, and a comprehensive activities program.
2. In the **Main Lodge Proper**, each resident is responsible for electricity, telephone, cable TV, and internet services. The **Monthly Fee** includes the **Gold Meal Plan**. Carports and Parking Garage spaces have an additional Entrance Fee.
3. In the **Main Lodge Expansion & Hilltop Lodge**, each resident is responsible for telephone, cable TV, and internet services. The **Monthly Fee** includes electricity, heat, air conditioning, and the **Gold Meal Plan**. Carports and Parking Garage spaces have an additional Entrance Fee.
4. In **Blueberry Commons & Pavilion Apartments**, each resident is responsible for telephone, cable TV, and internet services. The **Monthly Fee** includes electricity, heat, and air conditioning. Covered parking for one car is also included. **Destination Dining Meal** plans can be added but are not included. (See brochure)
5. **Gold Meal Plan** – 14 credits per week per resident to be used at any dining venue (see Destination Dining info in brochure)

Financial Information for Cottages

Effective September 1, 2023

	100% Refundable Entrance Fee	Monthly Fee (See below #6, #7, #8)
Schoolhouse Cottages 2 Bdrm/Den, 2 Bdrm/Den w/loft +/- bsmt	\$801,000 - \$1,000,000	\$2,385 - \$2,416/mo. \$694/mo. 2nd person
Whipple Farm 2 Bdrm, 2 Bdrm/Den, 3 Bdrm/Den, 4 Bdrm Den	\$653,000 - \$1,153,000	\$2,314 - \$2,343/mo. \$694/mo. 2nd person
Cottages II/III 2 Bdrm, 2 Bdrm/Den	\$485,000 - \$725,000	\$2,164/mo. \$563/mo. 2nd person

Covered Parking Options (100% Refundable Entrance Fee)

Carports (detached garage): \$20,000

Parking Garage (attached): \$40,000

6. The **Monthly Fee** pays for all operational expenses of the community as well as certain supportive services. **Operational expenses** include management, water, sewer, property taxes, insurance, interior and exterior maintenance of buildings, cottages, and apartments, reserved parking, snow removal, groundskeeping, landscaping, trash collection, and custodial care. **Supportive services** include on-site registered nurse, health care management, 24-hour emergency call service, housekeeping, priority access to Falmouth House assisted living community and Legacy Memory Care, mobile security patrol, van transportation options, and a comprehensive activities program.
7. In **Cottages II/III, Whipple Farm, and the Schoolhouse Cottages**, each resident is responsible for propane gas, electricity, telephone, cable TV, and internet services. An attached garage is included. Any cottages with solar panels will be billed monthly by OceanView for electricity charges. At the **Schoolhouse Cottages**, a full-service generator is included.
8. **Destination Dining Meal Plans** are available for any cottage residents but are not included. (See attached)

OceanView

AT • FALMOUTH

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20 BLUEBERRY LANE • FALMOUTH, MAINE 04105



APARTMENTS

- INDEPENDENT LIVING
- ASSISTED LIVING
- MEMORY CARE

COTTAGES

- COTTAGES I
- COTTAGES II / III
- WHIPPLE FARM
- SCHOOLHOUSE

LUNT PROFESSIONAL BUILDING
LUNT AUDITORIUM

PLUMMER SENIOR LIVING
MOTZ-MASON TOWN OF FALMOUTH COMMUNITY PROGRAMS

WHIPPLE FARMHOUSE DINING

Main Lodge

at • Ocean View



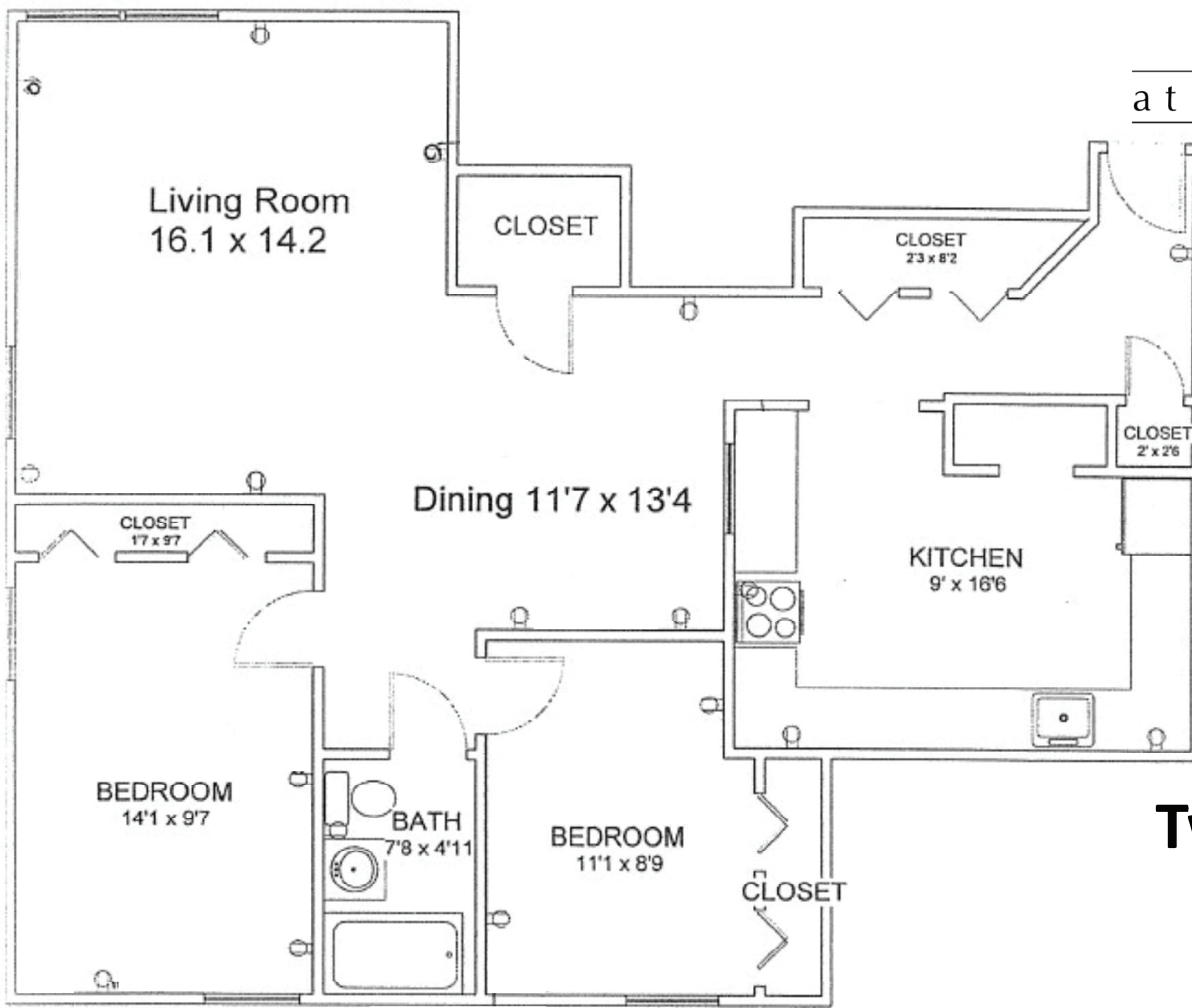
- ◆ 520 to 1,350 sq. ft.
- ◆ 1 or 2 bedrooms
- ◆ 1 or 2 bathrooms
- ◆ In-unit storage
- ◆ Some in-unit laundry
- ◆ Reserved parking
- ◆ Winter car care
- ◆ Meal plan included
- ◆ Convenient to dining

