



Our mission is to go above and beyond our customer's expectations, by providing quality living environments that enhance our resident's lives physically, socially, and spiritually.

The Lang Nelson Experience Q4 2026

The Lang Nelson Experience...Live it!

The Experience is an informative insert that celebrates all of the value added services and advantages available to you. We appreciate our residents!

Live It, it's a wrap!

In 2026 Lang Nelson requested all to Live "it", the Lang Nelson Experience. For it is award winning, transformative, and all encompassing. It can sometimes include wisdom, allowing us to learn from one another and our experiences. It includes the many offerings which are important to you and maybe no one else. It includes a polished standard, which we work diligently to deliver and improve upon. It includes a staff of dedicated professionals, who are committed to your quality of life and your VIPs lives too. It also includes opportunity, remaining committed to always finding new ways to go above and beyond.

It also includes patience and understanding, in addition to a relentless pursuit of excellence. It is this daily focus and commitment, to make tomorrow better, that ensures Lang Nelson never strays from its mission, nor ever loses sight of you the customer. This notion is validated each day, with our resident visit procedure and in our staff coming together to meet and exceed your needs and wants, all while we also look to identify new ones.

This commitment extends far beyond the walls of Lang Nelson. It was again witnessed this year as Lang Nelson communities celebrated



Night to Unite in August, when staff came together at US Bank to celebrate one another and their achievements in

late July. Then again on September 19th, with the many nominations and our newest industry award, bestowed on Orono Woods, for Property Excellence in senior housing. Lang Nelson continues to make an impact in the greater community, with its charitable outreach, activities and events, vaccination and wellness clinics, educational opportunities, holiday lighting, and festive parties. The result is an

experience worth celebrating and not keeping a secret. So please join in and help acknowledge the amazing year we've had together, while inviting others to share it with you, especially through the holiday season.

Care, Respect and Community: The Lang Nelson Way

At Lang Nelson, we believe housing is about more than four walls—it is about people, relationships and community.

Recent events have reminded our industry that housing professionals can face difficult and emotionally charged situations. These moments reinforce something we believe deeply: **how we handle difficult situations matters.**

We Lead With Care

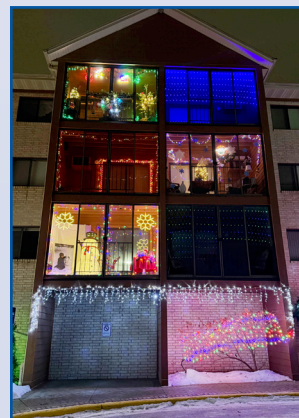
Every resident deserves dignity, patience and compassion. Our teams work hard to listen, understand concerns and find solutions.

At the same time, strong communities depend on shared standards. Guidelines around safety, noise, parking, guests, payments and common areas exist to help our communities flourish. Our responsibility is to apply those standards fairly, consistently and respectfully.

Relationships Matter

One of Lang Nelson's greatest strengths is the relationships our teams build with residents. Our managers know names, celebrate milestones, listen to concerns and create opportunities for neighbors to connect.

That relationship-building is intentional. It is part of **The Lang Nelson Experience.**



We will continue to lead with care, build relationships and find solutions—helping make every Lang Nelson community a place where people feel respected, connected and at home.

Give Thanks!

The season upon us is often filled with gratitude, bringing in to focus the different ways to express appreciation

continued on Page 2

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continued from Page 1 but also helping us to take stock of what

we are truly grateful for. Where some may choose to share their thanks ahead of a meal, after receiving a gift or praise, others may quietly or privately give thanks for the day ahead or for the one day that may be ending.

No matter what you choose to be thankful for, make the time. Your body, and relationships will thank you. In fact, Harvard Health Publishing, "shows a clear link between a grateful outlook and a lower risk of mortality." CBN News and The American Brain Foundation goes on to share how the act can affect the body, expressing that "giving thanks may extend life by lowering stress, improving physical health, and promoting emotional well-being."



How Gratitude Affects the Body and Mind

- **Reduces Stress:** Gratitude activates the parasympathetic nervous system, which lowers stress hormones like cortisol and adrenaline.
- **Protects the Heart:** Lower stress helps control blood pressure and reduces the long-term risk of cardiovascular disease.
- **Boosts Immunity:** Being thankful can decrease inflammation and strengthen the immune system, helping your body fight off chronic illness.
- **Improves Sleep:** Grateful thinking quiets negative thoughts before bed, helping you fall asleep faster and stay asleep longer.
- **Strengthens Bonds:** Expressing appreciation builds tighter social ties and support networks, which are strongly tied to longevity.

Life is Easier with the RentCafe App: A Resident's Perspective



As residents, your free time is valuable, and the last thing we want to do is spend it chasing down paperwork or rushing to the leasing office before it closes. That is why the **RentCafe Resident App** is such a game-changer for our communities — it puts total control of our living experience right on your smartphones.

Here is how the app simplifies daily life for all of us:

- **No-Stress Payments:** Skip the paper checks. You can make secure one-time payments or set up auto-pay using a credit card, debit card, or direct bank transfer. It takes less than a minute, and you never have to worry about missing a deadline.
- **Tap-and-Fix Maintenance:** Notice a leaky faucet or a

blinking hallway light? Just snap a quick photo, submit a work order through the app, and track the maintenance team's progress in real-time from your phone.

- **Seamless Renewals:** When your lease is up, there is no need to print out pages of paperwork. You can review your new lease terms and electronically sign your renewal right inside the app in just a few taps.
- **Community Connection:** Want to know when the next community food truck night is, or to see what's happening at the next resident activity, event or outing? The built-in bulletin board keeps us all connected with community announcements.



Easy Fall Pumpkin Dessert

Ingredients

- 15 ounces canned pumpkin
- 12 ounces evaporated milk
- 3 large eggs
- 1 cup granulated sugar
- 2 teaspoons pumpkin pie spice
- 1 vanilla cake mix dry
- 1 ½ cups walnuts, chopped slightly
- ¾ cup butter softened
- 1 cup quick cook oats
- ½ cup brown sugar
- cooking spray



Instructions

Heat oven to 350 F. Spray a 9 x 13 pan with cooking spray.

1. Beat pumpkin, milk, eggs, sugar, and pumpkin pie spice. Spread in pan.
2. In a food processor or with pastry knife cut ¾ cup of softened butter into the cake mix, brown sugar, and oats. Sprinkle over cake mixture.
3. Sprinkle with chopped walnuts. Bake 60 minutes. Serve with whipped cream and store in fridge.

<https://www.123homeschool4me.com/easy-fall-dessert-recipes/>

Lang Nelson Service Commitments:

- To exceed your expectations in every interaction
- To build relationships that positively impact our community and company
- To create memorable experiences