Ribbon Cutting at the

"Stratford at Countrywood Senior Living" By Sophie Braccini



Contra Costa County Supervisor Gayle Uilkema, Lafayette Mayor Carol Federighi, representatives of three Chambers of Commerce cut the ribbon

s Baby Boomers approach the end of their professional lives, they begin looking for Aplaces to retire, not only for their aging parents, but also for themselves. In Lafayette is a new facility available that would like to serve that purpose. On Thursday, June 28th the Stratford at Countrywood Senior Living complex held its ribbon cutting ceremony marking the official opening of this retirement community, followed two days later by first public open house.

A long line of seniors and a few mid forty's folks lined up to tour the premises that Saturday afternoon. The new building has 103 apartments set on 3 floors. Units range from 321 sqf studios to 763 sqf two bedroom apartments. Each unit features a kitchenette with a marble counter/bar area, a small fridge and a microwave oven. The apartments are not designed for extensive cooking, but one can certainly prepare basic food items. Bathrooms are large, with wheelchair accessible showers. Seniors move in with their own furniture and can repaint the walls to their liking.

The third floor offers dramatic views of Mount Diablo and features most of the facilities recreation and common activity areas: dining room, large and comfortable movie theater, fitness room, mini spa, training room, library, and computer room. There's even a country kitchen where residents can cook their favorite gourmet meals for friends and family. The resident chef and his team are very familiar with assisted living meal planning and offer a variety of main and side dishes to accommodate specific diets and tastes. The facility also includes an area for patients with memory challenges; otherwise, it's designed to accommodate independent and assisted-living seniors as defined by the State of Cali-

The facility is located at 1545 Pleasant Hill Road, about 3 miles from the center of Lafayette. Monthly rents range from \$3450 to \$9300 and include meals, laundry, cleaning, recreational activities and most utilities. So far, about 30% of the apartments have been reserved according to facility management. The Stratford team encourages the community to come by and visit their beautiful new residence.





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