



# Housing & Real Estate

# The Best is Ahead!

*By Lisa Wolf, Twin Creeks Retirement Living*

Let's approach every future birthday in an excited, positive way even though way too often society says to those of us over 55 that "we're over the hill." Television, magazines, our doctors, and even our own families pressure us to slow down and accept the inevitable fate that is negatively affiliated with aging.

Sure, our bodies and minds can be challenged as our birthdays click by each year. But nature also gives us experience and wisdom and the unique perspective of "having been there." And if you're retired, you have more time than ever to learn, to share and to do. Let's not blow out the candle on those things!

Yale Professor and leading expert, Dr. Becca Levy states that positive beliefs about aging can benefit ALL aspects of the aging process. A good attitude about future days combined with a healthy and passion-filled lifestyle can affect even how genes operate and extend life expectancy by 7.5 years. The sooner we start believing that great things are ahead, and approach life from the zest within us, the quality of our days improves too.

So, surround yourselves with people who encourage you to focus on the wonderful things you always dreamed of doing. And take some time each day to move those dreams forward so you'll eventually realize those dreams. Wake up in the morning looking forward to not only the day in front of you, but the years ahead.

Here are some areas to focus on so you can enjoy every minute of every day and have time left over to pursue passions that will extend the quality and quantity of the years ahead.

1. **Physical Activity** – Find a fitness program, join a team, or just commit to walking or swimming or biking each day. Stretch, workout with a friend or simply sit on the floor for a couple of minutes while watching television!
2. **Healthy food** – Spend time planning, shopping, and preparing delicious and beautiful meals from scratch using fresh, local foods. Choose fruits and vegetables when you can!
3. **Socialization** – Whether you get together with friends or family each day, make a point of reaching out to those who encourage you to be your best self. Giving back by volunteering is also a healthy way to stay connected and motivated.
4. **Intergenerational** – Being around people of all ages is so good for us, and it's usually good for them too! Seek out opportunities to talk to someone from a different generation.
5. **Learning** - Take classes, attempt to learn a new language, or play a new game. Do something different than you've ever done before. Learning new things helps keep our brains healthy.
6. **Sleep** – For people of all ages, it's been proven repeatedly that sleeping is extremely important to staying active longer. Do what you can to set yourself up in a secure and peaceful environment for maximum sleep time. If you do all the other things I mentioned, you should be in a great position to fall into bed each night with a smile on your face.
7. The moral of the story is, there's a lot to look forward to and "The best is ahead." Happy birthday!

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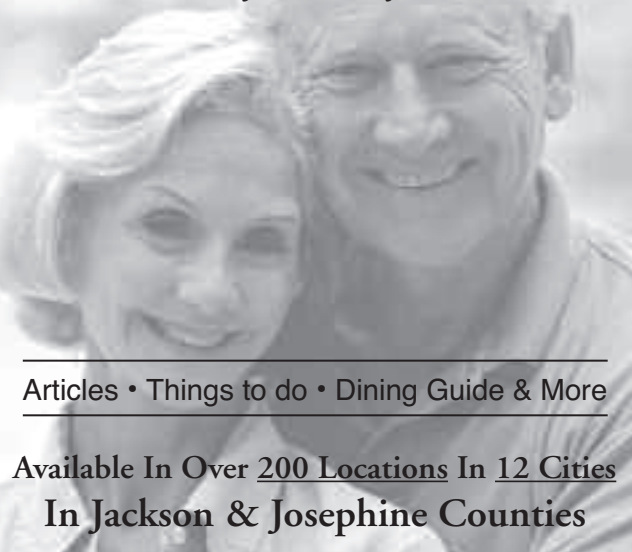
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intelligently.*

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# Brain Health and Community living, What's the connection?

*Submitted by The Springs Living*

Experts, like Barry Gordon, M.D, Ph.D., a neurologist at Johns Hopkins, suggests that older adults can improve their chances of maintaining a healthy mind by managing health problems, exercising daily, eating a healthy diet, and staying socially engaged.

Lifestyles that support one's entire well-being—physical, social, emotional, and spiritual, are easily found in community living environments. Senior communities offer opportunities to share values and interests, help maintain and develop new social relationships and interests, offer more time to pursue hobbies and provide an easy lifestyle – freedom from managing a home.

