A Continuing Care Retirement Community in Nevada County

Rincon del Rio

Abundant Living - Successful Aging

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SUCCESSFUL AGING
WHAT A CONCEPT!

How would you define successful aging?

Would you include health; safety; belonging to and being accepted by community; strong relationships with friends and extended family; contentment?

You could also include seeking and sharing joy; being useful and needed; and engaging in long-held interests.

For most of us, true success also means exploring new and rewarding pursuits enabling us to end each day with a sense of well-being.

Aging successfully is not only possible, it’s easy: All you need do is go back to basics: to the correlation between ‘place’, health, and happiness.

Your neighborhood environment touches every aspect of your being—emotional, physical, and spiritual.

SALUGENESIS
THE ORIGINS OF HEALTH

Nearby nature and neighborhoods support physical activity and promote healthy, successful aging.

Rincon del Rio’s natural environment is its foundation.

There are variables that impact how successfully we age:

Sense of Community: As we age, nature serves as a ‘social magnet’. People with an abundance of nature surrounding their dwellings tend to know neighbors well. They look in on one another, exchange favors, and are socially connected. There is a greater emphasis on civility, a mind-set of belonging, and feelings of unity. Privacy is respected, but chronic isolation is eliminated.

Nature Nearby: Having nature readily accessible from home is a strong predictor of longevity in older people. Rincon del Rio provides abundant places to stroll with friends along tree-lined streets, through parks, and on senior-friendly trails.

Those who have easy access to large, attractive open space areas use them twice as much. They are 3 times more likely to achieve recommended levels of physical activity and 40% less likely to be overweight or obese compared to people in less green settings.

Physical Health and Longevity: Few factors contribute as much to healthy, successful aging as a physically active lifestyle.

Shouldn’t you be living in a community that knows and cares about these variables and has engaging initiatives aimed at achieving successful aging?
**ABUNDANT LIVING**

**WHY NOT?**

The Rincon del Rio site is situated on a pastoral setting of 215 acres adjacent to the Bear River. It offers abundant wild life, verdant valleys, scenic vistas, and a serene atmosphere.

Rincon del Rio enhances these positive attributes with walking trails; contemplation areas; and groomed, picturesque landscaping.

The buildings are clustered on the western 40 acres, preserving the natural beauty and ecosystems on the remainder of the site.

Although nothing can outdo nature, Rincon del Rio embraces and complements her with sports courts, a softball park, outdoor kitchens and areas for group activities.

There is a driving range and chipping green, community farm and gardens, and all the other conveniences our residents prefer easily accessible on site.

**THE MAGIC OF RINCON DEL RIO**

For a location to be extraordinary, it has to give people the impetus to be something they might not have been without experiencing that setting.

**OUR UNIQUE LOCATION IS A TREASURE—**

We invite you to come and see it for yourself.
GREEN FEATURES - OPEN SPACE
THE FOUNDATION OF ALL!

The Village Green is adjacent to Towne Center and is the ‘heart’ of Rincon del Rio.

At the center is an Event Lawn. Its eliminates the need for a vast central club house by utilizing state-of-the art event and party tents customized for gatherings of various sizes. When the event is over, the tents are removed returning the area to open space for daily enjoyment.

The Event Lawn sports bocce ball courts, horseshoes, a children’s play area, and a community fireplace and pizza kitchen. There is a main clubhouse and several smaller clubhouses dispersed throughout the neighborhoods providing variety and flexibility for all social needs.

At the very top of the village green acreage is a walking labyrinth.

On adjoining acreage there is a pool for water aerobics, tennis and pickle ball courts, and miles of trails situated along gently flowing canals.
**RECREATIONAL OPPORTUNITIES!**  
**HAPPINESS IS FIRST OF ALL IN HEALTH**

Over 80% of Rincon del Rio will be left as open space. There is a stocked pond named No Grandparent Can Fail. There are picnic/BBQ areas, river frontage providing serenity spots and contemplation areas.

The many walking and hiking trails accommodate varying levels of ability. There are abundant opportunities encouraging daily activity and socialization for everyone.

**Besides having a concierge and event planner** arranging both on-site and day trip activities, there are options available at your doorstep each day.

**The variety of pools** include aqua size (water aerobics), lap, indoor Olympic, and recreational. For the purist, there is even a swimming hole in the river!

Various events in numerous club houses are scheduled each day, and there are abundant educational opportunities as well.

Gather with friends at the wood shop and hobbyist garage. Observe and enjoy diverse natural habitat. Pets and friends are always welcome.

