

# suburban life



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and more



**Meadowood Senior Living**  
goes to great lengths to  
ensure the safety, comfort,  
and peace of mind of  
incoming residents as they  
settle into their new home.

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# Always in Motion

Meadowood Senior Living goes to great lengths to ensure the safety, comfort, and peace of mind of incoming residents as they settle into their new home.



Meadowood has taken precautionary measures to protect its current and incoming residents during the coronavirus pandemic. While the gym and pool are currently closed, 30-minute fitness classes are being held in open-air courtyards.



**F**or Marty and Betty Jane Whalen, the decision to move into Meadowood Senior Living in Worcester came down to just two factors: the place and the people.

“We looked at other places,” says Marty, “but when we came to Meadowood, it was by far the best in every aspect. From the living areas, to the nursing care and rehab there, to all of the amenities, to Paul [Nordeman, Meadowood’s president and CEO], Nick [Ball, in sales], Jenna [Kane, in marketing], and John [Kotsatos, in marketing and sales]. We loved them all right away.”

While some might consider Meadowood a “retirement community,” the Whalens are not the retiring type. The vibrant couple enjoys boating and staying physically active, and routinely entertains family and friends for get-togethers at their shore house on the Atlantic. It took just one trip from their former home, just a few miles away in Blue Bell, to Meadowood’s 131-acre active living community to convince them it was the ideal destination for their next home.

“We fell in love with the place,” Betty Jane says.

The amenities at Meadowood seem endless, from pastoral walking trails through the park-like campus, to the array of fitness classes, to swimming in a cool-water lap pool or warm-water therapy pool or expressing one’s self in the woodworking, craft, ceramics, or art studios, to second-to-none personal

care. Nearby, Meadowood residents can take advantage of numerous shops, restaurants, museums, golf courses, vineyards, recreational parks, and cultural events.

For the Whalens, the choice was simple.

“When we thought about moving, I started thinking about our future, about a place with continuing care,” Betty Jane says. “Marty and I were on the same page about that. The only thing was, at first we wanted a single home there, in the West Hill, and we waited two and a half years for one to open up. But then The Grove was being built. At first, Marty didn’t want that. But when he looked at the apartments, he was sold. They’re really beautiful, everything about them. We don’t have a single complaint.”

The Grove is the latest expansion at Meadowood. Consisting of 52 active senior living residences across four buildings, each



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SAYS MARTY WHALEN, WHO RECENTLY MOVED INTO THE GROVE WITH HIS WIFE, BETTY JANE.

unit features a corner view of the community. The spacious, customizable residences range from 1,300 to 1,800 square feet, with contemporary features, balconies and patios, ground-level indoor parking, and the ease of maintenance-free living.

Jenna Kane, marketing coordinator at Meadowood, agrees with the Whalens. While the living facilities and amenities are first class, it’s the sense of community that makes Meadowood such a special place.

“People are drawn to one another here,” Kane says. “We all really come together. They don’t just live here together; they build relationships. I take pride in this place.”

The breadth of activities has compelled folks as young as in their 60s to consider Meadowood Senior Living as their new home.

“We’re finding that people are moving in younger, because they don’t want to go somewhere else first and then have to move again,” says Nick Ball, retirement counselor at Meadowood. “We’re such a lively community. We have so many different activities for all age groups, like a swimming pool with a 30-foot glass wall that opens up to make it an indoor or outdoor pool. We have such a large spectrum of offerings that people want to be here early on.”

### ‘Meadowood Has a Heart and Soul’

During the coronavirus pandemic, Meadowood has taken every precautionary measure to protect its current and incoming residents. The safeguards include two manned guardhouses at the campus entrance, including a 24-hour guard at each stand. In addition, all incoming packages are first received at a guest house, where they are sanitized before being delivered to residents’ homes. Lunch and dinner are delivered to residents’ homes, as the dining room remains closed as a precaution. Masks are required in all common spaces. While the gym and pool are currently closed, 30-minute fitness classes are being held in open-air courtyards.

“I think residents are adjusting well now,” Ball says. “We’re doing everything to keep the residents safe. Even our CEO, Paul Nordeman,



### MEADOWOOD SENIOR LIVING

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has been sleeping on campus since March, to make sure there are no issues. Also, the vice presidents of health services and dining services are both staying on campus.”

Adds Kane, “With everything going on [with the coronavirus pandemic], it speaks volumes about how well everyone gets along here and helps one another.”

When the Whalens decided on Meadowood a few months ago, they were uncertain if the pandemic would prevent them from moving in.

“Everyone was so supportive and accommodating,” Marty says. “The movers called us daily to see if we were healthy. Everyone did everything they could to help us make the move.”

Ball credits the staff for making the Whalens feel safe and comfortable while moving at such an uncertain time. He suggests every resident receives the same level of personalized service.

“I hear a lot of residents say that Meadowood has a heart and soul,” he says. “That’s true.

Residents are included in decision-making. We don’t have a corporate office in another state. We have a three-legged stool philosophy: the board of directors, the management team, and the residents. It was important to the founders for all three legs to be on the ground at the same time. The residents help us balance budgets, and there are at least five residents on each of our committees.”

The Whalens are thrilled with their new Meadowood home. Their adult children feel the same way.

“Marty and I had discussed this as being a gift to our children,” Betty Jane says. “God forbid, if we have to be taken care of, we will be here. There’s been a nurse here, Debbie, for 20 years. She made an appointment with us to explain all they do, and it was an eye-opener for me. We can keep our own family doctor if we want to. They also have a great many services, and will come to help at the drop of a hat.”

Meadowood. The place. The people. The choice was simple. ■