See floor plans and a video tour: oceanviewrc.com/homes/lodge

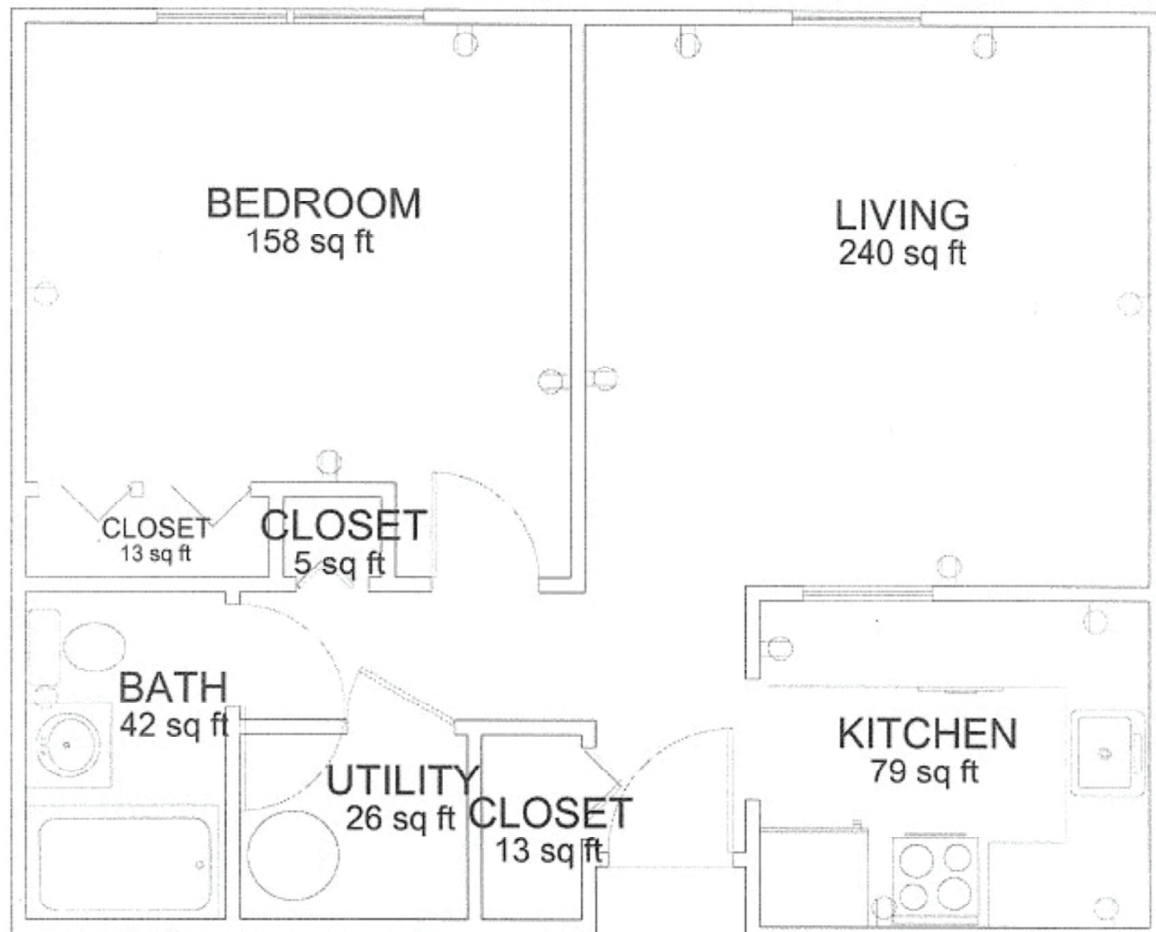


Main Lodge

at • OceanView



**Sample
Two Bedroom**



**Sample
One Bedroom**

Main Lodge Expansion

at • Ocean View

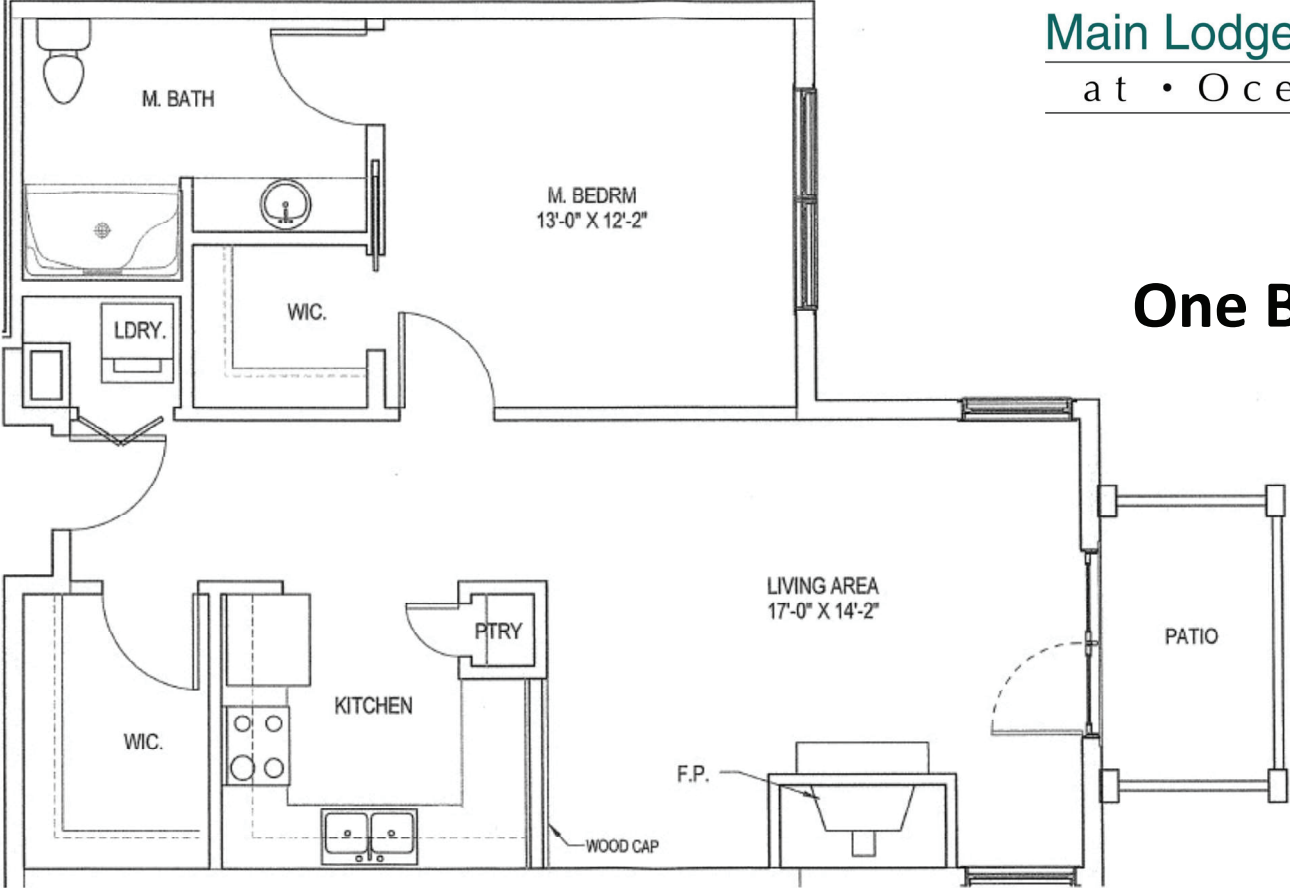


- ◆ 800 to 1,625 sq. ft.
- ◆ 1 or 2 bedrooms
- ◆ 1, 1.5, or 2 bathrooms
- ◆ Balconies or patios
- ◆ Gas fireplaces
- ◆ Reserved parking options
- ◆ In-unit laundry
- ◆ Air conditioning
- ◆ Meal plan included
- ◆ Views of Casco Bay

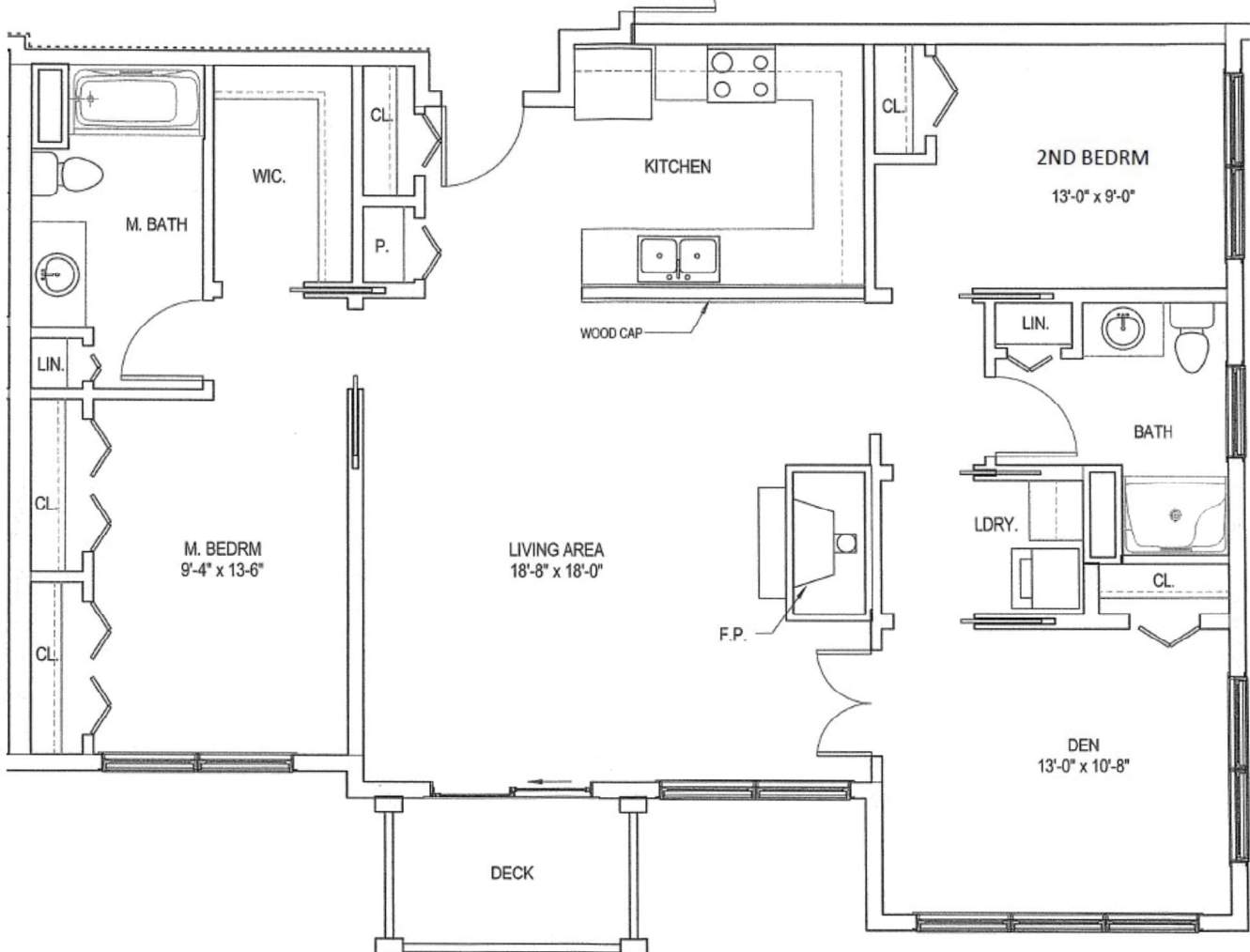
See floor plans and a video tour: oceanviewrc.com/homes/expansion