*Aging is Inevitable – Growth is Optional*
**GARDENING**

A Garden’s gift is the Restoration of the Five Senses.

The community farm is about 20 acres and is a source for local, organic food for the residents.

The farm includes fruit trees on the hillside as well as row crops such as sweet corn.

Besides the community farm, individual raised bed planters (roughly 4’ high by 3’ wide) on level, prepared surfaces will make personal gardening possible for nearly any resident who wishes to participate.

Besides produce, residents will have an opportunity to partner with local youth to raise livestock.

*Gardening is a very social activity meant to be enjoyed by everyone.*

An important focus of Rincon del Rio, is gardening and self-sustainable farming.

It’s pretty difficult to be unhappy when you are eating a fresh tomato or strawberry just picked from your garden.
Intergenerational

Adults are always asking kids what they want to be when they grow up because we are looking for ideas.

No matter your neighborhood in Rincon del Rio, you will find attractive accommodations for friends and family when they visit. And with the variety of activities and amenities available, they will want to visit often!

Psychologists studying social development across the life span of humans have determined the final stage of emotional development is experienced around the age of 60 and older. During this time, people seek the meaning in their lives and try to make sense of the lives they have lived.

Maintaining and/or developing connections with a younger generation can help older adults experience a greater sense of fulfillment.

Linking older adults with youth can provide advantages for both groups.

- Invigorating and energizing older adults
- Helping adult children understand and accept their own aging
- Providing a sense of purpose
- Helping keep family stories and history alive
- Creating opportunities to learn new skills
- Reducing isolation and depression

When people are raised in different decades, their values and perceptions of the world can be very different. This can lead to difficulties in understanding or even loving one another.

Rincon del Rio has a concrete strategy to find links and activities that initiate, build and strengthen intergenerational relationships:

- Beyond nostalgia: life story writing groups
- Scrap booking – Making a cooking video
- Gardening – Seed planting – Weather forecasting
- Sports – softball, pickle ball, driving range, putting green
- Talking about ‘firsts’ of all kinds - Inventions in one’s lifetime
- Setting up Skype – Woodworking - Car Repair
**Lodging Choice**

**Home is not where you live, but where they understand you**

Older people are no different from young people in wanting choice over where and how they live their lives.

Everyone wants easy access to high-quality, responsive service enabling them to live life to the fullest. There is rich diversity among our older population and a one-size-fits-all approach is no longer valid.

*Rincon del Rio offers quality and choice regarding housing and services as one ages.*

**The Neighborhoods**

**Home is a shelter from storms—All sorts of storms**

There are eight neighborhoods at Rincon del Rio, each with a walking initiative, specific recreational attraction, and standard amenities.

The objective is to create unique environments that attract new friends from throughout the village and surrounding neighborhoods.

**The intention is to defeat inactivity, boredom, isolation, and depression.**

With everything so close at hand, and with such a variety of interesting opportunities available to encourage exploration and well being, success is just a step outside your front door.

We provide a responsive community by guaranteeing options, policies, and procedures that insure *individual* needs are met. We accomplish this by providing choice.

Increasingly, we are aware of the relevance of green, sustainable housing and neighborhood practices that encourage health, safety, and happiness throughout life.

Rincon del Rio incorporates these values within the context of senior housing.

For example, pleasant congregating areas are scattered throughout the community.

Each neighborhood has a special area with an ambience that fosters *spontaneous gatherings*!

There is an outdoor kitchen, a spectacular flower garden, and a special seating area located next to a water feature.

Maybe you prefer a tower (with elevator) built at the edge of town designed especially for bird watching.

Or perhaps you want the allure of the centrally located bandstand or the farmers’ market plaza. All are designed to create interesting places for fun and companionship within our neighborhoods.
This neighborhood has a small village atmosphere with housing, common areas, services, amenities, employment, shopping, education, and recreation.

In this mixed-use setting, residents and visitors of all ages will congregate. This area was designed with amenities that elders, adult children, and grandchildren alike will enjoy. Your extended family and friends will love visiting you!

Shops facing the central plaza include: a bakery and deli, a restaurant, a sports bar and grill, a shop providing sundries, a hardware store, barber and beauty salon, and professional offices. There is also a rose garden, bandstand, and other features.

Residences in the Village Center include both independent and assisted living units, each with two bedrooms and two baths. These units range in size from 1,320 to 1,800 sq ft. There are also several smaller one-bedroom units.

Each private residence offers spacious living, dining and kitchen areas and has a generous patio or balcony overlooking activity on the esplanade.