**The Power of Exercise:** Physical activity stimulates many brain chemicals that may leave you feeling happier, more relaxed, and less anxious. Organized activities like group exercise classes can help boost the immune system, decrease physical pain, and lower blood pressure. Even taking a short walk within the community to meet up with friends can help maintain physical fitness. Let our wellness program help you set and achieve meaningful goals through group classes and one-on-one personal training.

**Farm to Farm-to-Table Dining:** Brain boosting Nutrition Food science is an emerging entity in biomedicine. Healthy eating is important not only for the overall health of the body but also for the health of the brain itself. Nutrition is critical for maintaining health throughout our lives and may be beneficial for the onset and progression of diseases. At senior

living communities, they strive to deliver culinary excellence. Restaurant-styled menus are crafted to provide unique, health-focused, and exciting options. Many communities partner with local farmers, growers, and producers who provide ethical food sources that share our nutrition values. The Art of Delicious is our innovative approach to dining, nutrition, and meal preparation. Featuring fresh, farm-to-table ingredients, made-from-scratch menus that avoid processed foods. You can taste and feel the culinary team's passion for preparing and delivering an amazing dining experience.

**Connecting with Others:** Social connections are essential for health and well-being at all ages and may be especially important for promoting health in later life. According to an in-depth report on aging and health from the World Health Organization, social connectedness is a key that enables older adults to age more successfully. When older adults live in the close company of others, they can feel a sense of self-worth, and meaning, and find it easier to develop peer relationships. Consider shifting to Community Living – a vital resource to repair social connections, and promote health and wellness.

Belonging to a community increases a sense of being “in it together” and of being part of a larger whole. Common interests are easy to find at senior living communities. The wide array of events & outings support life-enriching opportunities to stay connected.

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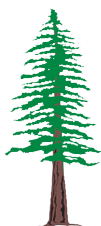
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# 'Choosing' your Real Estate Agent

**Our Senior Citizen population are some of the most interesting and knowledgeable people you may have the pleasure of talking with. ~ LISTEN~**

*Submitted by Sherri Scott, Sherri Scott Real Estate*

It can often be difficult and very sad when our elderly homeowners realize they can no longer take care of a big, or even small home on their own. Their family members or close friends may take them on tours of the different options they have to choose from. Assisted Living, Retirement Living, and possibly even moving in with family.

When their decision to move has been made and they have chosen the right place, it may take several months before they are absolutely sure they are ready to make this giant step. After all, they may have lived in their home for most of their lives, raised their family, watched the seedling Oak Tree they planted all those years ago, grow into a beautiful shade tree, bigger than their home. It can prove to be a very stressful, sad and sometimes traumatic experience.

The next step is to sell their home. I feel most Seniors want, and even need to be, an active part of the sale of their home.

It is important the Real Estate Agent they '**choose**' is familiar with our elderly population. Or at least an Agent that is not only comfortable to work with, but comfortable to be around, to chat with, someone with patience, often a lot of patience is needed. An Agent that has compassion for the uneasiness and unknown the Seller may be experiencing. '**Choose**' an Agent that will explain the process, over and over if

needed. Someone that never makes you feel you can't ask them as many questions as you need to ask. Not an Agent who is in a rush to get to the finish line, only looking for a paycheck at the end of the sale. Yes, of course, it is our livelihood, but we are working with people, real people. Senior citizens are possibly making the biggest decision and move they have made in decades. As was stated above, It could take months before the home is actually listed.

Contract dates may be changed many times over. Patience and compassion are so important. Always remember, Sellers and Buyers, you have choices in who you work with to buy or sell a home.

It is not a bad thing, or unusual to interview several Agents. Maybe begin by chatting on the phone. I feel more than not, you can tell in the first few minutes if a comfort level is present. If you feel it could be a good working relationship, set an appointment to meet in person. It is so important that everyone involved in the transaction enjoys working with each other. There is a trust level in working with an Agent. If you do not trust that your Agent is working for you, working for your best interest, it can make the process stressful and worrisome. Always remember, your Real Estate Agent works FOR YOU, the Buyer and/or Seller.

*For more information call 541-660-8739 or email [sherri@sherriscottrealestate.com](mailto:sherri@sherriscottrealestate.com).*

# Lifestyle & Healthcare Options

*Submitted by Skylark Assisted Living & Memory Care*

As people mature, their lifestyle and healthcare needs may change, leading them to explore different options for their care and well-being. Independent living, assisted living, memory care, and skilled nursing are four common types of care available for older adults. This article discusses the key differences across the spectrum of options to help you decide what is right for you or your family member.