Sample One Bedroom



Sample Two Bedroom with Den



Hilltop Lodge

at • Ocean View

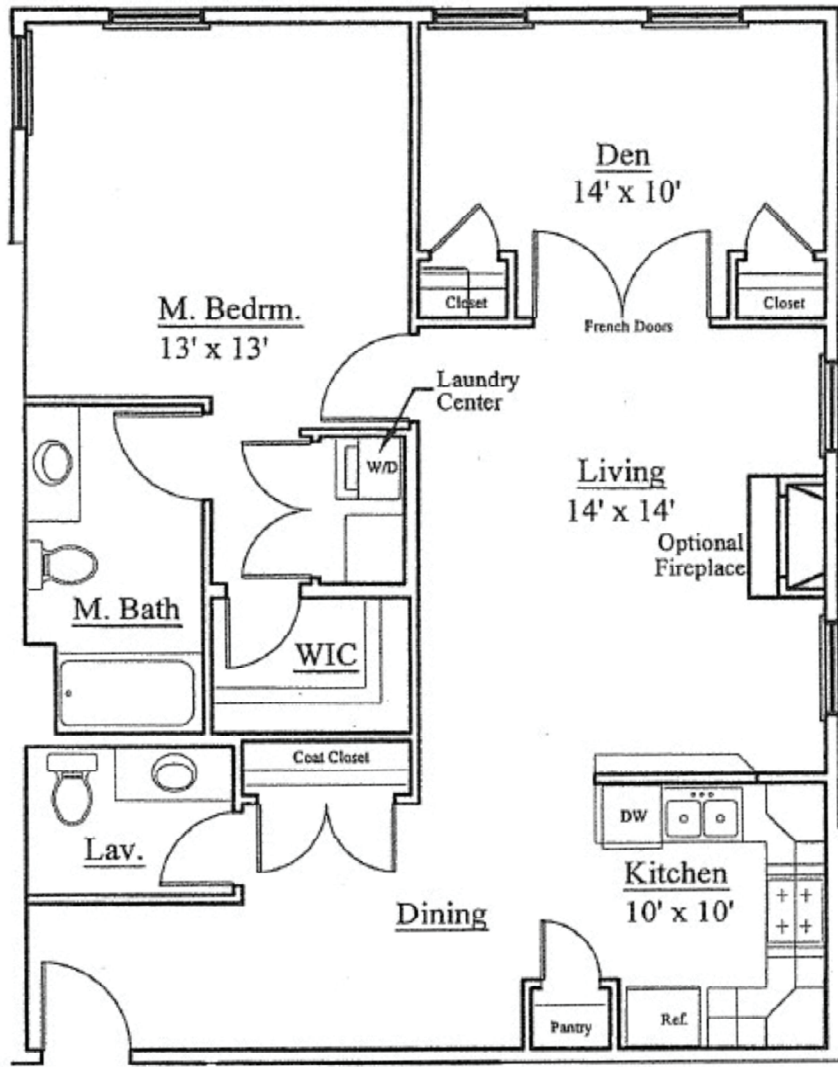


- ◆ 800 to 1,550 sq. ft.
- ◆ 1 or 2 bedrooms
- ◆ 1, 1.5, or 2 bathrooms
- ◆ Some gas fireplaces
- ◆ Reserved parking options
- ◆ In-unit laundry
- ◆ Air conditioning
- ◆ Meal plan included
- ◆ Easy access to all buildings

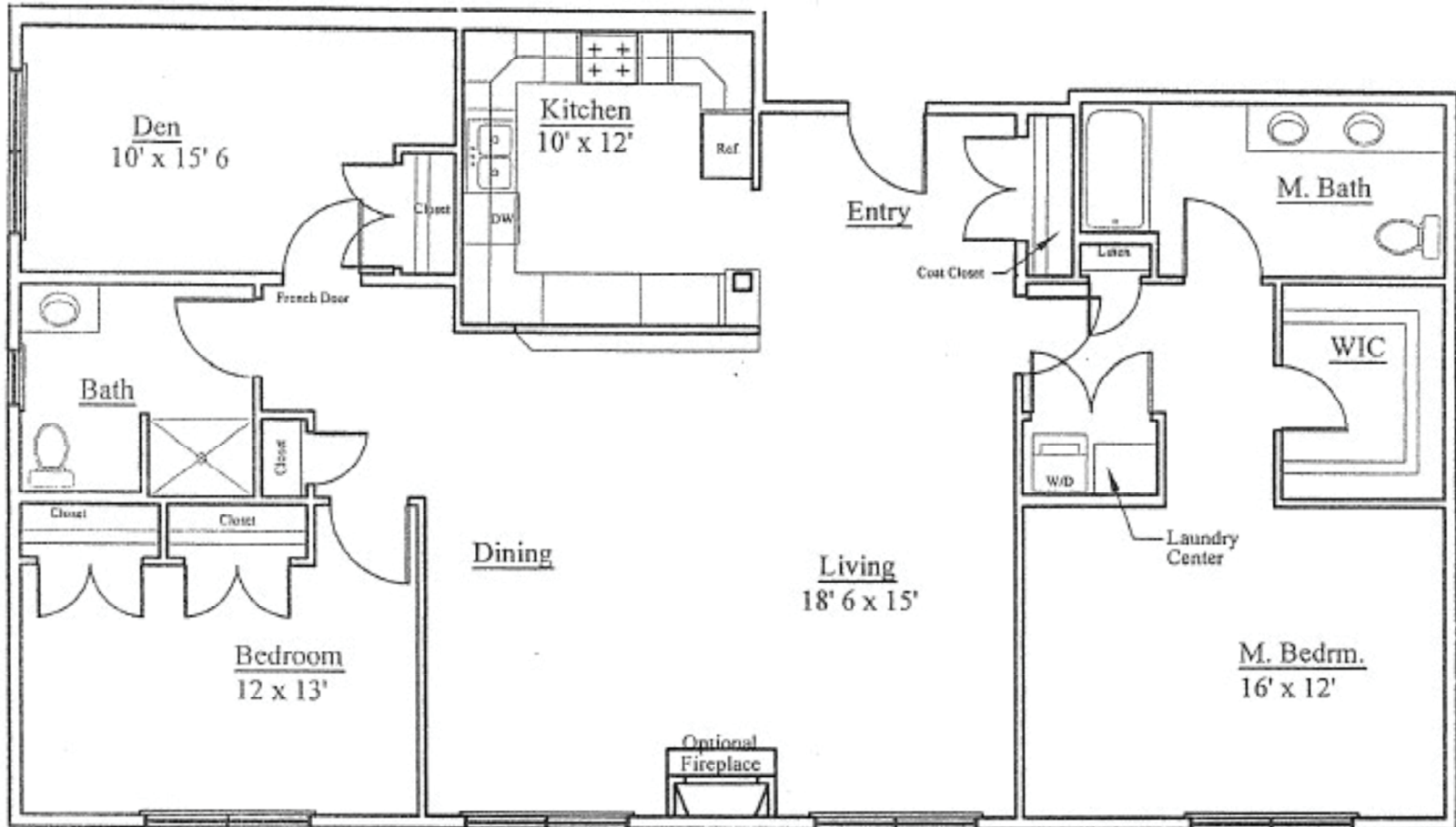
See floor plans and a video tour: oceanviewrc.com/homes/hilltop



