## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>3</td>
</tr>
<tr>
<td>Lifestyle</td>
<td>6</td>
</tr>
<tr>
<td>Dining</td>
<td>14</td>
</tr>
<tr>
<td>Wellness</td>
<td>20</td>
</tr>
<tr>
<td>Continuing Care</td>
<td>26</td>
</tr>
<tr>
<td>Apartment Homes</td>
<td>30</td>
</tr>
<tr>
<td>Realty and Moving Services</td>
<td>36</td>
</tr>
<tr>
<td>Financial</td>
<td>40</td>
</tr>
<tr>
<td>Our Network of Communities</td>
<td>45</td>
</tr>
</tbody>
</table>
Welcome to Highland Springs

Discover the retirement you deserve at Highland Springs, a vibrant community in North Dallas. Imagine enjoying small-town charm, friendly neighbors and absolute security—all without the hassles of owning a home. Take a relaxing stroll on our beautiful grounds or a quick trip downtown for an exciting night out. Here, you gain more than a beautiful apartment home—you gain an investment in a better future. Start enjoying a worry-free way of life today.

Schedule your tour today. Call 1-800-947-0289 or visit EricksonLiving.com.
Lydia Gaines and Helen Grotheer, Erickson Living® residents
“We have a lot of fun times here at Highland Springs. There’s always something going on.”

– Mary Jo Duerksen
Highland Springs resident
Lifestyle
Retirement Living in the Perfect Location

Highland Springs is located in North Dallas with easy access to top-notch shopping, dining, entertainment and the region’s best medical centers.

Great Local Attractions
Visit nearby Willow Bend or Collin Creek Mall for a day of great shopping and dining. Take a continuing education class at the University of Texas at Dallas. Highland Springs is also close to the new Baylor Heart Hospital and the Medical Center of Plano.

Complimentary Transportation
Let us take you there! Our shuttle makes regularly scheduled stops at locations around town, so you don't have to battle those icy roads or crowded shopping center parking lots.

An Atmosphere to Inspire You

Enjoy 89 acres of beautiful green space with walking paths, gardens and charming courtyards. Read a book by the fountain, ride your bike around the pond or enjoy a cocktail with friends on the patio.

Walking Paths
Take your dog for a stroll along the landscaped pathways, or join the Highland Springs walking club.

Gardens
You don’t have to give up your green thumb. Cultivate your favorite flowers or fresh vegetables in the gardening area.

Putting Green
Sharpen your skills on this manicured green, or challenge your neighbors to some friendly competition.

Patio
Enjoy a summer barbeque at the outdoor grills, or simply relax and soak up the sun.

Greenhouse
Grow your favorite flowers and plants all year round in the glass-enclosed, climate-controlled greenhouse.

Dog Park
Your canine companion can get his exercise while socializing with his friends in the enclosed dog park.

Pond and Gazebo
Enjoy a morning walk around the pond, or relax in the gazebo overlooking the water.

Horseshoe Court
Pitch a few ringers at the outdoor horseshoe pit, built to professional dimensions.
We have a staff of over 290 at your service—all ready and willing to go the extra mile to ensure you have a fantastic experience.

Freedom From Maintenance

Forget the hassles and expense of house repairs. Highland Springs frees you from maintenance, so you can spend more time enjoying life.

Full-Time Maintenance Staff
From changing a lightbulb to fixing the dishwasher, our friendly maintenance team is on the job 24/7.

No More Yard Work
Sit back, relax and let our professional landscaping team keep the grounds lush and beautiful all year round. Without chores like mowing the lawn or raking leaves, you’re free to enjoy every season.

A Modern Home
No more worries about aging appliances. Whichever apartment design you choose, you gain a contemporary home with up-to-date fixtures and modern conveniences.

A Sense of Security

At Highland Springs, you enjoy more than a safe and secure home. You gain a whole community of people who care about you. It’s the way a neighborhood should be.

24/7 Security Staff
Members of our professional security team genuinely care about your well-being. And because they’re cross-trained as medical first responders, help is always just minutes away.

A Private Community
Our gated community has a 24/7 security staff, so you can feel safe anywhere on campus, day or night. Enjoy a moonlit stroll after dinner, or take your dog for an early morning walk. Travel is a breeze. Just lock your door and go.
Be as Active as You Want to Be

What’s there to do at Highland Springs? Travel, garden, learn a new language or volunteer at a local school. With more than 100 clubs and activities to explore, you’ll never lack for fun opportunities or friendly people to share them.

