



**MASON POINTE**  
LUTHERAN SENIOR SERVICES

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Learn more about LSS' newest expansion at [MasonPointeIndependentLiving.org](http://MasonPointeIndependentLiving.org)

*Come See Our Beautiful New Expansion!*  
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# on POINTE

Game room with pool table and shuffleboard



Mason Pointe Balance and Mobility Class

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### A LUTHERAN SENIOR SERVICES LIFE PLAN COMMUNITY

*Independent Living*

*Assisted Living*

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## Spring Update

# OPPORTUNITIES ABOUND

While many of us spent the winter hunkered down, Mason Pointe Independent Living residents were out and about getting to know their new home and taking advantage of the top-of-the-line amenities – all under one roof! The new Mason Pointe expansion opened in Fall 2020 with new residents moving into the 156 apartment homes. In addition to the Independent Living Apartment Building, the expansion includes the Community Center with upscale and casual dining, styling salon with spa services and barber shop, art studio, and chapel and the Wellness Center, which includes a fitness center and the indoor heated saltwater pool. Now the new residents are breathing life into these beautiful spaces.

*“People are having fun living here,” said Barbara Kelly, Mason Pointe Independent Living resident. “There are so many interesting people at Mason Pointe!”*

One popular resident-driven activity gives residents the opportunity to get to know their new neighbors through discussing short stories. The Short Story Group, led by a Mason Pointe Independent Living resident, meets every other week after reading a short story to talk about that story. Each selected story is just a few pages.

*“This group is another way to meet and learn about other people, their ideas, and how they see the world,” added Barbara.*

In addition to getting to know her neighbors, Barbara has been enjoying the fitness center, pub, and dining. She has also been enjoying all the classes offered at Mason Pointe.

She recently tried a painting class and was happy to introduce herself as a beginner because she’s having fun trying new things.

Barbara is also a regular at the Wellness Center. Living near the fitness center keeps her motivated to get a daily workout in. She says that walking by it every day means she has no excuse to skip a workout. Plus, staff members, such as Beth Nardoni, the Recreation Center Coordinator, who is a certified personal trainer, are there to help Barbara with equipment or workouts.

There’s also a calendar full of classes to attend. Recreation center staff has created a class schedule with fitness classes Monday through Saturday and virtual opportunities on Sunday. Resident input and feedback are used to create class offerings, which include water aerobics, balance, Tai chi, conditioning, strength training, and much more.

*“Mason Pointe offers so many opportunities,” said Barbara. “There are things here for the body and the soul.”*

**Schedule your personal tour of Mason Pointe Independent Living today and enjoy a private dining experience, too! There are still great apartment homes available. Call 314.626.8996 to make a personal appointment to see available opportunities.**



State-of-the-art movie theatre



Heated indoor saltwater pool

## An Inside Look

# MAKING THE MOST OF EVERYTHING

Velma Rohan's children weren't sure about the idea when their mom first brought up her moving to Mason Pointe Independent Living. But now that Velma is living there, to say they are happy about it is definitely an understatement.

*"My children say they want to move here, too!" said Velma, whose family has made great use of the spaces Mason Pointe offers.*

On Christmas she reserved the movie theatre and invited her family to come watch a movie. They popped popcorn, brought candy, and enjoyed a movie together. In late February, the family got together in the Mason Pointe Multipurpose Room. They set up a projector and looked at slides with pictures of Velma's children when they were younger.

*"There was no problem in setting anything up," added Velma. "Everyone here is so ready to help you."*

Velma decided to look into Mason Pointe because she was living in a large house with a large yard by herself after her husband passed away several years ago. Since moving to Mason Pointe in early December, she hasn't regretted her decision once. Her family agrees. Even her son tells friends and family that he's never seen his mom so happy before. When her family isn't visiting her, Velma stays plenty busy.

*"I love all the exercise classes, the fitness programs, the swimming, aerobics, and the nutrition and health demonstrations are great," said Velma. "And all the parties are wonderful! The food is so good!"*

Throughout this winter, Mason Pointe Independent Living has held several social events for residents to get to know one another and the community better.



“Everyone here is so ready to help you.”

—Velma Rohan

These events, as well as all classes and activities, are taking place with precautionary measures such as mask wearing and social distancing in place to protect residents and staff. But that hasn't stopped the residents from having a good time and making new friends.

*"Everybody is so friendly," said Velma. "The staff find out what classes we want. We can let them know if we want to add something or if we don't like something and they'll adjust the classes... And did I mention the parties?"*

## Team Spotlight

# CHEF SIMONE LUTZ

When she walks into Mason Pointe and sees her name on the menu boards, Chef Simone Lutz can't help but smile. And she has a lot to smile about. Chef Simone joined the Mason Pointe team in 2016 and was promoted to executive chef in 2019. She says this position is her dream job where she really gets to know the people she cooks for.

### What is your vision for dining at Mason Pointe Independent Living?

I want residents to enjoy unique dining experiences within our three venues. I am committed to changing menus seasonally and evolving based on the needs and wants of our residents. Resident feedback is the driving force for the evolution of the dining experiences here at Mason Pointe. I want to provide our residents with dining venues that not only meet their day-to-day dining needs but offer an exciting and impressive dining experience they want to share with their friends and family!

### What are you excited about for Mason Pointe Independent Living residents?

I am excited to see them enjoying their beautiful new home. I love to see new residents and saying, "Welcome Home!" I have been with Mason Pointe for almost five years and I am so proud of what we've accomplished. Our community is breathtaking, our staff is dedicated, and the sky is truly the limit for what Mason Pointe Independent Living can become.

### What are you doing when you aren't cooking and planning delicious meals for Mason Pointe residents?

Chasing after my one-year-old! My son brings so much happiness and excitement to my life. I can't wait for the day when he's old enough to help mommy in the kitchen!



### What are some of your favorite St. Louis spring activities?

I cannot wait to take my son to the St. Louis Zoo this spring. We're hoping to check out the St. Louis Aquarium for the first time this year as well!

## — SALES & MARKETING TEAM MEMBERS —



### Kelli Gould

Director of Community Sales and Marketing



### Julie Jones

Senior Living Counselor



### Julie Walters

Senior Living Associate

## Want to learn more about Mason Pointe?

Taste Chef Simone's creations for yourself with a personal tour and private dining experience at Mason Pointe Independent Living! Call 314.626.8996 to book your tour today.