**Sample
One Bedroom
With Den**



**Sample Two Bedroom
With Den Deluxe**



Blueberry Commons

at • Ocean View

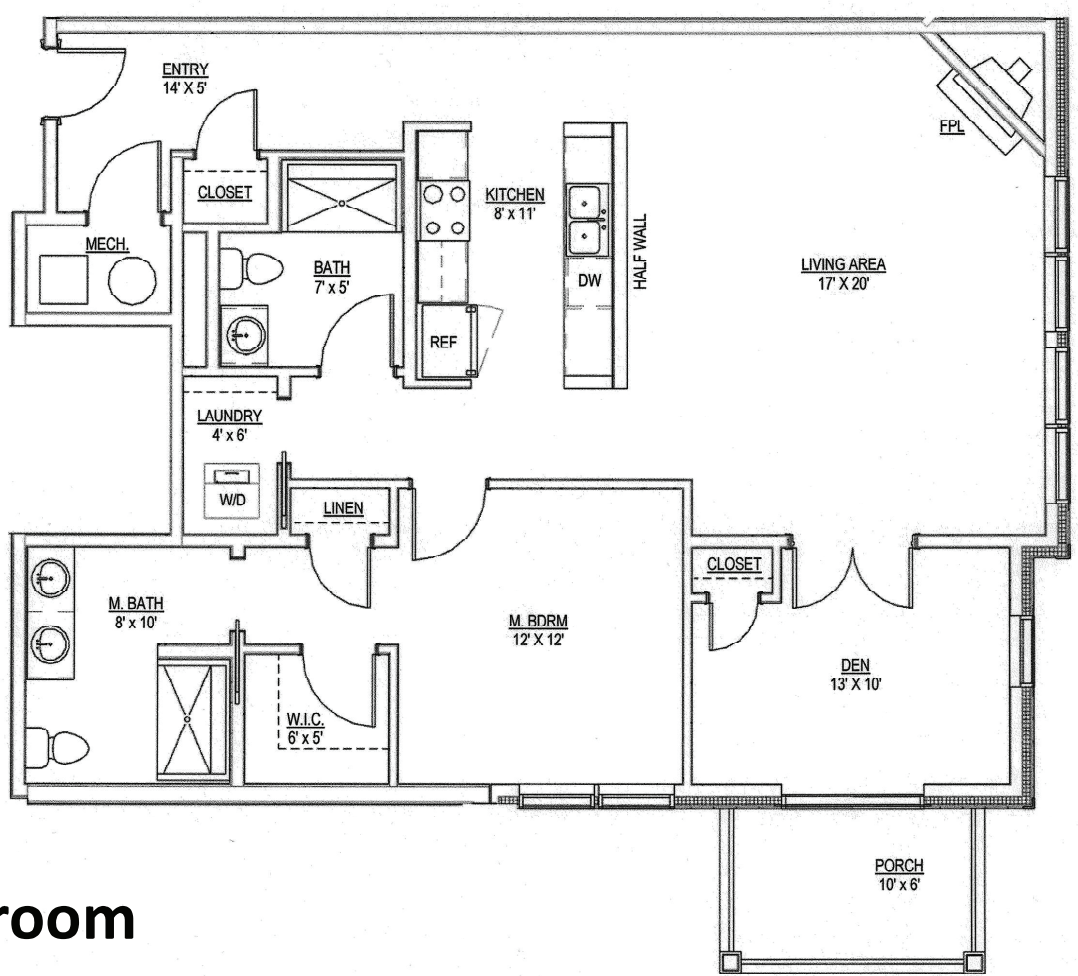


- ◆ 1,100 to 1,800 sq. ft.
- ◆ 2 or 3 bedrooms
- ◆ 1, 1.5, or 2 bathrooms
- ◆ Balconies or patios
- ◆ Gas fireplaces
- ◆ Underground parking included
- ◆ In-unit laundry
- ◆ Air conditioning
- ◆ Meal plan optional
- ◆ 9-foot ceilings

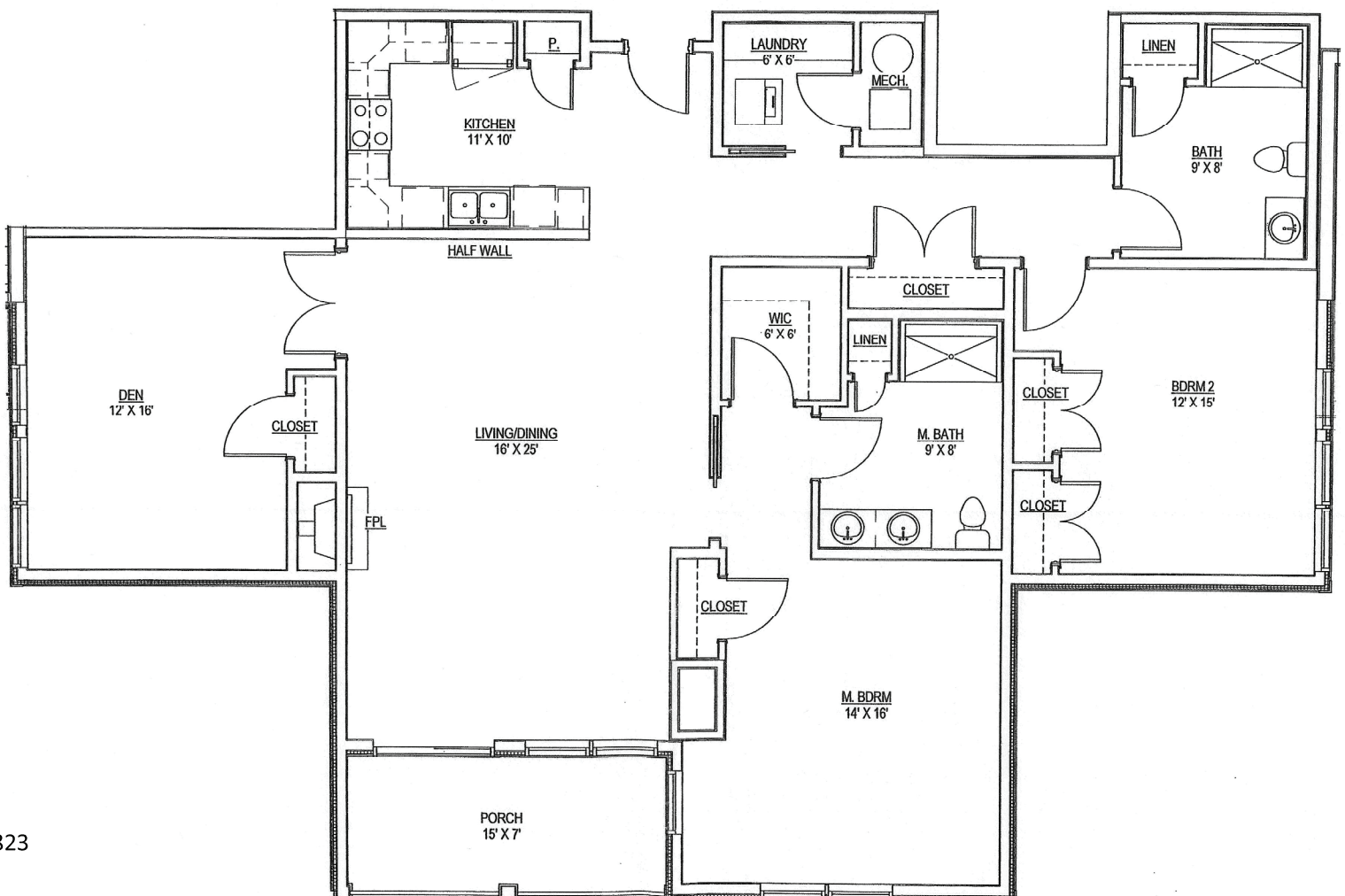
See floor plans and a video tour: oceanviewrc.com/homes/blueberry



Sample One Bedroom With Den



Sample Two Bedroom With Den Deluxe



Fitness Pavilion

at • Ocean View

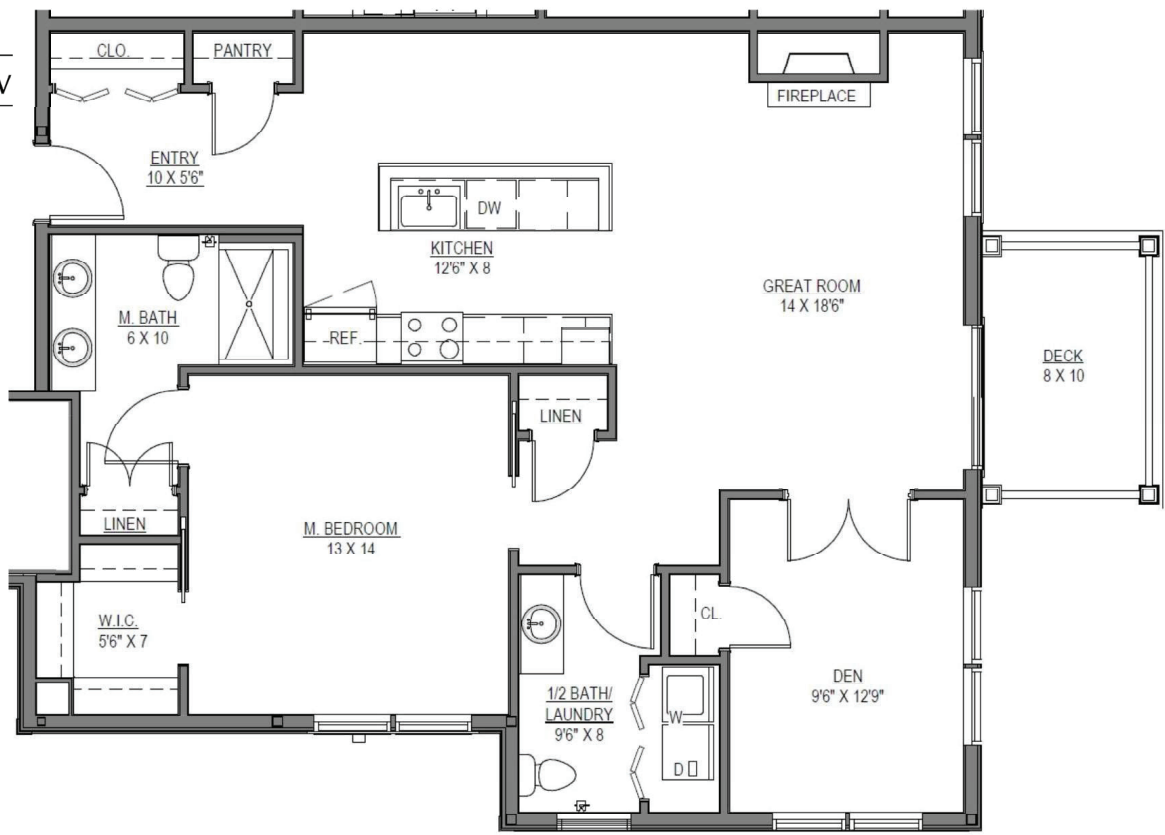


- ◆ 1,150 to 1,300 sq. ft.
- ◆ 2 bedrooms
- ◆ 1.5 or 2 bathrooms
- ◆ Balconies
- ◆ Some gas fireplaces
- ◆ Underground parking included
- ◆ In-unit laundry
- ◆ Air conditioning
- ◆ Meal plan optional
- ◆ Our newest apartments