Here’s just a sampling:

- Tai chi
- Veterans group
- Chorus
- Ceramics
- Gardening
- Book club
- Yoga
- Wii bowling
- Bridge
- Art club
- Trips and travel club
- Creative writing

Schedule your tour today. Call 1-800-947-0289 or visit EricksonLiving.com.
Convenience Beyond Compare

Bad weather will never again put a damper on your day. Glass-enclosed walkways connect every building on campus, so you have easy access to all of the amenities and services. It truly is a weatherproof lifestyle.

- **Fitness Center**  Stay in shape with state-of-the-art equipment and even fun exercise classes.
- **Swimming Pool**  Dive into a water aerobics class, swim laps or just relax in the hot tub.
- **Medical Center**  Fast, convenient medical treatment when you feel under the weather.
- **Pharmacy Services**  Get your prescriptions delivered to your door, and avoid running to the pharmacy in foul weather.
- **Marketplace**  Pick up fresh-baked muffins, milk, sundries and even a last minute gift at the convenient on-site market.
- **Dry Cleaning Service**  Pick up and drop off your clothes for professional dry cleaning without the hassle.
- **Library**  Reconnect with a classic novel or a fast-paced thriller. You can even borrow movies.
- **Salon and Day Spa**  From hair, to nails, to barber services, our style experts keep you feeling your best.
- **Art Studio**  Express your creative side with painting, photography, crafting and more.
- **Woodshop**  Continue your passion for craftsmanship in our well-equipped workshop.
- **Computer Lab**  Connect with friends and family on Facebook, email your grandkids or take a workshop to sharpen your skills.
- **Gaming Areas**  Challenge your friends to a game of Wii, billiards, cards and more.
- **Music Room and Classroom**  Sing, learn to play a musical instrument or take a continuing education class.

Hear what residents have to say about the dynamic Highland Springs lifestyle.
Schedule your tour today. Call 1-800-947-0289 or visit EricksonLiving.com.
“The dining atmosphere is great. The food is excellent and there are plenty of great choices on the menu.”

– Frances Huenemann, Erickson Living resident
Dining
Fresh, Flavorful Dining

Our chefs deliver restaurant-quality cuisine prepared with fresh ingredients, bold flavors and plenty of variety. Choose from 10 delicious entrées each day, plus options to go. While every apartment home includes a modern kitchen, you may find yourself spending less time over the stove.

A Social Experience

Great dining isn’t just about the food; it’s about the company. Our restaurants offer open seating, so you always have the opportunity to meet new people and enjoy plenty of fun, lively conversation.

Highland Springs features two distinct restaurants and a convenient marketplace.

Chisholm’s Restaurant  Let our knowledgeable waiters help you choose from a menu of entrées like pasta and steak.

The Cotton Belt Café  This casual café features short-order favorites like salads, deli wraps and breakfast sandwiches.

The Marketplace and Bistro  Pick up a fresh salad or soup for lunch, or grab a homemade muffin and a cup of coffee to start your day.
Flexible Dining Options

Choose between two dining plans designed to fit your life. Regardless of which plan you select, you have the freedom to enjoy meals whenever and with whomever you like. Treat friends and family to brunch, or even eat multiple meals on the same day. The choice is yours.

Plan 1: The 30-Meal Dining Plan

With this option, you’ll receive 30 meal credits each month to be used at any of the on-site restaurants. It’s perfect for those who don’t want to cook every meal.

Plan 2: The 20-Meal Dining Plan

This option, which includes a reduced Monthly Service Package price, is ideal for those who frequently eat off campus, or who just prefer to cook in their own apartment home.

Meals on the Go

Too busy for a sit-down meal? No problem. Our restaurants offer carryout options, so you can grab a hot and delicious meal on the run. A variety of snacks and sandwiches are also available at the convenience store.
Eating Healthy Is Easy

The food at Highland Springs isn’t just great tasting; it’s also good for you. Using fresh ingredients and limited additives, our chefs create nutritious meals to please your palate and meet your individual dietary needs.

We can easily accommodate the following plans:

- Low sodium
- Sugar-free and low sugar
- Heart healthy
- Low carb
- Gluten-free
- Low cholesterol

Introducing MyNutrition

Nutritional information for every meal is posted on an internal website called MyNutrition, where you can view ingredients, see calories, track sodium, count carbs and more. You’ll find everything you need to make smart choices!

