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Grom a House to Home

When Elaine Cash decided it was time to move to a senior community, she found what she was looking for in her own backyard at Abbey Park at Mill River.

Born and raised on a farm just three miles away, Elaine watched the construction of Abbey Park and carefully considered the advantages offered by the community. As the final stages of building were completed "It got me thinking," she said. "I decided, on my own, this was the answer."

Elaine knew it was time for a change; the seven-room family home that she and her husband, Jim, built in 1950 was no longer practical. The Cash Family has lived in Lyon Township, a picturesque rural setting noted for the warmth of loving neighbors, for six generations. Moving into Abbey Park keeps Elaine close to home and family and provides security, support and reassurance to loved ones concerned about her living alone.

While Elaine made the move to satisfy the concerns of her family, she is quick to acknowledge that she is very happy in her comfortable apartment with a beautiful view of a lushly landscaped courtyard. "I am blessed to have made a best friend here," Elaine said. "I never thought I would spend my later years in such a lovely home as Abbey Park. I feel like the luckiest person living here."

A Pleasant Surprise

Within just a few days of Abbey Park's opening in January 2009, Elaine and her three children enjoyed a lunch and tour of the facility. She was surprised and "very impressed," with her initial visit. In addition to a delicious meal served by friendly staff, Elaine appreciated the lush landscaping of the grounds and courtyards, an elegant lobby featuring fountains, fireplaces, and a grand piano along with the welcoming smiles of a few old friends and some new neighbors.

Cive at Abbey Park for the Best of your Life

Just minutes from Ann Arbor, Novi and Brighton, Abbey Park's convenient location – on Milford Road across from Coyote Golf Club and just minutes from I-96 – enjoys a beautiful countryside setting, with state of the art amenities in addition to quick access to three major hospitals.

With any move there are decisions to be made, and so after offering the family home to her granddaughter, Elaine's first step was to find the perfect apartment in her new community. With nine floor plans ranging from one bedroom/one bath to two bedrooms with two full baths and two walk-in closets, all apartment options at Abbey Park include a balcony or patio. Monthly rental fees include heat, water, electricity in addition to 24-hour staffing, medical monitoring, daily housekeeping, weekly laundry service, delicious meals served in the beautiful Grand Dining Room, continental breakfast and over 45 activities – including two happy hour events and live entertainment – to enjoy each week.

There were additional few surprises, too: the community was luxurious and elegant but also very affordable. The meals served in the elegant dining room by attentive staff and prepared on site, were delicious. "The food is like a nice restaurant," Elaine said, and said that the employees and residents are, "Like another large family." There's a calendar full of weekly shopping trips, monthly casino excursions, Bingo, ice cream socials and destination outings, such as trips to Frankenmuth and holiday shopping trips. Within the community, there is a theater, library, computer center, fitness center, hair salon and physical therapists on site. Medicare-certified services are offered by Heartland Home Health and optional personal care services are available through Balanced Home Care.

A Community that Cares

Elaine was quick to credit the leadership of the staff with the spirit of community and a calendar full of celebrations. There's a champagne brunch every Sunday, monthly birthday parties, an annual Grandkids Halloween Carnival, Grandparent's Day Pig Roast and Luau, Oktoberfest and Abbey Park's annual Festival of Trees. There's a delicious menu for each and every holiday and celebration dinners are open to family and friends. Abbey Park at Mill River offers a Facebook page that is updated after each event for the enjoyment of the residents and their loved ones.

"To me, [Administrator] Tamra Ward and her wonderful, caring staff are 'Abbey Park'." Activities are coordinated by Director Donna McAninch and scheduled chauffeured transportation is available on the "Abbey Cabby". The food service department, led by Chef Cheryl Drumm, prepares delicious delights for community celebrations and daily dining. Housekeeping Director Valerie Huppenbauer and her team visit residents on a daily basis to make beds and remove trash. The office is open seven days a week and support is provided by Sue Ann Resnick, Sarah Hipp and Sharon Toutant.

Abbey Park is a generous benefactor to the local community through their sponsorship of local events and organizations. Abbey Park sponsors Lyon Township events and festivals in addition to raising funds to support the Lyon Township Firefighters Association Halloween Carnival. Highly regarded both as a business and for philanthropy, the Park is an active partner with the Lyon Area and Ann Arbor North Rotary clubs and offers international assistance to the Grace Care Center in Sri Lanka, a residence for impoverished children and elders and Project Dignity, a sanitation project for women and children in India.