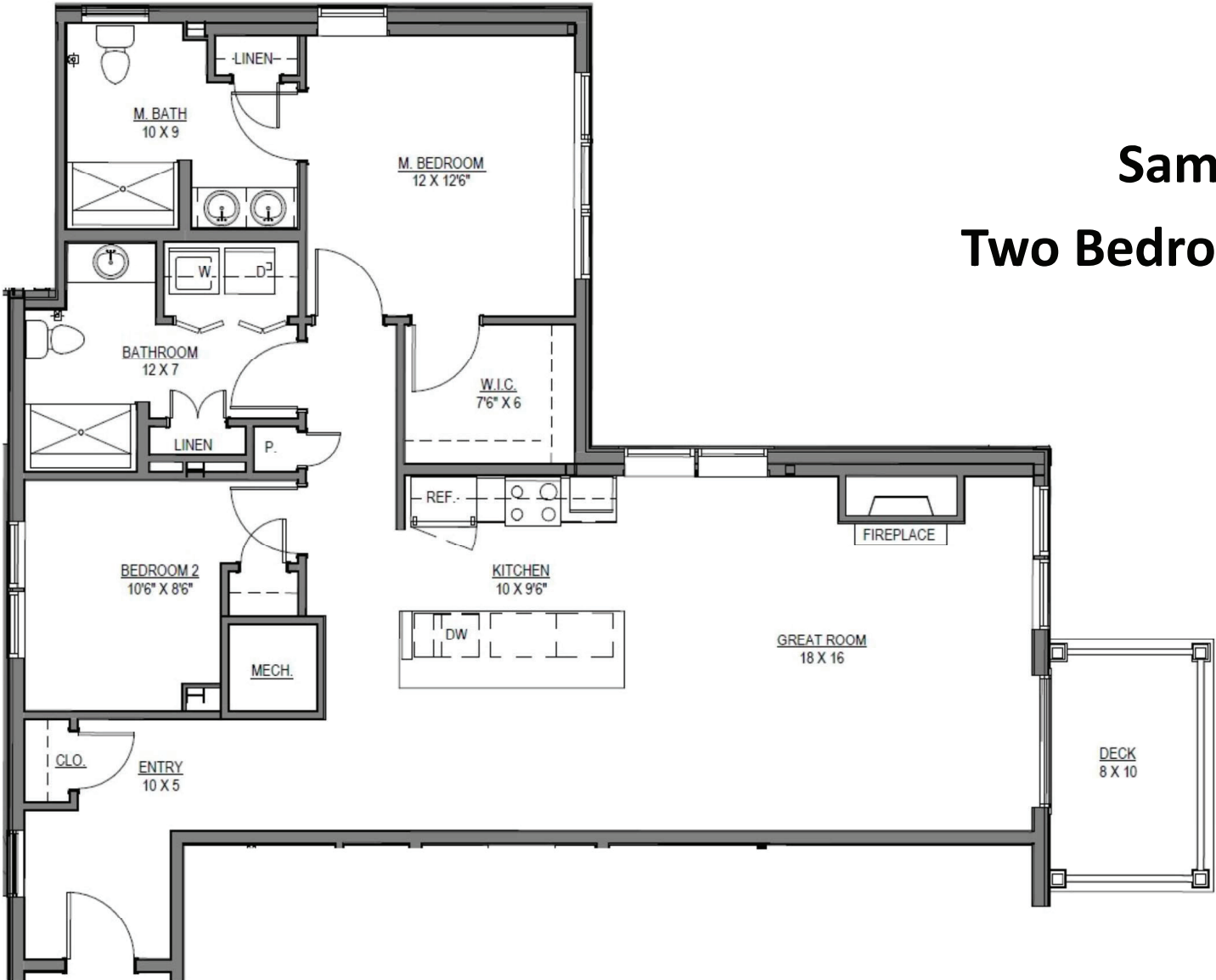
See floor plans and a video tour: oceanviewrc.com/homes/fitness-pavilion



**Sample
One Bedroom
With Den**



**Sample
Two Bedroom**



Schoolhouse Cottages

at • Ocean View



- ◆ 1,500 to 2,300 sq. ft.
- ◆ 2 or 3 bedrooms
- ◆ 2 or 3 bathrooms
- ◆ Four-season sunrooms
- ◆ Some gas fireplaces
- ◆ One and two-car garages
- ◆ Some air conditioning
- ◆ Automatic full-service generators
- ◆ Some finished basements and lofts
- ◆ Solar panels

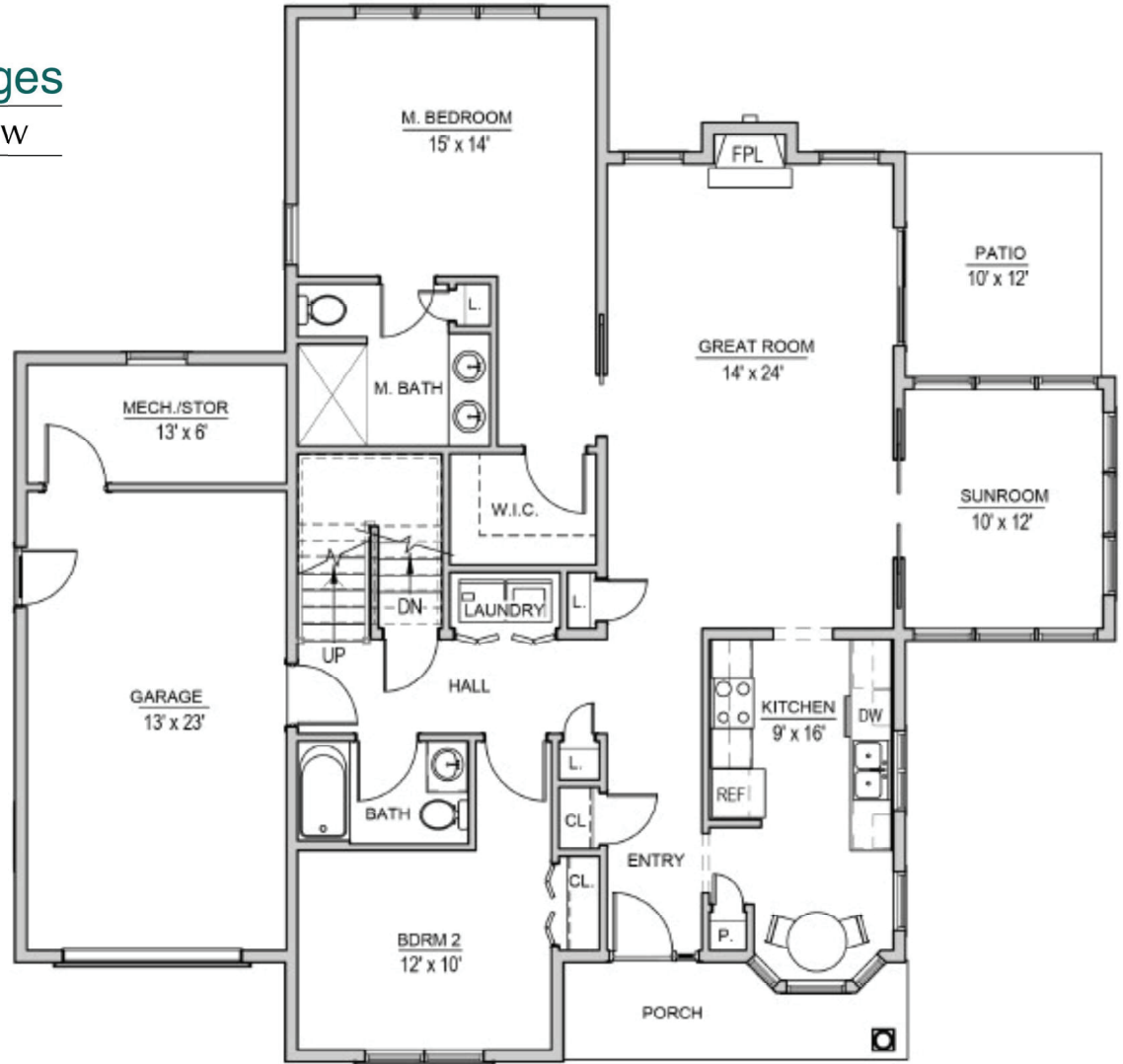
See floor plans and a video tour: oceanviewrc.com/homes/schoolhouse