Schedule your tour today. Call 1-800-947-0289 or visit EricksonLiving.com.
Mary Jo and Gerald Duerksen, Highland Springs residents
“It’s a whole new way of life, and it’s going to keep us young.”

– June Lark Owen
Erickson Living resident
Wellness
Wellness Is Woven Into Everything We Do

Healthy living is easy at Highland Springs. You can stay fit and active simply by going about daily life.

**Walk Your Way to Better Health**

The beautiful 89-acre Highland Springs campus includes well-lit, paved paths that are perfect for biking, strolling or taking your pooch for a daily walk. Rather stay indoors? Climate-controlled, enclosed walkways connect all campus buildings. Rain or shine, you can power walk the community in comfort.

**Work Out With Friends**

The private Highland Springs aquatics and fitness center is steps from your door in the impressive Hillcrest Clubhouse. Swim laps year round in the heated indoor pool or tone up using state-of-the-art fitness equipment. We even have a personal trainer on staff who can help you design the perfect exercise routine.

**Join a Class or Club**

Highland Springs offers all kinds of fun, engaging ways to keep your mind, body and spirit in peak condition. Whether you like puzzles and games, athletics or thought-provoking lectures, you’ll find others who share your interests.

**Participate in Spiritual Activities**

Residents of all faiths are welcome to worship at our community. Prayer groups, choirs and many faith-based clubs regularly meet on campus, making it easy to connect with others who share your beliefs.
Experience the Best in Senior Health Care

At Highland Springs, quality medical care is just steps away from your door. We’re the only community in North Dallas with an on-site medical center, a trained emergency response team and Erickson Advantage®, a health insurance option just for residents.

**On-Site Medical Center**
Our full-time, board certified physicians are specially trained to identify and treat the health needs of mature adults. You can call for an appointment and be seen the same day. And since our doctors practice exclusively at Highland Springs, patients receive more time and concentrated attention during office visits. You are welcome to use our health services even if you choose to stay with your current doctor. Medicare and most other insurance plans are accepted at the medical center.

**Visiting Specialists**
Some of the area’s most respected cardiologists, podiatrists and dentists have regular hours at Highland Springs. Your progress can be followed year round, without you having to coordinate transportation or battle bad weather.

**Emergency Medical Response Team**
Our full-time security staff is cross-trained in emergency medical response. If you need assistance, these professionals can reach you in a matter of minutes.

**High-Quality, Affordable Health Insurance**
Erickson Living communities like Highland Springs are the only continuing care retirement communities in the country authorized to offer their own health insurance plan: Erickson Advantage. Over 4,500 residents are currently benefiting from this coverage.

Meet Dr. Norman

*Named “Top Doc” by D Magazine for four years running, Dr. Mary Norman is board certified in internal medicine and geriatrics. She practices full-time at the Highland Springs medical center and serves as regional medical director for Erickson Living communities.*
Wellness
Jackie Torri, Erickson Living resident
“Having the continuing care on-site is a big advantage. It’s good to know that it’s there if I need it.”

– Len Steglich
Highland Springs resident
Continuing Care
Priceless Peace of Mind for You and Your Family

Highland Springs is a full-service retirement community, providing a full complement of care right on campus. When you move here, you and your family can rest easy, knowing that if your health needs ever change, more advanced care is available in a setting that’s trusted, convenient and familiar.

Rehab Right in Your Neighborhood

Why recover from surgery or an illness in the hospital when you can experience high-quality personalized care right here at Highland Springs? We offer inpatient and outpatient rehabilitation in our on-campus Continuing Care neighborhood. Your expert physical, speech and occupational therapists will create a customized plan to help you achieve optimal results and maintain the highest level of independence.

Assisted Living

If the time comes when you need extra assistance with daily tasks like meal planning or medication management, you can transition to assisted living. You’ll enjoy the additional attention you need in the comfort of a private residence—and still have easy access to all the amenities available at Highland Springs.

Higher Levels of Customized Care

Highland Springs also offers long-term nursing care and memory care in our Continuing Care neighborhood. Individuals in these settings are supported by staff members who are dedicated to providing the same level of excellent service our independent living residents expect and enjoy.
“I love that I don’t have to do any maintenance in my home. You can trust the staff here absolutely.”

– Sylvia Allgaier
Highland Springs resident
Apartment Homes
Retire in Style

You'll experience the vibrant retirement you deserve when you live maintenance-free at Highland Springs. Enjoy all the amenities of a beautiful apartment home without any homeowner hassles. Instead of taking care of a house, you'll be free to try new things, meet new people or simply spend more time with family and friends.

