

Get the Information You Want.

To make it even easier, we've filled out the reply card for you.



Just ask our residents: Judson Park is easy to love. So we want to make it easy for you to learn more about it. Why not take a moment — *and we mean just a moment* — to tear off the attached postage-paid reply card and drop it in your mailbox. We'll send you additional information right away.



YES, I'd like to learn more about Judson Park's lifestyle!

- Call me to schedule a personal appointment.
- Send me more information about Judson Park.

Name _____

Address _____

City _____

State _____ ZIP _____

Phone _____

E-mail _____

Signature* _____

* In accordance with our Privacy Policies, by providing your signature, telephone number and/or e-mail address above, you grant permission for representatives of Judson Park to communicate with you at this telephone number and/or e-mail address. Your personal information is confidential and will not be released or sold to outside parties.



RUSS AKIYAMA: Leading Judson Park



Russ Akiyama
Executive Director

For more than seven years, Russ Akiyama has been in charge of the daily operations of Judson Park.

As Executive Director, it's his job to make sure every aspect of the community is meeting residents' expectations. And as he reflects on his time at the community, Russ says it's easy to see what sets Judson Park apart from other senior living options in the area.

"The Judson Park feeling of family is very special and real," says Russ. "Our residents recently created their new constitution, and they started by defining the Judson Park family as residents, staff and the board of directors. That definition, in my opinion, is a perfect example of how tight-knit the community is here."

Indeed, the definition of a family — a group of people who share goals and values, have long-term commitments to one another, and usually reside in the same dwelling place — is a spot-on description of Judson Park. A number of employees have

tenures of 10, 20, even more than 30 years at the community, and Judson Park is home to several second-generation residents whose parents lived here before them. "This speaks very strongly to the trust people have in us, and to the history of service and quality that we're known to provide," Russ adds.

"The Judson Park feeling of family is very special and real."

Russ also cites the sense of ownership residents have in helping set the tone for the community's family-like environment. "Our residents are very involved in everything that goes on here," he says. "They're always looking for opportunities to continue enhancing their own lives and the lives of those in their extended Judson Park family."

You can get to know the people of Judson Park by visiting www.JudsonPark.com to read resident testimonials and staff features, or by calling 1-800-801-0833 to arrange for a visit.

Are you living your vision for retirement?
Find out how inside.



JUDSON PARK
The Sound Choice for Senior Living
— MANAGED BY ABHOW —
23600 Marine View Drive South
Des Moines, WA 98198
www.JudsonPark.com

Save the Date:
An Event You
Won't Want to Miss

Meet Our Executive Director
Of Giving Back
Health Benefits



A Judson Park Publication
SPRING 2011 ISSUE
THE SOUND VIEW

Health Benefits Of Giving Back



We all know that volunteering is a wonderful opportunity to serve your neighbors and the greater community. But did you know it can also be good for your health?

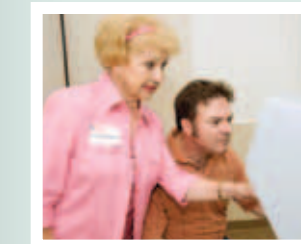
In fact, studies by the Corporation for National & Community Service reveal volunteering can stimulate such benefits as making the heart grow stronger. It's also been shown to mitigate some challenges that can be associated with aging, such as decreased physical activity, depression and the loss of feelings of purposefulness. In addition, it often creates broader social networks, which can help people cope with stress and anxiety, and provides a sense of purpose and empowerment.

So how much volunteering do you need to do before seeing some positive results? Statistics say

100 hours per year — that breaks down to two hours per week.

Volunteering is something that plays a big role in the lives of many Judson Park residents. From participating in various activities at local churches to knitting caps for children in Africa, our residents are involved in numerous volunteer opportunities within the greater community. And they'll tell you that the maintenance-free lifestyle at Judson Park plays a big role in their ability to spend more time getting involved and giving back. At the same time, they also experience a wide variety of other fun and educational activities at Judson Park, so they can create their own roadmap for aging successfully, thanks to our groundbreaking Masterpiece Living® wellness initiative.

To learn how carefree living at Judson Park could give you more opportunities to expand your horizons — and benefit your own well-being — call 1-800-801-0833 or return the attached postage-paid reply card today.



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Ready to get started?



Visit these websites to find volunteer opportunities in your area.
www.volunteermatch.org | www.aarp.org/giving-back/volunteering/
www.servenet.org | www.seattle.gov/html/citizen/volunteer.htm



Gertrude Pfeffer
Judson Park Resident

Meet Gertrude Pfeffer: LIVING LIFE TO THE FULLEST

While Gertrude Pfeffer has visited 78 countries and taken 12 cruises, she says Judson Park is truly where she feels most invigorated.

