

7 Debunked Misconceptions About Senior Living

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Felix Meyer learned to play the piano. Fred Jenkins learned to paint and has even sold a few of his paintings. Halina Koziel volunteers almost daily.

Libby Davis, another Treemont resident, published the children's book *The Tale of Fredrica the Fox* in December 2017. You'll find other residents teaching classes, playing piano, or dancing. Most evenings, after dinner, a group of ladies gather in the lobby to play rummy cube or mah-jongg or just to enjoy each other's company.

It's too expensive.

When you compare your monthly expenses and caregiving costs to a **senior living community's monthly fee**, you may come out ahead.

You won't pay property taxes, homeowner's insurance, repairs, or utilities. Many communities provide transportation to and from doctor's appointments and shopping destinations, so you may not need a car.

"By the time I paid my bills and expenses, I was spending more money than I do here," says Joanne Driscoll, a resident of **Treemont Retirement Community** in Houston, Texas. "And I get **three meals a day** and weekly housekeeping. I can't imagine a better way to live at this age."

I'll lose my independence.

Senior living may help you **maintain independence longer** than living at home. Regular meals keep you nourished, which ensures better health and more energy.

When you have multiple medications to take, it's hard to remember when to take them all.

Treemont Retirement Community partners with Senior Allegiance to provide **medication management and assist with other tasks of daily living**. With personal needs taken care of, you can focus on spending quality time with loved ones.

I can't bring my dog/cat/parakeet.

In addition to providing companionship, pets offer a number of health benefits. Studies show pet ownership increases social interaction and helps reduce stress. Look for a pet-friendly senior living community. **Many Treemont residents have pets.** Not only do owners love having their companions with them, other residents love interacting with pets.

I'll have no social life.

A glance at Treemont's monthly calendar shows fitness classes, educational clinics, TED talks, writing and language programs, and activities such as sing-alongs, movie nights, card games, lunch groups, and more. Treemont activity director **Monica Muniz** assembles a full schedule that reflects the needs and wants of its residents. Established and emerging social butterflies have plenty of opportunities to meet and engage with friendly people.

I'll miss the comfort and safety of home.

As we age, we settle into a routine that's hard to break. We like our neighborhood and neighbors, but health issues keep us isolated. We may enjoy living alone, but balance issues put us at risk of falling. Senior living communities provide a safe environment for older adults to thrive. Treemont has all interior corridors and conducts **twice-daily safety checks** to make sure

everyone's OK. All apartments have emergency call systems, and an on-call evening security guard provides peace of mind.

"My children know someone will check every evening at 9 p.m. and again at 9 a.m.," says Treemont resident Jean. "It's a win-win for the children too!"

It feels like an institution.

Some senior living facilities do feel a bit sterile. When touring potential communities, use all five senses. How does it smell? What's the noise level? Does staff greet you warmly? Most importantly, how's the food?

With fresh paint, warm colors, and wide corridors, Treemont creates a homelike environment. You'll find cozy nooks inside and scenic gardens outside where you can relax and visit with friends and family. When you visit Treemont, ask to view the Jageman Garden, maintained by resident Paula Jageman.

Staff helps newcomers get settled in so adult children can rest easy knowing their parents will acclimate. Free from isolation and the stresses of maintaining a home, residents feel more energetic and engaged.

Now that we've cleared up a few misconceptions, are you ready to give senior living a try?

Contact Treemont Retirement Community today to take a tour and get a free lunch. Resident Counselors Lupe and Linda are always available to **answer questions** even after you move in. Call 713-783-6820 or visit **www.Treemont.com** to see why residents happily call Treemont home.

Moving from our beloved home to a senior living community is one of the most challenging transitions we'll face. Like any major change, we'll come up with all sorts of reasons to stay put.

Whether you need to move for health reasons or because you're no longer able to maintain your home, senior living offers several benefits. You get a built-in network of friendly people and access to quality care. The reality is that retirement living can help seniors remain active and independent longer. Here, we clear up seven common misconceptions about senior living.

Senior living is for "old people."

As **KHOU Great Day Houston** host Deborah Duncan once said in a news feature, "It's not a place where you go to die. It's a place where you go to live again!"

Some senior living residents continue to work. Others start a new chapter. Treemont resident