On-Site Maintenance Our on-site maintenance team members are available to take care of any task. Whether you need a picture hung or a large appliance repaired, our friendly staff members are eager to promptly assist you. You'll never have to climb a ladder to fix the roof or pay to install an HVAC system again.

Custom Interior Design Customize your apartment home to suit your personal taste. The design experts at Highland Springs can help you select a variety of interior upgrades, including granite countertops, recessed lighting, wood flooring, decorative moldings and more!

Celebrate Your Space Without maintenance to worry about, you'll be free to enjoy your beautiful apartment home. Share your space with your family, friends and even pets. Host a holiday gathering in your living room, take your dog for a walk around campus or invite your grandkids for an afternoon at the pool.

Leave Your Cares Behind

Enjoy the freedom and peace of mind you deserve now that you're retired. At Highland Springs, you'll have access to important services that aren't so easily available in your current home.

Safety and Security At Highland Springs, we provide security around the clock. Members of our professional security team are trained in emergency first response. Each apartment home includes emergency pull cords, enabling you to reach our security team at any time of day or night. Because our dedicated security team is already on campus, they will reach you within minutes of your call.

Travel Opportunities Enjoy the gift of peace of mind. Whether you're flying cross-country or driving around the corner, your apartment will remain secure. You can travel without a worry!
Find the Space That Suits You

Highland Springs offers a vast portfolio of apartment floor plans, giving you the opportunity to select the style that best matches your taste and budget. All apartment homes feature convenient, one-level living. With everything located on the same floor, you won’t have to worry about climbing stepladders or steep stairs ever again!

Whether you prefer a spacious one bedroom apartment or you’re interested in a two bedroom floor plan, Highland Springs has the ideal apartment home for you.

Choose the Features That Fit Your Lifestyle:
- Bright bay window
- Generous walk-in closet
- Cheerful sunroom
- Cozy den
- Dine-in kitchen
- Sunny patio
- Private balcony
Apartment Homes
“Erickson Realty and Moving Services made my move easy and effortless.

Before I knew it, I was settled into my wonderful new apartment home.”

– Terry Jerden
Highland Springs resident
Realty and Moving Services
Let Us Do the Heavy Lifting

Highland Springs offers a special complimentary program, Erickson Realty and Moving Services, to make sure your move is seamless and successful.

**Get Expert Guidance**  Our experienced personal moving consultant will be with you from the very beginning. She’ll connect you with experienced real estate agents with proven results in your area so that you can make the most of your move.

**Downsize With Ease**  Are you overwhelmed by the prospect of sorting and packing your belongings? At Highland Springs, we’ll help you organize your possessions and provide resources for donating the items you no longer want. We’ll refer you to trustworthy Dallas area retirement services and movers that provide hands-on support on moving day.

**Move to Highland Springs and Save**  Our team of moving experts not only saves you time, but they can save you money as well. If you list and sell your house using one of our preferred real estate professionals, we’ll reimburse up to $2,000 of your approved moving expenses.

**Start Planning Now**  Even if you’re not thinking of moving right away, it’s never too early to plan for your future. Schedule a complimentary consultation with our personal moving consultant. She’ll provide valuable insight about the housing market and help you establish a plan of action. You’ll get all the information you need to make smart, well-informed decisions for your retirement.

Schedule your tour today. Call 1-800-947-0289 or visit EricksonLiving.com.
“I loved Highland Springs from the very beginning. As a retired school teacher, I like that they had **affordable apartments** for people who had lived my lifestyle.”

– Catherine Johnson  
Highland Springs resident
Financial
A Sensible Financial Structure for Your Retirement

Only Pay for the Services You Need
Highland Springs is a fee-for-service community. Unlike other continuing care retirement communities, we don’t require residents to pay for health services they may never use. Instead, we’ve created an environment that helps seniors stay as independent and active as possible, so these years can be life’s best. We only charge for higher levels of care if and when it’s needed—an approach that could save your family thousands of dollars every year you remain independent.

Affordable, Predictable Costs
Highland Springs has built a financial model that makes this lifestyle affordable and secure for most retired homeowners. There are two basic components to living here:

The Refundable Entrance Deposit
This one-time entrance deposit secures your apartment home for as long as you live at Highland Springs and can be accessed to cover qualified continuing care expenses if your health needs ever change. Details are outlined in our Residence and Care Agreement, which we will be happy to share with you.