There's No Place Like My New Home

Soon after her move to Abbey Park at Mill River, Elaine met owners Dr. Benjamin Stein, Joe Norber and Edward Rosenbaum during one of their weekly site visits. "I told them how much I loved it here," Elaine said "I am a walking commercial for Abbey Park."

Elaine celebrated her seventh anniversary as a resident at Abbey Park in September and enjoys being part of the Abbey Park family. "I have loved every single day here," she said.

Abbey Park at Mill River is located at 28413 Abbey Lane, New Hudson, Michigan 48165. For more information call (248) 437-6550 or visit www.abbeypark.com.

Grom our families to yours Dishing you a Wonderful Holiday Season.

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Abbey Park



LYON TOWNSHIP Off Milford Rd. Across from Coyote Golf Course 28413 Abbey Lane, New Hudson, MI (248) 437-6550

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KNEE PAIN

"I could barely stand and I couldn't walk a certain distance. I felt the pain in my lower back and in both knees. My pain level was at a 10 or sometimes more! I had tried going to therapy, taking all kind of medications and going to the gym. The last straw was when they told me they were going to do injections and I did not want that and was looking for something that was less invasive. It was very debilitating to go out somewhere. I couldn't bend and if I dropped something I couldn't bend over to pick it up.

"I had peripheral neuropathy in my feet. My toes had become

completely numb. It was hard to walk. I couldn't feel rocks or

gone. This is like a miracle!" -Tammi, Oakland Township

anything if I was barefooted. It made me end up burning my feet in

the shower. I can now feel my toes. The hard skin around my toes is

PERIPHERAL NEUROPATHY



After receiving Dr. Picard's care now I'm able to bend. I'm able to go up the stairs. I can walk. It has just made a tremendous difference in my life. I don't have to sit down when I cook. I can go out now because I don't have to worry about having to walk fast with the crowds because now I am able to do that. I'm able to go on vacation to places that in the past I wouldn't go to because I wasn't able to move around like I am now." -Barbara, Oak Park, MI

BACK PAIN

"I was having difficulty walking any distance. I had burning in my knees, legs and ankles. I didn't have the energy that I used to have. I did less and it took me longer. I was depressed. My son was very concerned. I had knee replacement along time ago and was told that pain management was necessary. I tried the epidural injections but they were not successful. The orthopedic doctor told me that I was looking at back surgery down the road. Prior to beginning care with Dr. Picard I was on a trip and needed a



wheelchair to use at the airport. After 3 weeks of care with Dr. Picard I was able to walk 5 flights of stairs and 3 blocks all in the same day. "-Sarah, Warren, MI

SHOULDER PAIN

"Since 2006 I could hardly lift my shoulder. It was going numb. I was constantly dropping stuff. I could hardly rotate it. I couldn't work because nobody would hire me because of the condition of my shoulder. When I would try holding my little baby, my arm would go numb. I had been to 28 different doctors. Nobody said they could do anything for it. All they wanted to do was to give me different pain medications and steroid shots in my arm. Within a couple of weeks of care with Dr. Picard, I was able to lift my shoulder above my head again.



It no longer aches or goes numb. Now I can work more and I can go out and play with my daughter. Since I have been coming here I haven't been taking any medications." -Charles, Southgate, MI



We understand how much pain can negatively impact your life. Pain can completely change the way you interact with your spouse, your family, your kids and your grandkids. Even your hobbies which you once enjoyed, can no longer be tolerated because of the constant nagging pain. PAIN CAN COMPLETELY CHANGE YOUR LIFE!!! If you are currently living in pain and it's keeping you from living, loving and enjoying your life, we may be the answer you've been praying for. Life is just too short not to be able to do all the things you want to do.

A Unique Approach Allows Incredible Results:

I have to be honest. I get calls from other doctors wondering why they don't get the same results with their patients. It's important for anyone reading this article to understand that there are some secrets I need to share. The laser I use is the best on the market. Most doctors are not willing to spend the money to get the very best. But the biggest secret I will share with you is the fact that it's not all about the laser. Even doctors who are willing to spend the money for the very best equipment, do not get the same results. The reason is simple. The laser is a tool. It's one of many that I use specifically for those who suffer with pain. I have received specialized training in drugless, non-surgical forms of techniques, procedures, and other forms of therapies that surpass anything that you have previously received. This is why I am able to get amazing results in such a short period of time. My screening exam is what allows me to determine what specific forms of care will be necessary for you to either drastically reduce your pain or totally resolve the pain. It doesn't matter what is causing your pain. I can get the job done and I will prove it!

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Dr. Roy J. Picard, D.C., DAAIM 6300 22 Mile Road, Stes. 1 & 2, Shelby Township, MI



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