



## *An Affordable Home in the Mountains*

*Welcome to Mountainside Senior Living, a community of elders nestled in the foothills of the Blue Ridge Mountains. Residents soon become members of the larger community of Crozet, an historic town filled with family restaurants and shops, many within walking distance.*



At Mountainside, residents benefit from attentive, personalized care for daily living needs by staff who've worked together for many years. The strong bonds between residents and caregivers create the heart of the Mountainside community. Mountainside is managed by JABA, the nationally acclaimed, award-winning local area agency for aging, which has provided over 30 years of service to seniors and their families. JABA's mission is to promote, establish and preserve sustainable communities for healthy aging that benefit individuals and families of all ages.

From the moment you enter the lobby of Mountainside, the warm, homelike atmosphere is evident. We encourage you to visit Mountainside and let our friendly residents and staff welcome you and your family.

**The Mountainside living environment** includes a large cheerful dining room, a sitting room, a chapel, as well as an outside sitting area and garden. Each furnished living space (private or semiprivate) has a bathroom, equipped with safety bars. Utilities, housekeeping and linens are included in our affordable, below market rates, along with all meals and nutritional snacks. Cable TV and private phone lines are optional.

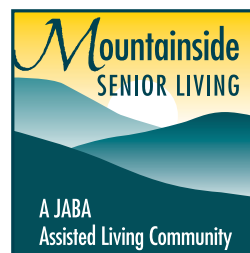
**Many individual and group activities** are readily available to residents of Mountainside, who never lack opportunity for entertainment, companionship, community, nor involvement in intergenerational events.

Many residents enjoy volunteering at a variety of local organizations. Transportation is both scheduled and available as needed, at no cost.

**Resident health, safety and security** are our highest priorities. Onsite medical services, coupled with regular "home" visits by a resident's physician contribute to preventative care. We provide assistance with medication and physical, occupational and speech therapy, as needed. In addition, each room is equipped with an emergency response system. Health care plans are reviewed by our medical director.

**Our extended family** includes the friends and family members of our residents. We invite them to become involved in the community by dropping in during the lengthy visiting hours or by reserving the sunroom to join a loved one for a private meal.

Mountainside, managed by JABA, is located 15 miles west of Charlottesville, Virginia. We hope that you will visit.



**Mountainside Senior Living**  
1220 Crozet Avenue  
P.O. Box 310  
Crozet, Virginia 22932  
434-823-4307

**WINNER OF THE 2007 GOVERNOR'S HOUSING AWARD**