Monthly Service Package
Each month, residents pay a single bill that covers almost all regular living expenses, including utilities, property taxes, cable TV and select meals. This fee stays the same all year long, keeping your expenses both predictable and economical.

Freedom From Maintenance
The Monthly Service Package also covers all repairs and replacements inside and outside your apartment home. Never again will you need to budget for big-ticket repairs or struggle to find a handyman you can trust.

Your Monthly Service Package Covers All of These Costs:
- Property taxes
- Heating, air-conditioning
- All utilities (excluding your telephone)
- Flexible dining plans you can use at our restaurants
- Maintenance, including repair and replacement of appliances
- Fitness center
- All-season pool and hot tub
- Creative arts studio
- Basic cable TV
- Scheduled shuttle service
- Trash collection and recycling at your door
- 24-hour security and emergency first response
- Professional landscaping and lawn care
- Computer lab with high-speed Internet

Plus, Access to These and Other Community Amenities:
- On-site medical center
- Salon and day spa
- Pharmacy
- Convenience store
Our Home for Life Commitment

*Highland Springs maintains a Resident Care Fund designed specifically to assist eligible residents who outlive their resources. No one has ever been asked to leave the community because of a genuine inability to pay.*

Security and Stability for Your Retirement

As you explore your retirement living options, the financial strength of the community will likely be one of the factors you consider. Here are some points that speak to our favorable financial track record.

**Consistent Growth**
Since opening our doors in 2006, Highland Springs has experienced steady, measured growth. Currently, our community includes three residence buildings, a 52,000 square foot clubhouse and a new on-campus Continuing Care neighborhood. The potential for future growth is promising.

**Steady Occupancy**
Highland Springs currently boasts occupancy over 95%—significantly higher than the industry average of 88%.*

**Financial Stability**
Highland Springs is managed by Erickson Living, a national leader in developing and managing continuing care retirement communities. Erickson Living has ample cash on hand and positive cash flow—both significant indicators of strong financial health.

**Profits Stay With the Community**
Highland Springs is a not-for-profit community. We reinvest earnings into the community to provide our residents with an exceptional lifestyle at a cost that is predictable and affordable.

*Occupancy reported as of January 2013.

Hear what residents have to say about our smart financial setup.
Financial
There’s Still So Much More to Learn!

Now that you’ve read about Highland Springs, take the next step and visit us in person. There are several ways to learn more:

**Schedule a Personal Appointment With a Member of Our Staff**
We’d love to meet with you, answer your specific questions and show you amenities and apartment homes that match your interests and preferences.

**Request a Tour**
Come and explore our campus, clubhouse and model apartment homes. A private tour is a great way to see everything Highland Springs offers.

**Join Us for a Complimentary Lunch**
We hold special informational events throughout the year where you can learn more about the community and meet some of the friendly folks who live here—all while enjoying a delicious meal prepared by our own executive chef.

If you hope to someday move to Highland Springs, join our no-risk Priority List. It’s the only way to guarantee you’ll have a home here once you’re ready. As a member, you’ll be invited to exclusive events and hear the latest community news. Ask for an enrollment form when you call!
Our Network of Communities

Join the more than 20,000 people across the country who already call an Erickson Living community home.

COLORADO
Wind Crest
Highlands Ranch, CO

MARYLAND
Charlestown
Catonsville, MD
Oak Crest
Parkville, MD
Riderwood
Silver Spring, MD

KANSAS
Tallgrass Creek
Overland Park, KS

MASSACHUSETTS
Brooksby Village
Peabody, MA
Linden Ponds
Hingham, MA

MICHIGAN
Fox Run
Novi, MI

NEW JERSEY
Cedar Crest
Pompton Plains, NJ
Seabrook
Tinton Falls, NJ

PENNSYLVANIA
Ann’s Choice
Warminster, PA
Maris Grove
Glen Mills, PA

TEXAS
Eagle’s Trace
Houston, TX
Highland Springs
Dallas, TX

VIRGINIA
Ashby Ponds
Ashburn, VA
Greenspring
Springfield, VA

We are pledged to the letter and the spirit of U.S. policy for the achievement of equal housing opportunity throughout the nation. Highland Springs is a planned community with unmatched amenities and value, intended for those 62 and older, available to all regardless of race, color, religion, sex, handicap, familial status or national origin in compliance with Section 807(b)(2)(c) of the Fair Housing Act.