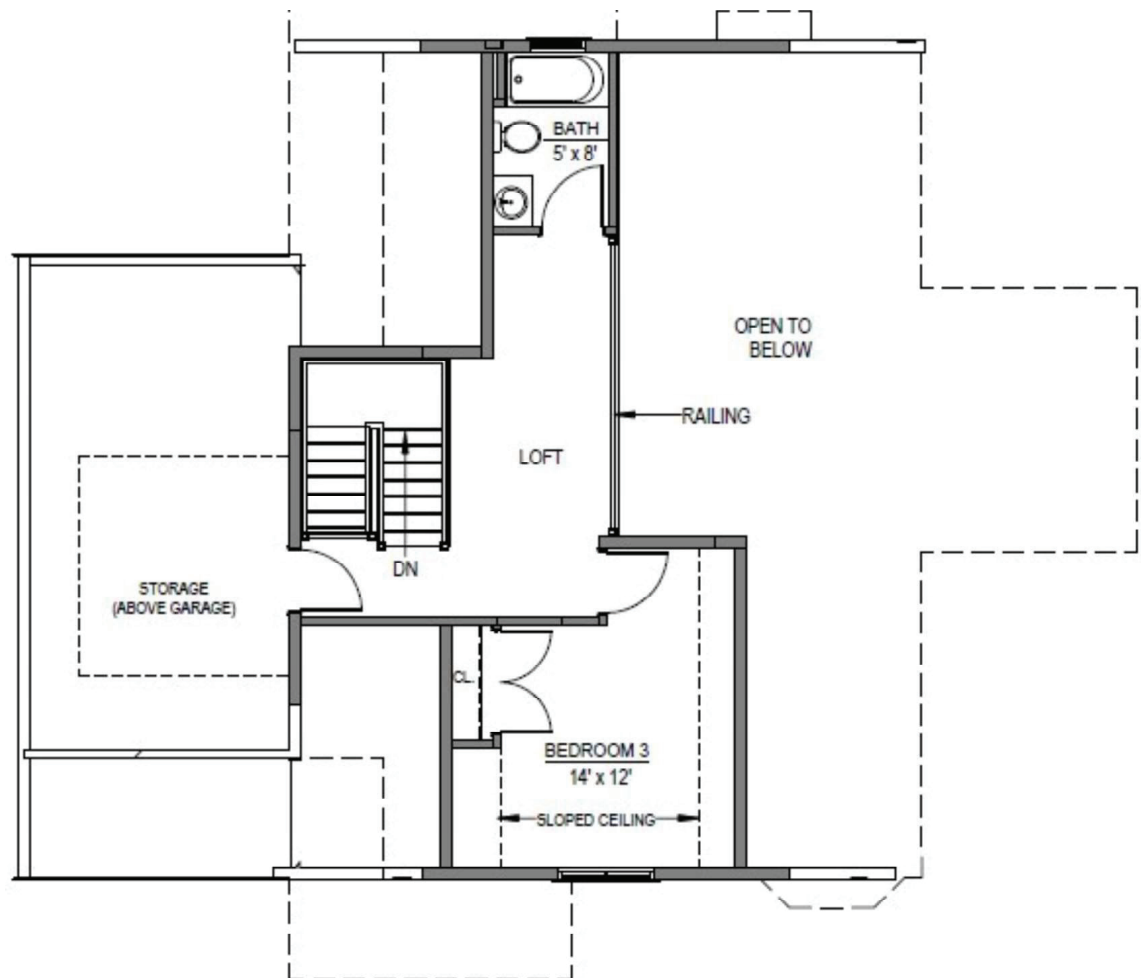
Schoolhouse Cottages

at • OceanView

Sample 1st Floor Two Bedroom



Sample 2nd Floor with Third Bedroom



Whipple Farm Cottages

at • Ocean View

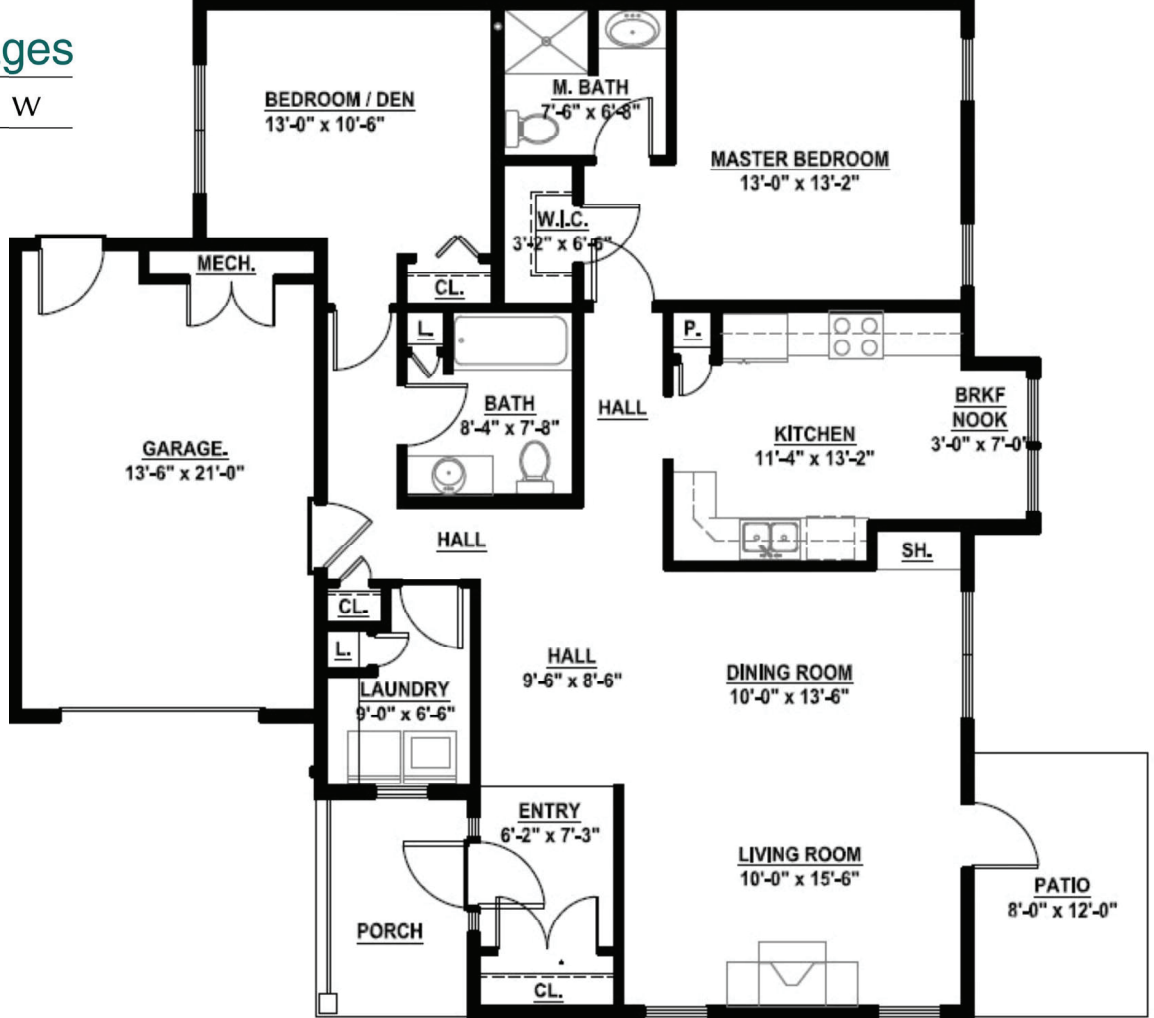


- ◆ 1,400 to 2,500 sq. ft.
- ◆ 2 to 5 bedrooms
- ◆ 2 or 3 bathrooms
- ◆ One and two-car garages
- ◆ Solar power in most cottages
- ◆ Some air conditioning
- ◆ Some full-service generators
- ◆ Convenient to 4-season pool and Whipple Farmhouse restaurant
- ◆ Easy walk to Lodge buildings

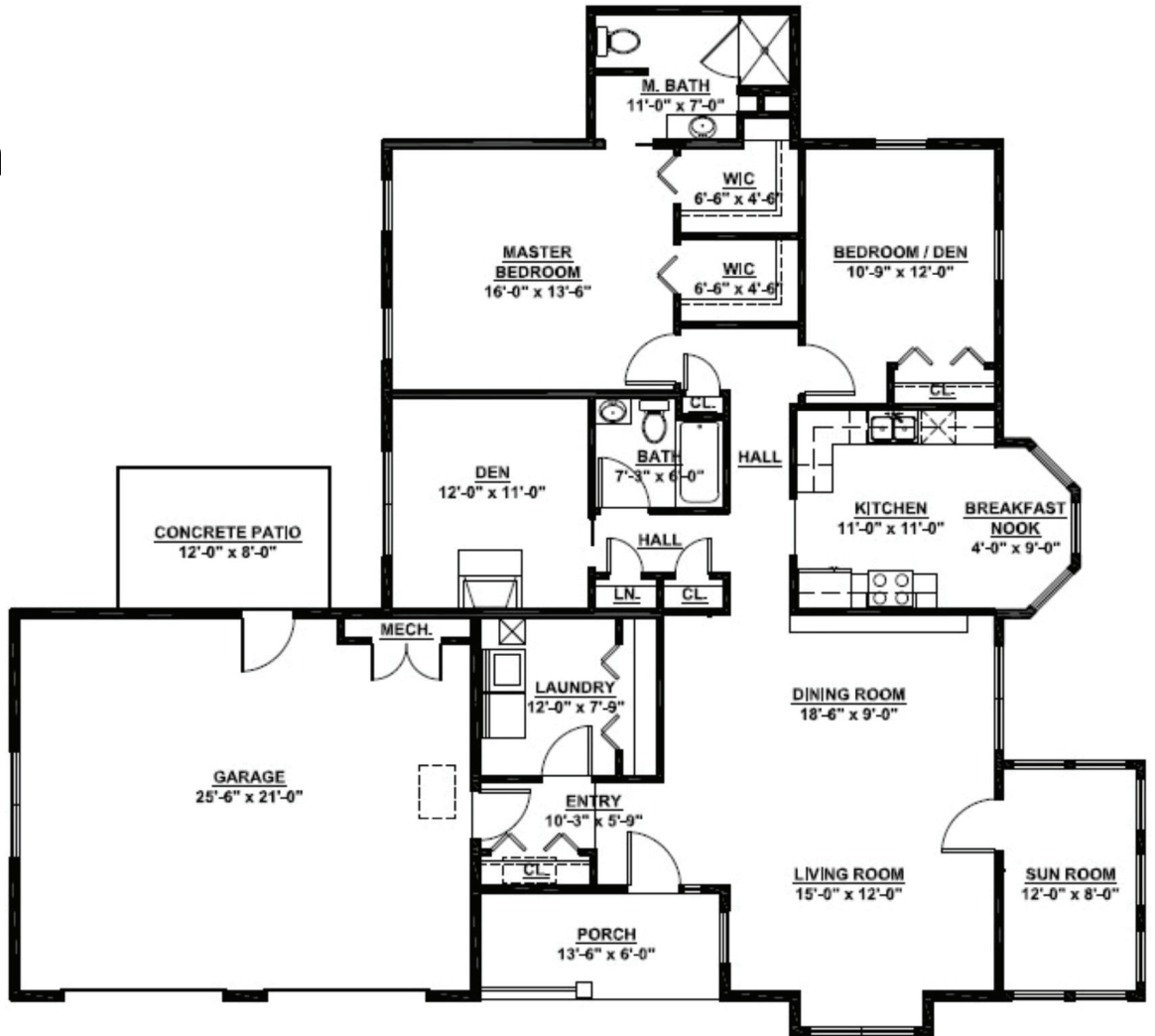
See floor plans and a video tour: oceanviewrc.com/homes/whipple-farm