Centrally located and adjacent to the Event Lawn and nature trails, life in the Village is vital and social with everything close at hand.
The Lodge

Perhaps the most exciting housing choice is the Lodge. Two Lodge residences each have 14 spacious units on two floors and 10,500 sq ft of common facilities.

Each 1460 sq ft, 2-bedroom/2-bath unit has a master suite, private deck, and bright, open floor plan.

A third Lodge residence is modified for assisted living with smaller units and appropriate amenities.

Living just outside the Village Center, with walking trails to the river and lake, you’ll feel like you are on a spa vacation all the time.

Group Homes

There are three Group Houses, each with six studio apartments or suites and a shared gourmet kitchen, great room, and library. The common areas provide opportunities for friendly interactions.

Each resident’s personal living space with full bath and tea kitchen provides a place where he or she can have time alone.

Among the many rewards of our Group Houses are numerous but perhaps the major advantages are security and friendship. The presence of others promotes a happier, more independent lifestyle based on forming key social relationships.

Memory Impaired Residences

An additional four group homes, capable of housing eight residents each, are designed for residents with memory impairment.

Each home features private suites and numerous common spaces. Homes are joined via an indoor walking track with glass on one side looking out onto lush landscaping and water features.

The wall side displays a faux painted ‘main street’ with barber shop, ice cream parlor, laundromat, and other memories of downtown U.S.A. A comfortable, calming influence is created with amenities such as small tables in front of the ice cream parlor, and a barber shop pole.
Cohousing is a neighborhood model introduced to the United States from Denmark in the 1980’s by Kathryn McCamant and Charles Durrett, the architect for Rincon del Rio.

As part of an overall vision of variety and choice in housing, Rincon offers one neighborhood of twenty 900 sq ft affordable units based on proven environmental and social principles.

At the core of the Cohousing neighborhood is a 2,200 sq ft shared facility that provides a place for social interaction and cooperation.

At this common house, residents can enjoy planning group events and eating meals together several times each week.

Cohousing residents minimize their ecological footprint by sharing resources such as a common laundry rooms, tools, and vehicles.

*The most significant sharing, however, is each other’s company.*

This neighborhood is located close to the community farm and enclosed Olympic Pool.

Garden Apartments are clustered in small groups around a common garden and open space. This arrangement creates friendly, safe pedestrian neighborhoods.

These residences offer a balance of privacy and community in a lovely setting. Vehicles are left at the perimeter and paths connect the homes.

Each two-story building resembles a picturesque cottage on gently sloping terrain, but includes four apartments.

All units are completely accessible with the upper apartments entering from the uphill side and the downstairs units entering from the downhill side.

At 1260 sq ft they are spacious and bright, with light on three sides. Each has 2 bedrooms, 2 baths and individual wrap-around porches overlooking the common garden area.

The two-unit attached residences are scattered within the neighborhoods and are similar to the cottages, but with a neighbor living directly next door.

At 1140 square feet each, they are slightly smaller than the Garden Apartments but also have two bedrooms and two baths.

As with the Garden Apartments, privacy is assured with a sound-proof dividing wall.

Garden Apartments/Duplexes
THE COTTAGES

If you like living in a simple, vintage, light, comfortable style, in an old-fashioned neighborhood setting, you will love The Cottages.

At 1160 to 2000 sq ft, these two bedroom, two bath detached units are flooded with light and comfortable details. Large porches face the street, while the garages are set back.

Living areas open to back decks that overlook nature. Larger homes have the option of a third bedroom, bathroom, or study.

These lock and leave units support a quiet lifestyle featuring independence, security, and peace of mind.

SUSTAINABLE DESIGN – GREEN FEATURES

Sustainability is defined as meeting the needs of the present without compromising the ability of future generations to meet their own needs. Many seniors care deeply about the environment and their impact on future generations, but too often can do little to help.

They are trapped in houses that are isolated and too big, relying on door-to-door senior transportation in huge vans that are costly to the environment.

At Rincon del Rio, our land planning, pedestrian orientation, transportation and other on-site services support sustainable community living.

The landscaping respects native habitat and minimizes water usage. The architecture is ‘green’ and energy efficient. Even the household appliances and fixtures follow the most sustainable practices.

Outdoor lighting is chosen specifically to provide a safe environment with minimal impact to the night sky.

Ongoing community education and interaction, sharing of resources, and daily contact with nature fosters a truly sustainable lifestyle.

Community is the key that makes quality of life and sustainability possible.