**Independent living** is designed for seniors who are generally healthy and active but are looking for a broader sense of community where they can enjoy a maintenance-free lifestyle and spend more time doing what they love. Independent living communities typically offer private apartments or cottages and a host of amenities such as dining options, housekeeping, transportation, fitness centers, social events and celebrations. Residents in independent living can maintain their independent spirit while having access to support services and a sense of community. Some say that waited to long to move and wish they had done it sooner.

**Assisted living**, on the other hand, is for older adults who are seeking the same features discussed above, yet also benefit from some assistance with activities of daily living (ADLs) such as bathing, dressing, medication management, and meal preparation. Assisted living communities provide a supportive environment where residents receive personalized care and assistance from trained staff members. These communities often offer a variety of floor plans, three meals daily, social events, and emergency call response. Assisted living bridges the gap between independent living and skilled nursing, providing a higher level of care and support.

**Memory care** is a specialized service of assisted living that caters to individuals with

Alzheimer's disease, dementia, or other memory-related conditions. Memory care communities have staff members who are specially trained to care for individuals with memory impairment. These communities provide safety features to allow for freedom within the secure setting. There are often many organized activities designed to bring joy throughout the day. Families can enjoy each other's company without the stress of providing daily care needs. Memory care offers a higher level of staffing and specialized care for individuals with memory loss.

**Skilled nursing**, also known as nursing homes or long-term care facilities, is for individuals who require 24-hour medical care and assistance with activities of daily living. Skilled nursing facilities have licensed nurses and healthcare professionals on staff to provide round-the-clock care and support. These facilities offer a wide range of services, including medication management, rehabilitation therapies, wound care, and assistance with mobility. Skilled nursing facilities are equipped to handle complex medical conditions and provide a high level of medical care and supervision.

In summary, there are a variety of excellent options for older adults as their lifestyle and health changes. Many communities offer the spectrum of options within one campus, allowing for individuals to access the assistance they need and maintain the relationships they've developed without having to move to a completely different community. It is recommended to visit and tour different communities, speak with staff members, and consult with healthcare professionals to make an informed decision. It is a great time to explore the possibilities in your area.

*For more information call 541-552-1713,*



# Keeping Seniors at Home: Opportunities in the Rogue Valley

*Submitted by Northridge Senior Living*

The Rogue Valley offers a plethora of options for seniors who wish to stay at home. These options range from senior centers and library programs to in-home care agencies and adult day programs.

Senior Centers are an excellent resource for seniors to socialize with their peers. They offer a variety of activities such as games (BINGO), exercise classes, arts and crafts, and more. Notable centers in the Rogue Valley include: Club 60 in Grants Pass, Illinois Valley Senior Center, Rogue River Community Center, Eagle Point Senior Center, Central Point Senior Center, Medford Senior Center, and Ashland Senior Center. These centers provide a welcoming environment where seniors can enjoy meals, engage in conversations, and participate in various activities.

Library Programs are another great resource for seniors. Local libraries offer a unique array of activities including poem readings, book clubs, and various learning programs. They also provide numerous volunteer opportunities. Seniors can pick up a calendar at their local library or check online for a schedule of events.

In-Home Care Agencies are a valuable asset for seniors who prefer to stay at home. These agencies provide quality one-on-one time with seniors in their home, assisting with daily housecleaning chores and care needs. They are

particularly helpful when family members have appointments or meetings and cannot be with their loved ones. Some of these companies also work with Senior Services and the VA to help with some of the costs.

Adult Day Programs offer a fun-filled day for seniors. The Rogue Valley has two such programs run by Northridge Senior Living: Northridge Grants Pass Adult Day and Northridge Medford Adult Day. These programs offer hot meals and health snacks every day they come. These programs also offer a variety of activities to keep seniors engaged, including exercise, card and board games, arts and crafts, cooking and baking, and group interactions. Both programs have beautiful outside garden areas to work in during the spring, summer and fall. They also offer outings to restaurants, country scenic drives and in the summer picnics at local parks. The programs provide care assistance, including toileting, bathing and medication assistance. Northridge also has contracts with Senior Services and the VA to help with some of the costs.

In conclusion, the Rogue Valley offers a wide range of options for seniors who wish to stay at home. These resources provide opportunities for social interaction, mental stimulation, and physical activity, all while ensuring the seniors' care needs are met.

*For more information call 541-779-6943.*