

IRVING CYPEN TOWER



YOUR KIND OF LIVING



Miami Jewish Health Systems®

Live Stylishly. Live Independently.

Luxury Apartments amid Twenty Tropical Acres near Miami's Design District

Irving Cypen Tower offers the finest in contemporary apartment living for active, independent seniors. With 98 private apartments, social activities, breakfast and dinner served daily and healthcare services within easy reach, Irving Cypen Tower was designed to help seniors maintain their active, independent lifestyles.

Centuries-old African kapok trees, a tranquil gazebo and gently bubbling fountains surround Irving Cypen Tower, providing a lush setting, as well as creating a new standard of excellence in contemporary independent living. Meticulously planned, designed and appointed, Irving Cypen Tower combines all the amenities you expect with caring, professional staff to create a sophisticated lifestyle for today's active seniors.

Tenants have access to the multi-specialty onsite healthcare resources of Miami Jewish Health Systems®, which offers an impressive array of services, including hospital and skilled nursing care and assisted living. Active seniors who want convenient services and beautiful, lush tropical surroundings will find everything they need at Irving Cypen Tower.



Irving Cypen Tower presents an Ideal Living Arrangement Particularly if You:

- Are no longer interested in maintaining your own home
- Are feeling anxious or isolated - especially during hurricane season
- Are tired of eating and living alone

Features:

- Spacious, bright studio, one and two-bedroom apartments at reasonable rates
- 24-hour emergency call system, fully automatic fire safety system, 24-hour patrolled security with gated entry
- On-site comprehensive medical services
- Pool, exercise room, juice bar, convenience store
- A full roster of activities and classes, including out-trips
- Live entertainment, cocktail parties and more
- Delicious kosher meals, dietician-supervised menus
- Weekly housekeeping services and laundry facilities available
- Transportation to shopping and medical centers
- Synagogue
- Inter-faith religious services



Meals Created with Nutrition and Tradition in Mind

At Irving Cypen Tower, delicious kosher cuisine is the rule, not the exception. Breakfast and dinner are served daily by friendly staff making for a truly enjoyable experience, one that's a delight for all the senses, not just your taste buds. A licensed dietician supervises our well-balanced meals. An uncommon variety of entrees are offered along with seasonal specialties of the house, all featuring fresh fruits, vegetables and salad, quality meats, poultry and seafood, plus fine soups and sauces. And whether your needs include a special meal for a special guest or catering for a party, consider it done.

Convenience at Hand

Without leaving our campus, you can visit the hair salon or go shopping at the LaBow Gift Shop. And we go out all the time. Traffic and parking are never a problem as our air-conditioned bus transports you in style to the opera, ballet, theater, museums, even the latest movies*.

**Subsidized or free.*



Serenity and Security

Since the realities of living in South Florida include hurricane season, just think about what it will mean to never have to weather another storm alone when you live at Irving Cypen Tower. In the event of a loss of power, we've got that covered too – with a back-up generator that will ensure you or your loved one gets through the aftermath of a storm in good health and good humor.

For your safety and convenience, an emergency call button is located within easy reach of the bed. Your tiled bathroom also comes equipped with lots of safety features, including a barrier-free shower with grab bars and a pull-cord alarm for emergencies.

- Emergency call system
- Modern fire safety systems
- A full range of physical, mental and social activities, including off-campus trips
- Synagogue/Community Center
- Fitness center
- Pool with ramp access
- Tenant parking
- Library
- Entertainment and cocktail hours
- 24-hour security
- Delicious kosher dinner served in a well-appointed dining room and continental breakfast served in the lobby
- On-campus cable television
- Religious services (available for all denominations)
- Regular, free transportation to local doctors' offices and off-campus trips

Selected Activities

- Chair-based exercises, Tai Chi and yoga
- Pool exercises
- Tenants' Council meetings and Sisterhood meetings
- Weekly cocktail hour with entertainment
- Outings to the ballet, opera, movies, shows, selected restaurants and more
- Over 40 weekly classes in painting, weaving, creative writing and current events
- Full transportation schedule to shopping, banking and medical appointments
- Religious services

Sample Menus

Breakfast

A delicious Continental Breakfast is offered every morning, featuring a variety of great starters for the day, including:

- Eggs, cooked to order
- Cold and hot cereals
- Bagels
- Coffee, tea and juices

Dinner

The following are just examples of some of our excellent dinners, prepared in our own kitchens and served fresh every evening. Quality meals, prepared with attention to detail and with your health in mind, are the norm.

Dairy

- Corn chowder soup and assorted rolls
- Tossed salad with assorted dressings
- Stuffed shells with marinara sauce or pan-seared salmon
- Yellow rice, steamed asparagus or cut green beans
- Cheesecake, sugar-free apple turnover or fresh fruit

Meat

- Mushroom, barley soup
- Tossed salad with assorted dressings
- Apricot glazed chicken
- Roasted red potatoes or steamed broccoli
- Fresh fruit or Black Forest cake

IRVING CYPEN TOWER

5100 NE 2nd Avenue, Miami, FL 33137



Directions to Irving Cypen Tower

From I-95:

Take I-195 exit east (toward Miami Beach). Take the Biscayne Blvd Exit (36th Street). Stay in the right or center lane. Cross Biscayne Blvd. Cross over the railroad tracks. Turn right (north) Continue 15 blocks to Miami Jewish Health Systems.

From Miami Beach:

Take the ramp onto I-195 W. Take exit 2B toward Biscayne Blvd/US-1. Stay in the center lane. Cross Biscayne Blvd and Federal Highway. Turn right (north) onto NE 2nd Ave. Continue 13 blocks to Miami Jewish Health Systems.

For more information, call
305.232.LIFE(5433)