Sample
Two Bedroom



Sample
Two Bedroom
With Den



Cottages II & III

at • Ocean View

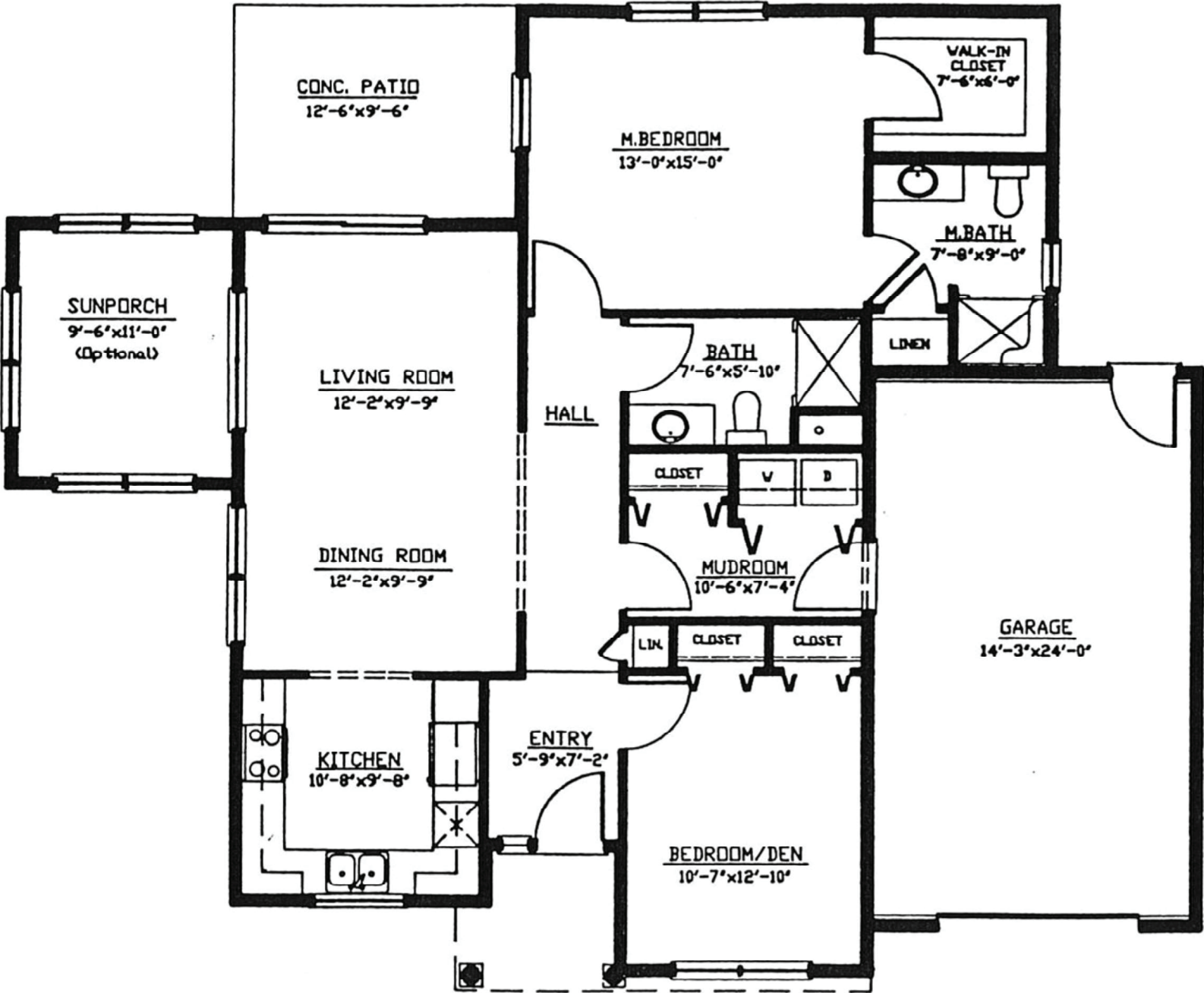


- ◆ 1,200 to 1,400 sq. ft.
- ◆ 2 bedrooms
- ◆ 2 bathrooms
- ◆ Patios or decks
- ◆ Some gas fireplaces
- ◆ Some full-service generators
- ◆ Private, wooded area
- ◆ Some with sunrooms, screened porches, and/or expanded eat-in kitchens

See floor plans and a video tour: oceanviewrc.com/homes/cottages-ii-iii



Cottages II & III
at • OceanView



Sample Two Bedroom



Destination Dining Ocean View

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A 21st century retirement community TM
20 Blueberry Lane, Falmouth, Maine 04105





Destination Dining AT OceanView

With 3 distinctive venues PLUS catering services, OceanView has what you are looking for, when you are looking for it.

Celebrate special occasions or dine in splendor at **Whipple Farm House**, our 1756 historic home overlooking Casco Bay. Sip cocktails by the fire pit, or warm up in one of the three cozy, indoor, rooms. Whipple Farm House offers chef inspired, seasonal menus, highlighting local flavor and ingredients. Invite your guests or rent Whipple Farm House for a private dining experience.



For casual lunches and informal breakfast gatherings, visit the **Gazebo Grille**, located in the Main Lodge. We offer warm weather barbeques on the patio, chef specials, and friends who greet you by name! It is the perfect place for soup and a salad, sandwiches, and house made desserts!



Daily dinner specials, Monday - Friday, are served in the **Main Lodge Dining Room**. Prix fixe meals include upscale delicacies, offering you the chance to dine comfortably. Weekends are celebrated with breakfast and brunch specialties.



In your home or for take-out, our catering services are tailor-made for you! Choose from a menu of specialties or let us design something unique, just for you!

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20 Blueberry Lane, Falmouth, Maine 04105



OceanView Dining Plans

<u>Plan</u>	<u>Credits Per Week</u>	<u>Who's Eligible</u>
Gold \$893	14	This is for all new residents in Main Lodge Expansion and Hilltop Lodge. Current residents and residents at Cumberland Crossing may enroll as well.
Silver \$672	10	Blueberry Commons, Cumberland Crossing and Cottage residents are welcome to enroll. Please inquire at the front desk.
Bronze \$420	6	Blueberry Commons, Cumberland Crossing and Cottage residents are welcome to enroll. Please inquire at the front desk.

How it Works

Gazebo Grille = 1 Meal Credit. Includes a choice of Non-Alcoholic beverage & Entrée. Entrée meals consist of the following items, Sandwich, Specialty Salad, ½ Sandwich Combo with Soup or Salad and Blackboard Specials.

Main Lodge Dining Room = 2 Meal Credits. Includes a choice of Non-Alcoholic beverage & House Soup or Salad, Entrée with Featured Sides, Dessert, Coffee or Tea.

Whipple Farm House = 3 Meal Credits. Includes a choice of Non-Alcoholic beverage & House Soup or Salad, Entrée with Featured Sides, Dessert, Coffee or Tea.

* Upcharges can be paid with cash, additional credits, or charged to your account.

** Meal credits are eligible for a \$10 refund with an extended absence of 2 weeks or more.

Refund is based on an average of 2 credits per meal.

Please notify the Front Desk of dates of time away.

Credits refresh monthly on the first and carry over week to week. Unused credits at the end of the month will be forfeited.

Dining Venue Hours

Whipple Farm House

Thursday-Saturday
4:30pm to 7:00pm

* Transportation to Whipple Farm House is available.
Please check the monthly activities calendar for availability.

Main Lodge Dining Room

Monday – Friday
4:45pm to 5:45pm | 6:00pm to 7:00pm

Saturday Breakfast | Sunday Brunch

8:00am – 9:00am | 12:00pm – 1:00pm

Gazebo Grille

Monday – Friday
11:00am to 5:00pm

A la Carte menu & specials available from 11am - 2pm

Grab & Go and Drinks from 2pm - 5pm

Delivery service is available for an additional \$6.00

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Dining Options

at • Ocean View

Main Lodge

- Dinner is served Monday through Friday evenings.
- Breakfast is served Saturday mornings.
- Brunch is served on Sundays.
- Residents who are not on the meal plan are always welcome to attend.

Dining Room



- Complimentary muffins and coffee are served Monday through Friday mornings.
- Lunch is served Monday through Friday from 11:00 a.m. to 2:00 p.m.
- Grab and Go items available from 2:00 p.m. to 5:00 p.m.
- Take out and delivery service available



- An elegant multi-course menu is served Thursday, Friday, and Saturday evenings in the historic 1756 Whipple Farm House on campus.
- Menu features fresh seasonal items, stylish presentations, dessert & beverage selections.
- May be reserved for private functions with customizable menus.

