

# Come Winter with Us!



## Five Reasons to Move to Dunlop House and Avoid The Hazards of Winter:

- 1 To Avoid Treacherous Ice** Slips on ice are a major risk for seniors. Seniors over the age of 65 have a much higher chance of a *fatal* fall during the winter. But our residents don't worry about that—we take care of all the ice removal and snow shoveling!
- 2 To Enjoy a Relaxing Holiday Season** There are so many wonderful holiday events for the whole family at Dunlop House. From mouth-watering holiday meals to our famous tree lighting ceremony, there is truly something for everyone.
- 3 To Avoid Wintertime Blues** Many seniors experience a decrease in energy and mood due to decreased daytime light in winter. The positive atmosphere and daily activities at Dunlop House help fend off those cold-weather blues.
- 4 To Keep Your Circulation Flowing** Our daily fitness programs and fun activities help residents stay active and release feel-good endorphins. Staying active can also help with arthritis, circulation, and overall health. Opportunities for physical activity at Dunlop House go far beyond what family caregivers can easily provide at home.
- 5 To Stay Warm and Cozy!** Older adults can lose body heat quickly. A big chill can turn into a dangerous problem and, in some cases, affect the heart, liver, or kidneys. Individual thermostats allow each resident to control the heat and AC in their apartment. Plus, we have a cozy warm fireplace in our living room that can be enjoyed all winter long!



**Dunlop  
House**

Assisted Living &  
Memory Care

804-520-0050

DunlopHouse.com  
235 Dunlop Farms Blvd.  
Colonial Heights, VA

## Stay Two Weeks, Get One Free

Take advantage of our winter respite special: stay as an assisted living or memory care resident for two weeks and enjoy your third week free!  
New leases only through December 31, 2019. Call 804-520-0050 today.