

Is it the Right Time to Consider Senior Living?



Moving to the right place at the right time for senior care can be a life-saver – in more ways than one. Retirement communities can help seniors stay active, healthy and independent longer. Plus, the many options for social interaction alleviates isolation, anxiety and depression.

At Treemont Retirement Community, residents gain peace of mind – with affordable, home-style living, three meals a day, housekeeping, transportation and a variety of planned activities.

Staff members are available around the clock, director of marketing and admissions Kelli Walleck-LeLacheur explained. At the same time, residents can relax knowing that there are no dishes to wash, meals to cook, bath to scrub or grass to mow.

“In fact, a lot of our residents tell us that they wished they had come here years ago,” Kelli said. Usually, however, families often wait until there is a what she calls a “cliff event,” a major medical issue that forces them into care, like a heart attack, a stroke, a new diagnosis or a major injury.

“You don’t want to wait until a major cliff event happens,” Kelli said.

As you start exploring senior living options it’s best to identify your key

objective(s) and move while you or a loved one are healthy and can enjoy the many amenities and benefits that retirement living offers. This might be the opportunity to meet new friends, have more time for hobbies and leisure activities, or simply enjoy the peace of mind of living in a more supportive environment.

The following indicators can help determine if it’s the right time for you or a loved one to consider senior care:

You’re facing a health setback.

Whether a fall or stroke, a new diabetes diagnosis or a chronic heart problem, senior care can offer a solution. “It’s like having 10 extra daughters around to keep an eye on your loved one,” says Kelli. Many like the idea that there are also extra care options available such as medication management should mom or dad need a bit more support down the road.

Fear is curtailing individual freedom.

Perhaps a senior becomes scared of falling or telling family members about other underlying issues. They might worry about misplacing their belongings or driving to the store. At Treemont, there is always someone to call. Residents enjoy safety checks, emergency pull cords, inside corridors, an overnight security guard and home health care options on-site.



Feeling lonely has become the new norm.

Seniors can feel isolated, especially when they are no longer driving, Kelli explained. At Treemont, residents don’t have to go far to enjoy social interaction and specially planned events. “Most people end up meeting new friends here,” she said. “We even have a few couples who met and married here.”

Doing chores has become a burden.

Taking care of a home, yard, or even cleaning an apartment, can become overwhelming as you age. Unpaid bills can pile up or going grocery shopping becomes too much of a task. At Treemont, necessary chores are taken care of.

Maintenance is on call and meals are provided by professional chefs.

The social calendar is empty.

Treemont offers about 250 events a month. The schedule includes classes, clubs and activities. Seniors enjoy the painting parties, bridge club, creative writing group, sewing club and weekly happy hours complete with live music. Treemont also has regular transportation to events and stores, as well as a regular lunch bunch.

Treemont offers 300 independent living apartments for those 55+, as well as assisted living, short-term rehabilitation, and home health care on premise. Senior Allegiance Home Care offers extra care options to residents in their apartment that helps them retain independence. Senior Allegiance also offers rehab and nursing care paid for by Medicare. There’s no one-size-fits-all, Kelli explained. And what works today can

later be adjusted to meet future needs.

Kelli discusses senior care options in depth on the “Ask the Experts” **Senior Living Info Series** on KSEV 700 AM.

Once families decide on senior care, there are many ways to support loved ones as they make the transition, Kelli explained. “Change is always scary,” she said. “Seniors are worried about moving out of the home they’ve built for decades.”

Adult kids also experience guilt and anxiety, wondering if they made their decision too quickly or waited too long. “It’s an adjustment on both sides,” Kelli said.

She reminds families that their loved ones can gain independence at the right senior residence. For instance, since Treemont residents have support services on site, they don’t have to ask family members for help with home repairs, shopping or visits to the doctor.

“It gives kids a chance to regain that parent-child relationship, instead of being caregiver and patient,” Kelli said. “It’s easy to lose when you’re taking care of someone – and this can give you your relationship back.”

Rental Pricing includes rent, utilities, housekeeping, three meals each day and

entertainment. There are no “buy-in” fees or extra expenditures. Staying at home, on the other hand, comes with taxes, insurance, utilities, home repairs and lawn care, not to mention the cost of a car upkeep.

Treemont was the first Continuing Care Retirement Community (CCRC) in Houston, with a proven track record of providing the best in senior care. “There’s a lot to be said about our longevity,” Kelli said. “Being the original CCRC in the city makes us stand out.”

Even staff members have stayed for decades. “People whose grandparents were here return with their parents,” Kelli said. “Our families are really happy to be here.”

“At Treemont, we’re changing the perception of independent and assisted living,” Kelli said. “This is a place everyone is proud to call home.”

Treemont is located at 2501 Westerland Dr. in the Memorial area. Walk-in tours for independent living and virtual tours are available for nursing/rehabilitation/assisted living.

Call 713-783-6820 for independent living and 713-783-4100 for nursing/rehab or visit www.Treemont.com to find out more. Kelli can be reached at 713.816.2033.