

Treemont: Couples discover the benefits of retirement living

Change is scary – especially for a loved one who has lived in the same home for decades. A large share of those choosing a retirement community are singles who don't think about it until the death of a spouse leaves them alone – but couples can benefit even more.

“Both couples and singles discover that a senior community keeps them more independent, with more support and enjoyment than if they stayed at home,” says Treemont Retirement Community executive director Rachel Unverzagt. “Singles find a renewed social life. And couples with diverse needs have more flexibility in their lifestyle.”

Marilyn and Bob are part of the majority of seniors who only considered the move after significant health issues forced them to. As Bob's health declined, “we decided it would be better to move sooner to a senior community when we could make the deci-

sion without someone making it for us,” they said. They now tell their friends they wished they made the change sooner to avoid the severity of their health problems and to have gotten an earlier start on enjoying a renewed social life and improved comfort.

Similarly, Lorraine has more flexibility and independence as husband Bill participates daily in the LIFE Club. This permits the couple to remain together in the same apartment while Bill gets the extra support he needs.

After assessing whether a current living situation is a good “fit,” many seniors come to the realization that the “fit” is no longer right. Treemont resident counselors Linda and Sam point out that moving into a retirement community is similar to other life transitions – like when they moved into a bigger house, when they had children or relocated into a home closer to a new job.



Courtesy of Treemont

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At Treemont, there's many different living options – from independent living apartments to short-term rehabilitation spaces. Sam and Linda talk through the options and respective benefits. Do they have unused rooms? Do they have to drive for groceries, doctor appointments or visits with friends?

Are they spending their fixed income for companies to mow the lawn, clean the house or make home repairs?

Many couples said they were surprised that senior living has given them the flexibility to satisfy their different lifestyles. Marilyn craves the social aspects of senior living while husband Bob appreciates his alone time at home, surfing the internet. Marilyn and Bob enjoy meals with friends in the community but also have the independence to do what they love most.

Other Treemont couples and singles rave about the ease of living in a new home without stairs, close to doctors and without unexpected financial bills and transportation hassles.

If you or your loved one is stuck in a “sort of OK” living situation, or trapped in a home they've grown out of because of fear, reach out to one of Treemont's Resident Counselors or stop by for a visit.

Ask about Treemont's “Couple's Special” or the “\$59/day Special” for singles. Call Linda or Sam at 713-783-6820 or visit them at 2501 Westerland Drive in the Memorial area or at www.Treemont.com.