

Welcome to Spectrum

ON BEHALF OF ALL OF US AT Spectrum Retirement Communities, we hope you enjoy this complimentary issue of our Enriched Senior Living magazine. It is our intent to share what we've learned about longevity and wellness so our residents, and seniors in general, can enjoy a longer, healthier and happier life. In future quarterly issues, we'll continue

to present what's current and newsworthy in the vast and ever-changing world of senior living and wellness.

We hope you enjoy this issue as much as we enjoyed putting it together for you.

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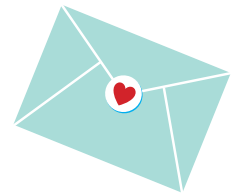
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Special Letters of Thanks



The people and surroundings are so bright and full of life; I knew this was the place for me the minute I walked in, and I've never regretted the choice I made to move here.

Lee Murray

*Pineridge of Plumbrook
Sterling Heights, Michigan*

Ocean Ridge is an excellent place to live. It is the residence of a large and interesting family. You can sit anywhere and swap life experiences with others. Don't sit too long, because the Director of Fun has other plans! All of the many activities, coupled with an excellent staff of medical attendants, make you feel safe and at home. I am glad to live here.

Jack Henry

*Ocean Ridge
Coos Bay, Oregon*

Just a note to thank all of you for being so kind and wonderful to my parents and family. The trying times and events of the past couple months would have been so much worse without all of you. You have been a blessing to my parents' lives and we can't thank you enough for that. May God bless all of you.

With heartfelt appreciation,

**The John and Edie
Helleson Family**
Overland Park, Kansas

I will never move from here. My courtyard apartment is just so wonderful and beautiful. I am completely happy here.

Ann Fiorello

*Pineridge of Plumbrook
Sterling Heights, Michigan*