



## **El Cajon Assisted Living Community Now Ready To Welcome New Residents**

*January 28, 2022*

Santee, California - January 28, 2022 - PRESSADVANTAGE -

Santee, CA based Lantern Crest Senior Living is pleased to invite seniors to consider joining their El Cajon Assisted Living community. The facility is able to accommodate a wide variety of needs and preferences, and its convenient location makes it an easy spot for family members to visit.

Every person is unique, and this does not become any less true with age. As such, Lantern Crest understands that their residents will prefer certain living arrangements over others, and a healthy compromise that takes this into account along with their practical needs is often the best solution. The Community states, for instance, that many seniors want to retain a sense of independence and only receive additional care for certain activities or during emergencies. Fortunately, Lantern Crest's Assisted Living program delivers on this front, promoting an active and social lifestyle where seniors can live in the way they feel most comfortable with.

This is not all, however. Lantern Crest residents also have the option to choose what type of accommodation they will have, and several aspects of their stay can be personalized to suit their tastes. To begin with, they are offered a choice between a spacious and bright studio or a one bedroom apartment. Other amenities

include a kitchenette (with microwave and full-sized refrigerator); nutritious snacks and world-class meals provided in the Community's Montecito Restaurant (which will also abide by any dietary restrictions); a weekly housekeeping, linen, and personal laundry service and more. These accommodations are also suitable for pets.

Lantern Crest firmly believes in giving seniors the opportunity to preserve their mobility, so they always have access to a specially designed Fitness Center. Similarly, all seniors are frequently invited to participate in the Community's various activities and recreational events.

Beneath this framework, Lantern Crest has built a comprehensive and evolving system of support known as a Personalized Care Program. This is provided to all seniors from the day they move into their apartment, and it is designed to take their individual needs into account. Each of their requirements will contribute to a Point System that will be used to determine the exact level of support they will receive during their stay. Notably, Lantern Crest acknowledges that a senior's condition will change as time goes on. To ensure no resident is ever left without the support they need, their condition is actively monitored. Any remaining risk is further mitigated by periodic assessments, and Lantern Crest maintains a 24-hour emergency response team that is trained to be on site within a few moments of an alarm being triggered (such as in the event of a fall).

Lantern Crest is also highly cognizant of the fact that recent events mean that seniors are unfortunately more vulnerable to illness. The Covid-19 pandemic has been tough on many communities, but few have been hit as hard as the nation's elderly. As such, Lantern Crest implemented a series of measures more than a year ago that aim to address this risk and ensure their residents are as safe from exposure as possible.

They explain that they had already had several protocols in place regarding hygiene and sanitation (as seniors are already prone to all types of sickness). The team takes their residents' health and safety extremely seriously, and this led them to bolster their existing standards and put new protocols into effect that specifically combat the transmission of Covid-19.

To begin with, the Community's Plant Services Team has been using electrostatic sanitation in all common areas throughout the day. Sanitation is an ongoing requirement at Lantern Crest, and housekeeping has also been assigned the task of disinfecting any surfaces that see high traffic (such as door knobs, tables and so on). Finally, several reminders and visual aids have been placed at prominent locations throughout the community. This will help both staff and residents do their part keeping themselves and each other safe.

Lantern Crest Senior Living understands that seniors and concerned family members will be eager to discuss their concerns in greater detail. As such, they encourage all interested parties to reach out to their

representatives for more information on the Community's stringent safety practices. They are also welcome to inquire further about the various amenities on offer for Assisted Living residents.

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For more information about Lantern Crest Senior Living, contact the company here: Lantern Crest Senior Living  
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## **Lantern Crest Senior Living**

*Lantern Crest is a Premier Senior Living Community in East San Diego County dedicated to ensuring the Happiness.*

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