

Treemont: The social network of senior living

Seniors often think that they are more “independent” if they stay put in the home they’ve enjoyed for 50 years. There’s a comfort there. Yet, the reality is that often retirement living community ties provide the social network and foundation of support that gives an 80-year-old a truly more independent lifestyle.

Frequently, it’s the “adult children” who understand the value of a senior living community. They are more tuned in to wanting their mom or dad to have support services as they age and the benefits of new social connections. Seniors may fear a loss of independence – while their adult children understand that these fears can be unfounded and their parent might gain



Courtesy of Treemont

Residents Marilyn and Bob enjoy the walking paths around Treemont’s senior living campus.

independence, rather than lose it.

Treemont Retirement Community provides a social setting that makes it

easy to connect with new friends over breakfast or lunch. Treemont promotes easy indoor walks from apartments to dining

and activities that help residents stay physically active, in a safe environment. A retirement community provides planned activities that include mental stimulation, social engagement, physical exercise and education.

Independent Living communities provide private apartments that are comfortable places for some quiet time of rest

and relaxation. Staff members plan menus, shop for food, cook your meals and clean the dishes. Staff can take you to doctor’s appointments. They clean your bathrooms, vacuum carpets, scrub your kitchenette, do laundry and take out the trash. They also keep your environment in good repair, protect you from storms and provide flowers in the garden. The bottom line is that an adult child can enjoy visiting as a son or daughter again instead of running errands or playing a caregiver role.

One couple, Mike and Caroline Calistrat, recently found themselves struggling with isolation and soon after discovered Treemont. They couldn’t possibly be happier with their decision to make the move.

“With the isolation of COVID, my wife Caroline was depressed,” said Mike. “Treemont and the new friends she’s made have brought Caroline back to life. We have a nice social life, especially the activ-

ities that keep us very busy.”

“They are so happy and well taken care of there, they love it,” said their son Andy. “And I’m much more at ease knowing they are at a place that really cares and takes such good care of them.”

Treemont has partnered with Senior Allegiance Home Health on campus who can provide reminders to help residents get the full benefit of their medications and avoid the risks of forgetting or doubling-up. Personal Assistance Services from Senior Allegiance can help seniors to safely take a shower, get dressed and get ready to enjoy the day. Plus Treemont staff keep a gentle eye out for your safety and well-being, giving peace of mind to your family.

Why not enjoy these benefits today? Call Sam or Linda at 713-783-6820 or visit www.Treemont.com for more information. Treemont is available for visits, including weekends, with Keri. Treemont is at 2501 Westerland Drive, 77063 (near Westheimer and Gessner).

WHERE TO FIND US

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