



PLUSH MILLS

BY SOLERA SENIOR LIVING





Plush Mills.

Live Exceptional. Every Day.

“I am proud that Plush Mills is somewhere that you or a loved one would want to live. The community is ideal if you are seeking to maintain your independence in a familiar setting while enjoying an active and engaging lifestyle and high-quality services delivered by attentive and caring staff. We are excited for you to experience the difference.”

ADAM KAPLAN | FOUNDER AND CEO, SOLERA SENIOR LIVING

Why Plush Mills?

When it comes to a lifestyle rich in opportunity, hospitality, and personalized attention, Plush Mills checks the boxes. With exemplary dining. Beautiful apartments. Stimulating activities and events. Dynamic wellness programs. And an ambiance that encourages connection and friendship. Just off the Blue Route, Plush Mills is nestled between Swarthmore and Media, on the fringe of Springfield Township, and in the town of Wallingford, central to everything Delaware County and The Main Line have to offer. Center City, Philadelphia is 12 miles away and the airport is within a quick ride.

Plush Mills is for anyone who is ready to live every moment in an exceptional way.

What makes Plush Mills different?

At Plush Mills, it's personal. The attention you receive. The input you are encouraged to give, whether it's menu selections, programs, or activities. The way your preferences are woven into the fabric of each day. And maybe most importantly, the quality of care and support that you receive.

Living here opens the door for you to discover new freedom and new experiences. With all the ingredients for healthy aging. It's more than enjoying newfound independence; it's benefitting from a strong sense of community that respects who you are and how you choose to live.





About Solera Senior Living.

Solera Senior Living has a singular focus: to develop, own, and operate communities that will inspire a better quality of life for seniors. With personalized service, engaging programs, and best-in-class amenities, Solera's innovative approach elevates the entire senior living experience.

Founded in 2016 and based in Denver, CO, Solera Senior Living's core pillars include attracting, developing, and engaging high-caliber talent, consistently delivering exceptional hospitality services, creating enriching resident programs, utilizing smart technologies, delivering high-quality resident care, and designing elegant environments that are hyper-local and experiential.



More engaged team. More satisfied residents.

Our approach is simple: give our residents the respect, dignity, independence, and quality of life that they deserve. This benefits not only our residents and their families but has a meaningful impact on our team as well. They don't look at working at Plush Mills as a job—they look at it as a calling.



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Senior Living Elevated.

We don't consider ourselves to be a senior living company that differentiates on hospitality. Rather, we're a hospitality company that provides exceptional services for seniors. You'll find everything is done above and beyond your expectations.

Dining/Hospitality

BUILT ON GOOD TASTE

Those who appreciate exceptional dining will find that every meal at Plush Mills exceeds expectations. Residents and their families enjoy a refined selection of dishes — from fresh salads and hearty classics to expertly prepared entrées and the chef's Daily Special — all crafted with high-quality ingredients and a focus on wellness, flavor, and presentation.

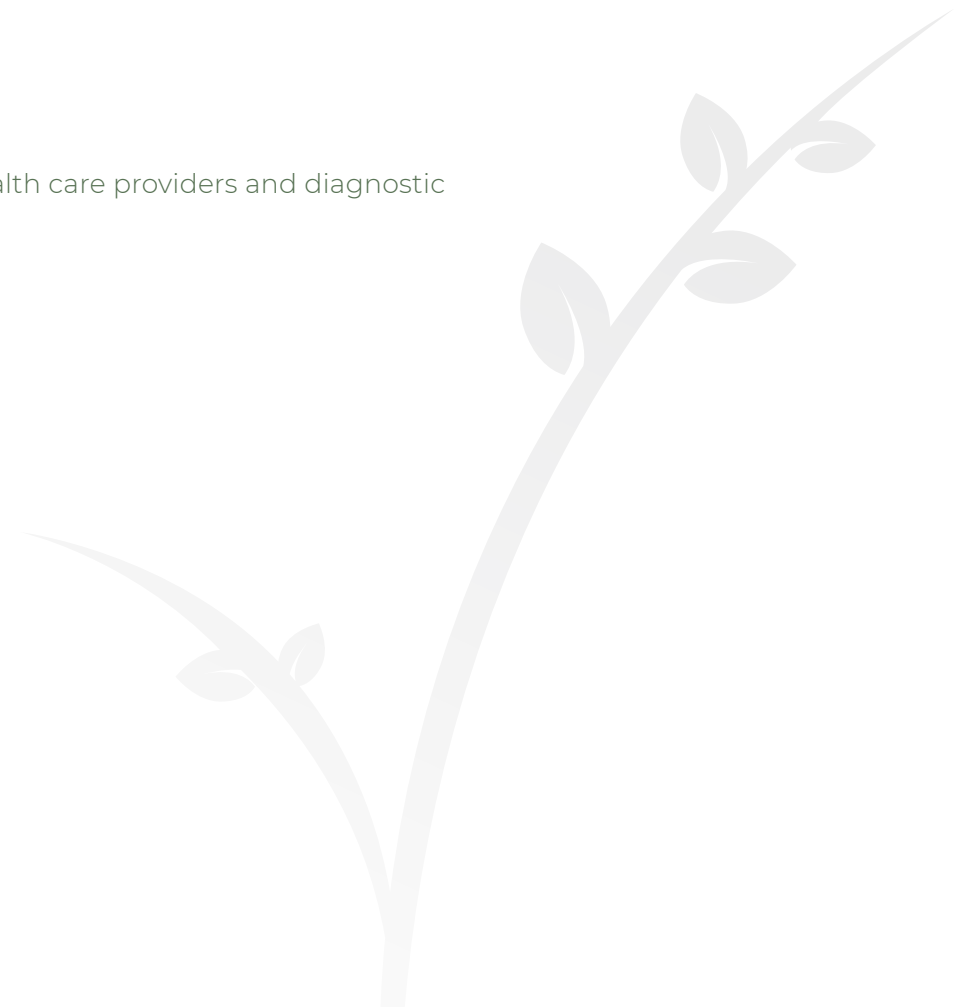
The main dining room sets the stage with its warm, inviting atmosphere, ideal for intimate meals or lively gatherings with neighbors. Just steps away, the terrace extends the experience outdoors, offering a charming fair-weather setting for open-air dining. Complementing these spaces, the Pub provides a relaxed venue for complimentary Happy Hour and small bites, adding another layer of hospitality to your day.