By clustering developed areas and preserving existing trees and indigenous vegetation, Rincon del Rio is building in a truly sustainable manner.
In your lifetime, you may have owned the ‘perfect home’. You may still be living in it, but are beginning to notice that although the ‘perfect house’ hasn’t changed, you have—and it no longer fits your needs as it once did.

No matter where you choose to live within Rincon del Rio, you will find commonalities among all our lodging options: All construction is universal design for ‘easy living’ with ‘green design’ for a sustainable community.

The concept of Universal Design is simple: Homes that are accommodating and convenient for all users at all stages of life. They are carefully designed for multiple users in the same space.

To the casual eye, there is nothing that indicates ‘need’ but rather a beautiful design:

- Wide doors and hallways
- Ground level entrances / Zero step thresholds
- Emergency call systems / Lever door handles
- Easy accessibility to all rooms
- Electric outlets at eye level
- Large lavatories / Roll-in showers
- Walls built to accommodate grab bars if needed
- Adjustable counter and sink heights
- Roll under sinks and counters

The homes in Rincon del Rio are age defiant!

Widen Doorways to 36”

Lower Light Switches

Raised Electrical Outlets

Accessible Cabinetry

Easier to Open Casement Windows

Custom Level Appliance

Roll-under Sinks

Raise Dishwasher
The over-riding objective at Rincon del Rio is to help our residents remain independent in their homes and active in their community. By providing careful, caring evaluations we make available a variety of services. Appropriate care can range from very little to assistance with a chronic condition.

We stress fluidity of care rather than a forced continuum of living arrangements. Enjoy every day knowing the care and services that may be needed in the years ahead will be there, all in a familiar environment. If your circumstance finds you in assisted living, you are welcome and encouraged to return to independent lodging if your situation changes.

**Activities of Daily Living (ADLs)** are tasks we normally perform for self-care: bathing, dressing, and toileting.

**Instrumental ADLs** are not necessary for fundamental functioning (shopping, housework, cooking) but they permit and encourage independent living. *Instrumental ADLs are the services residents find most valuable.*

**Optional Instrumental ADLs** are activities that can be delegated to others, such as financial management, meal preparation, and care of pets.

Disability or on-going management of chronic conditions such as diabetes or cancer require the support of a whole home care team: On-site physician visits, nursing, therapies, and necessary equipment and supplies—all coordinated by a CCM.

Case managers have access to all the resources of the community. They have complete flexibility to work for each resident’s specific needs. The result is increased independence many years into the future.

**Exemplary Medical Care**

Rincon del Rio has on-site physicians, nurses, and other medical service providers. Visits can be in your home or in the office. Our focus is:

- Physician - Patient Relationship
- Patient Centeredness
- Honest and Caring Communication
- Preventative Care
- Sense of Responsibility
- Accountability
- Medical Expertise

Our medical staff is taught to care as well as cure. They will allocate sufficient time, provide after-visit summaries, and generally respect the residents who use their services.

If needed, there is Palliative Care and Hospice. These services reduce both the physical pain and emotional suffering caused by the symptoms of advanced illness.

The key is anticipating, preventing, and relieving suffering regardless of the stage of disease.

**Enhancing the quality of life is at the core of everything we do at Rincon del Rio.** This is particularly significant when meeting the challenges of aging, such as providing the right medical care at the right time.
Transportation

Safety doesn’t happen by accident ;-)  

One significant reason for a move to a CCRC (Continuing Care Retirement Community) is frequent, safe, convenient, economical transportation. There is no need to worry about driving. Save all those car expenses like maintenance, fuel, safety checks, and insurance.

Rincon del Rio encourages groups to car pool using community vehicles—pick-ups, small SUVs, sedans, and larger four-wheel drive cars. Several shuttles will run daily as well.

For dignified alternatives to the reliance on car ownership, there will be arranged transportation for appointments and special events.

Each resident will have a TLD (Transit Locator Device). This technology uses touch screens to arrange for common car pools, community cars, a private driver, or an ‘errand’ runner who makes pick-ups and drop-offs twice daily. The concierge can also make arrangements for you.

With independent transportation so easily available, now your family can visit to enjoy a fun lunch, instead of having to take you to dreary appointment.

Pedestrian-Oriented

A town that out distances man’s walking power is a trap

A significant goal of Rincon del Rio is to provide housing, services, amenities and nature in proximity connected by direct, efficient, enjoyable pedestrian routes and experiences.

Our site design reduces the need for off-site trips and promotes walking for health and socializing, and shopping on-site for convenience.

We are building old-fashioned neighborhoods. Houses and porches front the street and neighborhood common facilities are easily accessible by foot.

Roads follow contours so they are easy to negotiate. Walkways include frequent benches and rest spots.

