

The Moving Times

Bruce Nemovitz presents a quarterly guide to making the most of your move for seniors and those who care about them.

Ask Your Loved Ones... and the Experts

When making the most important decisions of our lives, who do we count on to give us the very best advice? Think back, look over the course of your life and highlight the moments when decisions had to be made. Does there seem to be a pattern as to who helped you the most with the most difficult decisions you were impelled to make?

The decision to move into a new home -- whether it be a senior community, senior apartment complex, condominium or other single family home -- may be one of the most difficult and thought-provoking times of your life. My experience in working with thousands of seniors who have lived in their homes for many years has led me to the belief that one needs to consult with others who can give objective and intelligent advice when making important life changing decisions.

Reflect on Past Experience

When looking back at your life, you relied on many people for advice. Some had an agenda, some cared about you but too many past scars or negative experiences tainted their advice given. Some didn't fully grasp the significance of the decision from your perspective.

But there were a very few that always seemed to be correct in their predictions. They seemed to have an extra sensory perception as to what the outcome of your decision would be. These are the people with whom to

share your feelings, desires and wishes as to your possible move to new housing.

Writing It All Down

Once you have established who these people are -- these pundits -- you should write down a list of pluses and minuses as to why you should or should not move from your present home. Then call each of your guides and meet with them to discuss your lists of concerns. Ask for their opinion and write that down too! It is important to see it in writing, so that you can review exactly what they told you. We tend to color other's opinions to match our own.

Now, ask yourself which professionals could also give you the proper advice that you need to complete the decision-making process. My experience shows that when considering a move to new housing, senior financial counselors are at the top of the list. They can provide you with the information you will need regarding what you can actually afford. They can advise you on how much you can spend per month so that your money will last you a lifetime.

Your attorney can offer advice about how a move will affect your estate. A moving consultant can explain all of the services available to you as you

think about downsizing, packing and the costs to move your personal belongings to your new home.

A Senior Real Estate Specialist -- that's me! -- can show you how much equity you currently possess in your home, help you create a game plan for timing the move, and refer you to all of the services you will need when preparing for your move.

The lesson here is to utilize all of the people and services that are readily available to you when making one of the most important decisions of your life. Remember, your ultimate goal should be to maintain your freedom and independence, but even more importantly to improve the quality of your life.

Life is not measured by the number of breaths that we take, but by the moments that leave us breathless!



For a copy of "Senior Resources" magazine or to discuss this article, you can reach Senior Real Estate Specialist Bruce Nemovitz, and his team, at 262-242-6177.

Explore the Options Before You Move

By Elizabeth Steinhoff

Summer is approaching and you are dreading having to mow that big yard. You look around at all the windows and rooms to clean and you are exhausted at the thought of it. While your house was perfect when the kids were at home, now it's just too big and causes too many headaches. You just want to be able to enjoy your retirement. Sound familiar?

If so, you are not alone. This scenario is becoming more familiar to older adults. With more options for senior living than ever before, older adults are realizing that, when they move out of their home, they have more time to spend with grandkids and to do things they enjoy!

But before you can move out to have more free time, you have to take time to explore all your options. Besides a single-family home, there are retirement communities, manufactured/mobile homes, rental apartments, condominiums, continuums of care, and more! All the options can be overwhelming. How do you know which one is the best for you?

The best way to sort out your options is to determine what is important to

you. Make a list of what you are looking for in your retirement years.

This list may include:

- Access to medical clinic & resources
- Clubs, groups & hobbies
- Easy access to places and events
- Educational opportunities
- Employment
- Entertainment
- Exercising
- Future healthcare needs
- Security & peace of mind
- Seeking new adventures
- Socializing
- Traveling
- Volunteering

The list could go on and will vary for each individual. Prioritize and set goals regarding what you want to accomplish in your retirement, no matter how big or small.

Another important question to ask is whether this will be a one-time move. Will the community be able to care for your changing healthcare needs or will you have to move elsewhere when you need more care? This is important because healthcare needs can change quickly and you want to make sure you have an adequate plan.