Services/Amenities

Plush Mills features the highest level of customized premium services and amenities. Our MOSAIC lifestyle approach gives you the opportunity to craft activities, programs, and events that create a beautiful life.

- **Dining Room**—Savor seasonal and sophisticated chef-prepared meals in an inviting atmosphere, with a terrace for fair-weather dining.
- **Pub**—Stop by for our complimentary happy hour.
- **Park-like Setting Adjacent to Walking Trails**—Relax your mind and spirit.
- **Large-Screen Theater**—Enjoy a film in movie-style seating.
- **Lobby**—Relax by the fireplace and grand piano.
- **Great Room**—A space to create, explore, and connect.
- **Club Room**—Gather with friends for fun socializing.
- **Health and Wellness Office**—Benefit from easy access to a wide array of health care providers and diagnostic services, including onsite rehabilitation services.
- **Dedicated Community Social Worker**—Get the guidance you need.
- **Pool Table**—Engage in friendly competition.
- **Fitness Center**—Stretch and strengthen at your own pace.
- **Beauty & Barber Shop**—Treat yourself to a new hairstyle or nail treatment.
- **Art Studio**—Discover your inner Picasso!
- **Pétanque Court**—Challenge your friends to a game.
- **Scheduled Transportation**—Leave the driving to us.
- **Weekly Housekeeping and Bed Linen Change**—For added convenience.
- **Raised Planting Beds**—Let that green thumb blossom!
- **Open and Covered Parking**







INDEPENDENT LIVING

Design your days as you choose.

Freedom, security, and support in a vibrant community: Independent Living at Plush Mills frees you from daily tasks so you can spend more time on the things you love and less on the things you don't. This is inspired living filled with friendship, activity, outstanding amenities, warm hospitality, and more. A genuine invitation to be your true self.

Join a cooking demo. Learn to paint. Do a little gardening. Invite friends over for lunch or celebrate your birthday in the Pub. Relax knowing the lifestyle you've imagined is now yours. Independent Living is your welcome home.

Life Enrichment Programs

- **Continuing Education**
- **Intergenerational Programming**
- **Fitness Classes**
- **Spiritual Programming**
- **Guest Lecture Series**
- **Card Games**
- **Live Entertainment**
- **Outings to Cultural Events**
- **Art Classes**
- **Cooking Demos**
- **Wine Tastings**



PERSONAL CARE

The best of everything.

Freedom from home maintenance and daily chores, compassionate, tailored assistance with daily needs, and a mosaic of new opportunities to choose from—Personal Care at Plush Mills frees you to come and go as you please. Go shopping. Join the family for a special outing. Learn a new game. Relax with a good book. Your personalized wellness plan ensures you receive the right support at the right time.

Personal Care at Plush Mills offers a highly supportive, lifestyle-focused approach to daily living—similar to Assisted Living—with access to onsite nursing for added peace of mind.

Life Enrichment Programs

Staying engaged and involved is easy when you have access to so many top-shelf amenities and interesting activities that stimulate the mind, body and spirit.

- **Continuing Education**
- **Intergenerational Programming**
- **Fitness Classes**
- **Spiritual Programming**
- **Guest Lecture Series**
- **Card Games**
- **Live Entertainment**
- **Outings to Cultural Events**
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- **Cooking Demos**
- **Wine Tastings**

Resident Care

We fully recognize that our people are our strongest asset. That's why we are passionate about identifying and retaining team members that are genuinely caring, customer-service oriented, and dedicated to excellence. At Plush Mills, our Caregivers, Certified Nursing Assistants and Medication Technicians are supported 24/7 by on-site licensed nurses. Our goal is always to help you maintain the highest possible level of independence.



PARKINSON'S CARE

Your needs are unique. So is your care.

At Plush Mills, we take a holistic approach to Parkinson's Care and other movement disorders, nurturing the body, mind, and spirit, working to tailor every aspect of your daily life. Your custom-designed personal care plan is developed by a coordinated care team, consisting of a physician or nurse practitioner, nutritionist, psychiatric nurse practitioner, and caregivers to improve mobility, function, posture, gait, balance, speech, and fine motor skills, as well as reduce rigidity and tremors.

We also incorporate physical movement, with classes taught by an exercise therapist, and offer chef-prepared menu options to support dietary needs. The result is a unique living experience designed to promote independence and enhance quality of life.

Our Move for Life therapists and movement specialists are specially trained in the following:

- **LSVT BIG®—Move with Confidence and Purpose**
Personalized exercises target fine motor skills (buttoning a shirt) and gross motor skills (walking, balancing) to help improve your overall mobility.
- **LSVT LOUD®—Find Your Voice and Connect with Ease**
Specific techniques help you amplify voice volume, as well as recalibrate the perception of your voice, for more effective communication and engagement with the world around you.

We are here to support you, from managing symptoms, to reclaiming movement, to finding your voice again.





Senior living above the rest.




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