Good-to-Go Meals

- Delivered right to your door, anywhere on campus!
- Lunch includes soup, sandwich, and dessert.
- Dinner includes entrée & 2 side dishes from the daily menu with salad & dessert options also available.
- Simply call the Front Desk to place your order.

Simply call Catering services available for parties, special events, and services in residents' homes or any of our common rooms.

ENRICHMENT ACADEMY

at • OceanView

An active retirement lifestyle, just outside your door!



With none of the worries or time spent on home ownership and maintenance, OceanView residents are able to live their retirement to the fullest, pursuing interests and discovering new ones, with the ability to be actively involved in the community at whatever level they choose.

Here are just some highlights of our **Enrichment Academy!**

Residents have an **extensive selection of activities** to choose from every day on the OceanView campus with Concierge Van Shuttle service provided for easy access. Parties include a monthly Wine 'n' Cheese to celebrate birthdays, special occasion cocktail parties, and our annual Anniversary Party always makes a splash! Cottage residents host summer Block Parties, and August's Lobster Bake is a summertime favorite.



OceanView musical entertainment draws from the wide variety of talent within our southern Maine community and beyond. We enjoy renowned classical pianists, jazz duets, and ethnic musicians, as well as folks who play the old favorites just for fun! Van transportation is available to many musical and theatrical offerings in southern Maine including Merrill Auditorium, Maine State Music Theatre, Opera Maine, Portland Stage Company, Good Theater, and area community theaters.

In our **Screening Room**, residents can recline in our cinema seating and enjoy a variety of films and shows. We show everything from new releases and old classics to documentaries and college lecture series in addition to live events on cable - all in digital high-definition with surround sound.





Popular day trips include scenic drives, guided nature hikes, Casco Bay Lines cruises, museums, tours of historic sites, and fascinating local attractions such as Pineland Farms, the Maine Classic Car Museum, and the Coastal Maine Botanical Gardens. We have a dedicated group of Portland Sea Dogs baseball enthusiasts, and we also take a multi-day trip to Roosevelt Campobello International Park.

Our exciting **Travel Concierge** service, exclusive to OceanView, helps residents plan and book cruises and land-based tours to favorite destinations. Part of World Travel Holdings, the largest cruise agency in the world and a leading travel agency, OceanView residents enjoy a Best Price Guarantee on cruises and the only Satisfaction Guarantee in the industry. This service features shipboard credit or gift with tour bookings, complimentary custom travel guides, access to comprehensive travel insurance (not based on age), and exclusive offers from favorite travel brands, including Viking River Cruises, Tauck Tours, Abercrombie & Kent, and Regent Cruise Lines!

OceanView

A T • F A L M O U T H

TRAVEL CONCIERGE™



The **Hager Fitness Pavilion** has a selection of equipment available for residents to use on their own or with the guidance of a personal trainer. Our beautiful, heated, **4-season saltwater pool** is host to water aerobics, volleyball, and other swimming options. Our **fitness programs** keep expanding to meet the demands of our residents' active lifestyles. With exercise science degrees and certifications in personal and group training, our fitness staff is excited to help our residents with their exercise goals and to improve their overall health. A full schedule of classes, for every participation level, keeps our residents in shape through aerobics, strength training, stretch & balance, tai chi, yoga, and more.

Our **Game Room** hosts two billiards tables, darts, shuffleboard, and a poker table. Our **Library** is a popular spot for players of Bridge, Canasta, Mahjong and Cribbage; there's always a jigsaw puzzle going, and the card room provides a nice space to play games and enjoy the beautiful water views. Our **Golf FORE Life** program allows OceanView residents to golf at the Falmouth Country Club, Highland Green Golf Club, and Val Halla Golf Course free of charge!



A variety of **fascinating presentations and lectures** helps satisfy our residents' desires for continuing a life of learning new things. Subjects include history, travelogues, nature, science, and other topics of interest. Our monthly calendar is packed with resident-led activities and discussions devoted to art, wine, dancing, singing, painting, and handcrafting along with groups dedicated to poetry, writing, and books. OceanView residents also participate in the University of Southern Maine chapter of the Osher Lifelong Learning Institute, and we partner with Falmouth Public Schools for intergenerational programming.



OceanView's Care Continuum

With a commitment to choice, flexibility, and the value of every individual.

Health Care Advocacy *Independent Living*

Even the most active and independent person needs a little help *staying* well, whether due to a short term illness, a scheduled procedure or an emergency that may result in a hospitalization. OceanView offers a subtle and unobtrusive Health Care Advocacy service for every independent resident as a component of their monthly maintenance fee. This includes:

- An introductory visit with each resident shortly after move-in
- File of Life establishment
- Annual Wellness visits
- Facilitation of medical and home care services if needed
- Communication with hospital/rehab care managers and attendance at interdisciplinary team meetings
- Liaison with primary care physician
- Scheduled visits when ill
- Weekly wellness clinics
- Coordination of on-site podiatry, occupational/physical therapy, audiology, lab and massage therapy services

PRO: *Preferred Retirement Options*

Sometimes, just a little assistance can help someone remain independent and active longer. The goal of PRO, OceanView's own personal care agency, is to provide quality, reliable, personalized care and service to residents based on their individual needs in the privacy of their independent homes.

Under the supervision of our Wellness Director, whether short term or long term, this can include:

Medication management (including set-up, administration and monitoring), respite care, appointment coordination, transportation, shopping and/or meal preparation, light homemaking, grooming, activity coordination, light clerical tasks and pet care.

OceanView
AT • FALMOUTH



FALMOUTH HOUSE

at • OceanView

Call today for more information!

207-781-4621

•
32 Blueberry Lane
Falmouth, Maine 04105

- Large, spacious apartments ideal for couples
- Beautiful end units with ocean views
- Walk-in closets, dining nooks
- 24-hour licensed nursing staff onsite
- Three chef-prepared meals per day
- Weekly laundry, linen, and housekeeping services
- Visiting board certified geriatrician
- Physical, occupational, and speech therapy onsite
- Life Enrichment Program with intergenerational, wellness, and social programs

Beautifully renovated common areas include an enlarged living room, dining room, and activity room with a new café kitchen!



oceanviewrc.com/falmouthhouse

Legacy Memory Care

at • OceanView

Learn more about our
compassionate programming!

207-781-4621

•
4 Schoolhouse Drive
Falmouth, Maine 04105



With 29 private apartments, this state-of-the-art, secure memory care residence is designed to provide implicit cues to areas of activity through the special use of architecture and color. Amenities include a living room, media room, library, classroom, salon, and garden with a walking path.

Committed to excellence, our team of compassionate caregivers is specially-trained to provide 24-hour assistance. Habilitation Therapy Programming enriches the quality of life of our residents.

With active reassurance, personal engagement, comfortable surroundings, and thoughtful care management, residents in all stages of cognitive impairment, along with their families, experience security and peace of mind.

oceanviewrc.com/legacy



OceanView amps up sustainability efforts

Excerpt from *The Forecaster*



New solar panels top a Whipple Farm cottage at OceanView. (Photo taken April 2023)

From planting gardens to installing solar panels and buying electric vehicles, sustainability practices are in full swing at the OceanView at Falmouth retirement community.

The Whipple Farm solar project was completed in June, resulting in more than half of OceanView's cottages becoming fully solar powered. More than 815 solar panels were installed on 38 cottages in that area of the complex.

"The solar panel project is going to put a huge dent in consuming our energy from other sources," OceanView Director Diane Kibbin told *The Forecaster*.

More solar panel installations are planned. Over the next year, OceanView will evaluate roofs across their campus to determine which receive optimal sunlight. Panels will be added to those that can produce the most energy.

OceanView is also planning to go electric with its entire fleet of company vehicles. Daily-use vehicles will be traded in for EVs, and additional charging stations will be installed on the properties.

"We are purchasing two new EVs for our fleet, and they should be ready this week," Kibbin said. "It's exciting for us to be purchasing those."

Annuals and perennials have been blooming and bees have been buzzing all summer in the OceanView wildflower meadow, planted this spring.

“We’re really tickled with the growth of that. It’s really taken off,” Kibbin said.

The meadow will be expanded this fall.

OceanView’s sustainability initiative gained steam when it hired a sustainability coordinator last year.

Sustainability practices are happening all around Falmouth, according to town Sustainability Coordinator Theresa Galvin.

“We have a lot going on sustainability-wise,” Galvin said.

Since updating its Climate Action Plan in April 2021, the town has been working to determine whether it’s on target with goals to reduce greenhouse gas emissions and to identify potential climate change hazards and implement practices to reduce those hazards, she said.

OceanView’s implementation of sustainability practices is about creating a brighter future, Kibbin said.

“I think given our residents’ ages, they want to leave a better world for their kids and grandkids,” she said. “Many of them are fully invested and on board knowing that they’re helping.”

OceanView at Falmouth’s wildflower meadow, planted this spring, is part of its ongoing sustainability efforts. It plans to expand the meadow this fall. (Photo taken July 2023)



OceanView

AT • FALMOUTH

A 21st century retirement community™

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OceanView at Falmouth is defined by the vision of its builder and owner, John Wasileski. He is a resident of Maine and an active community leader with more than 35 years of experience in the design and development of sustainable adult communities with a care continuum that has earned him multiple awards for business excellence.