Alternative on-site transportation options (golf carts, motorized recumbent bikes, mobility scooters) are provided to meet the diverse needs of residents.

Walking is the number one form of exercise for people over the age of 50. Rincon del Rio has miles of trails begging residents to come outside and play.

Each neighborhood offers a special walking initiative to encourage daily exercise on a range of trail difficulty from paved flat to hiking.
**Questions, Anyone?**

**Why a CCRC for Nevada County?**

Nevada County needs to ensure that senior residents who want to stay in the community can do so while enjoying their accustomed quality of life with as much independence as possible.

*Whether seniors are able to remain here depends on the creation of housing that allows them to easily and comfortably age-in-place.*

Currently there are not suitable options available. Many long-time residents find it necessary to relocate in pursuit of adequate healthcare infrastructure.

It’s hard to “stay put” when there are inadequate resources.

*Creating the future of aging services requires conversation, understanding, innovation, and most of all, action.*

*Rincon del Rio sincerely wants to inspire others to engage and participate in a movement transforming the way we age in this County and State.*

**Can I bring my Pet?**

Rincon del Rio encourages pets, but each must pass an “interview” for appropriateness.

Additionally, “No Hassle Community Pets” may be borrowed for a walk or cuddle and then returned to their on-site home.

**When is the right time to move to Rincon del Rio?**

The time to move is while you can enjoy the community’s wonderful attributes, natural setting, and the maintenance-free lifestyle. A frequently heard comment uttered by many CCRC residents is, “I wished I had moved here sooner.”

The reasons they cite include freedom from home upkeep and yard work, wonderful new friendships, new opportunities they’ve found, the security of having planned for the future, and the satisfaction of being in charge of making their own retirement decisions.

*Studies show residents of CCRCs enjoy longer, healthier lives than those in the general population.*

**Are All CCRC’s Alike?**

Most CCRCs have similar amenities and different levels of care, but there are some pronounced differences:

1. Refund Structure
2. Type of Contract
3. Community Culture

Community Culture is subtle, but the personality of a CCRC is a significant consideration. When choosing your CCRC, look for a ‘fit’ that will make you joyful to be part of the community.

**Are there tax advantages to living in a CCRC?**

The IRS recognizes a portion of the entrance and monthly fees paid by CCRC residents as prepaid medical expenses. This allows residents to deduct a percentage of these fees. The 2009 tax deduction were:

Entrance Fee Deduction = 34.40%
Monthly Fee Deduction = 39.61%
**Explain the fee structure?**

A CCRC OFFERS A LIFETIME CONTRACT TO ITS RESIDENTS. Services such as meals, housekeeping, maintenance, medical and nursing care (if needed), are guaranteed.

There is an initial lump sum payment, and a monthly maintenance fee.

A set percentage or prorated portion of the initial fee is returned to the resident or estate on vacating.

The amount of each of the fees are based on the type of housing accommodation, if there is long-term care insurance, and the services the resident chooses.

Monthly fees may vary according to inflation and costs, but are unrelated to a resident’s use of care.

The three most common types of CCRC agreements are:

**Extensive contract:** Offers unlimited long-term assisted living for little or no substantial increase in the usual monthly payments.

**Modified contract:** Includes a specified amount of long-term care beyond which responsible parties make the payment.

**Fee-for-service contract:** Individuals pay full daily rates for all long-term care (assisted living) required.

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**I have long-term care insurance — so I probably don’t need continuing care, right?**

Not necessarily. Although a prudent step for safeguarding one’s estate from the high costs of long-term care, insurance is only a way to pay for care — it does not solve the issues of how or where one receives care or who will manage the care.

Most long term care insurance pays for some or all the long-term care possibly needed, but does not guarantee a desirable long-term care facility with an opening near where you live.

Seniors still need to have a plan for what facilities are nearby and where they are willing to go if care is needed. Other questions: “Who will monitor and manage your care? Who will take care of your home if you are temporarily in a care facility?”

Residents of Rincon del Rio have quality care available on staff, on-site. Long-term care insurance comes in many shapes and sizes — your policy may have limitations. Most policies do not cover assisted living, and almost all are limited to some maximum number of days or dollars.

Benefits that may be adjusted to keep up with inflation usually do not keep up with the higher annual increases of "health care inflation".

Likely, a policy will work hand-in-hand with the policy holder and pay earned benefits directly to you. However, residents of Rincon del Rio have added peace of mind that care, whether covered by the policy or not, will be available and included as part of our program, with our staff on hand to help manage your care needs.
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