“Every day I give thanks for the wonderful life I have at Judson Park. I absolutely love living here,” says Gertrude.

And Gertrude’s life at Judson Park is jam-packed.

On any given day, you’ll find her enjoying her favorite activities, such as visiting friends and family, playing bridge, hiking, volunteering and knitting. In addition,

Gertrude serves on several community committees and was a member of the Judson Park board of directors for five years.

It’s clear that one of the reasons Gertrude loves Judson Park is because there are so many opportunities for activity and involvement, and so

many friendly neighbors to socialize with. She also appreciates the community’s many amenities and its beautiful, convenient location. Best of all, she has peace of mind about the future.

“For anyone considering Judson Park, I’d say ‘What are you waiting for?’”

“Living in a continuing care retirement community brings great comfort to my family and me. It’s so reassuring to know that I will be well taken care of for the rest of

my life — right here at Judson Park — even if my health changes,” says Gertrude.

“For anyone considering Judson Park, I’d say, ‘What are you waiting for?’ The sooner you join us here, the sooner you can start enjoying all the benefits of living in this wonderful community,” she adds.

Join Us for a Taste Of Judson Park

The best way to determine if Judson Park is right for you is to experience our lifestyle firsthand. Join us for lunch and a community tour, and learn about our vibrant, engaging lifestyle.

Call us today at 1-800-801-0833 to schedule your visit.



SAVE THE DATE

What better way to start your Fourth of July weekend than by reflecting on the life of the indispensable man of the American Revolution, George Washington. In celebration of Independence Day, Judson Park will present *Presidents and Their First Ladies: The Washingtons*, an entertaining theatrical performance that brings to life the multi-faceted personalities of President George and First Lady Martha Washington.



Friday, July 1 • 2:00 p.m.

It’s a presentation you won’t want to miss, so watch your mailbox in June for your invitation. If you have any questions, call us at 1-800-801-0833.



INCREASED AGE, Increased Happiness

There may be another reason for you to celebrate on your next birthday. After age 50, daily stress and worry take a dive, and daily happiness increases. That’s according to research recently published in the Proceedings of the National Academy of Sciences.

The study features an analysis of more than 340,000 adults who were asked about the emotions they experienced “yesterday.” It found young adults experience negative emotions more frequently than those who are more mature — and if Judson Park residents are any indication, we certainly believe it!



Maintenance-free living at Judson Park gives our residents more time to enjoy the activities and pursuits that make them happy. Our carefree retirement lifestyle includes opportunities to experience a wide variety of engaging programs, ranging from educational series to fitness classes. There’s also lots of socializing with neighbors who enjoy similar interests, such as traveling, reading or volunteering.

Call 1-800-801-0833 to schedule a personal visit and learn how easy it can be to stay engaged and happy at Judson Park.



Where You Live

Can Make All the Difference

If you’re considering a senior living community, you’re in the midst of one of the most important decisions you’ll ever make — how and where to spend your future. And with a decision this important, it’s essential to have all the facts.

Research shows that your lifestyle choices, your living environment and the habits you develop make a world of difference in how you age, and several studies have revealed many benefits of living at a continuing care retirement community (CCRC) such as Judson Park. For instance:

- Older adults who move into CCRCs are more satisfied with their daily lives, and are more likely to say they’re happy than their contemporaries who remain in their homes.
- Senior living community residents say their health is better today than it was two years ago, compared to those who stay in their homes.
- Senior living community residents spend more time with other people and spend significantly less time watching TV than those who stay in their homes.

As a CCRC, Judson Park continually strives to deliver a progressive, engaging lifestyle that

maximizes independence and leads to more enjoyment and better health for our residents. And because we’re a not-for-profit community, residents also benefit in other ways:

- We’re driven by a mission to provide quality, value and choices to the residents we serve — not by profit potential.
- Funds generated are reinvested into the community.
- Favorable tax credits, exemptions and preferred pricing help control operating costs, resulting in more stabilized monthly fees for our residents.
- A foundation is available to provide support if a resident experiences financial difficulties.
- A dedicated local board of directors guides decisions and provides oversight.

We encourage you to fully explore your options, and carefully examine all the details, so you can separate the facts from common misperceptions. To learn more about Judson Park and the many benefits of CCRC living, visit www.JudsonPark.com or call 1-800-801-0833.



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Judson Park in Des Moines, Washington, is managed by ABHOW, a California nonprofit public benefit corporation. ABHOW is a nonsectarian corporation, serving seniors through quality retirement housing since 1949. License #BH-681, DHS #797.