It may take some time to find the right place. It may require a lot of



research, but it will be worth it. Don't lose sight of your priorities when making the decision. Finding the right senior living option for you will reward you with peace of mind and the freedom to enjoy retirement.

Elizabeth Steinhoff is a marketing specialist with The Village at Manor Park. For more information, call 414-607-4100.

Catch a Movie On Us!

Call 262-242-6177 for an appointment to talk about downsizing, tips on getting your home ready for sale and a market analysis to discuss the value of your home in today's market.

When Bruce meets with you, he'll bring two movie passes and

a free popcorn for you to enjoy!



The Things We Remember...

See how many you can answer:

1. Who or what was Sparkle Plenty?
2. What are Curb Whiskers?
3. What comic used to say, "I'm a BAAAAAAD boy!"
4. What was Walt Disney's first animated feature film?
5. What company sponsored Capt. Midnight on the radio?

- Answers:
1. A character in the Dick Tracy comic strip
 2. Springy projections mounted on a car to let a driver know he's getting close to the curb
 3. Lou Costello to Bud Abbott after being told how he screwed up
 4. Snow White and the Seven Dwarfs
 5. Ovaltine

A Senior's Story: Mildred York

By Filomena Lea

Mildred York knows everything anyone would want to know about moving, and more. She has not only moved from, and settled into, several houses in her 70-year lifetime, she has traveled to and from the four corners of the earth more times than she can count.

A diminutive lady who looks all of 100 pounds (she won't tell), she is spry, energetic and willingly divulges her best secrets to moving. First, avoid becoming a clutter bug at all costs. Second, stop being an easy target for point-of-sale merchandise. Third, if you've already fallen prey to vendors selling worthless products, then it's time you to start unloading the trinkets you've acquired.

She was lucky, she says, because each time she and her late husband, Conway, were transplanted into a new environment, she seized the opportunity to rid their lives of "things."

"It's an empowering experience," Mildred says. "To free oneself of all the things that were once thought of as special treasures is liberating. But there's more," she adds. "The things that are left take on new meaning."

Her new apartment at Village at Manor Park in West Allis is the perfect model for her wisdom. She has found more floor and wall space than she ever imagined could be made available in approximately 1100 square feet. Now she has a large area to display her stone collection, finds from her trips to far and near places. She can name and identify all the rocks she has amassed as well as the exact locations where they were

gathered. She also has ample wall space on which to hang photos, prints and pictures of land and seascapes she and her husband visited. There's even floor and shelf space for her unique glass objet d'art, her many walking sticks, baskets from South America and collectibles from Turkey, Egypt, Kenya and Europe.

"I've never been a pack rat," she comments. She feels most people aren't either, but moving can be a nightmare because they won't part with lifetime memories. For instance, who hasn't stored the woodworking class stool made by a son or grandson in kindergarten? Doesn't matter that it's broken. It's a reminder of a child's thoughtful expression. It's hard to part with emotional baggage, Mildred says thoughtfully. It's these kinds of items that become anguishing choices in the process of unshackling oneself from sentimental attachments. Nevertheless decisions have to be made and downsizing has to be the motive. According to Mildred -- who doesn't profess to be every senior's moving day advocate -- once the relics are gone, they won't be missed.

Even she keeps something of the past. Her husband's glass case bearing his name is now a receptacle for pencils and has a prominent place near the telephone. "I just couldn't part with it," she says wistfully. He was a print media distributor and while in business she did much of the office work and their three children did all the bundling. Today two sons, Christopher and Calvin, run the business. A third son, Conrad, works at Milwaukee Mutual Insurance.

Until November, Mildred made her home in a Brookfield condominium.

She and her husband had also lived in Milwaukee, Wausau and Marshfield. "After he died of a heart attack in 1993, I continued living in the condo, but last year realized I needed to relocate to a place that had lifelong amenities including independent living, assisted living and nursing home care if, and when, it becomes necessary. I did the right thing," Mildred concludes.

The Village at Manor Park was the best answer for her needs. Her condo sold quickly in October and the move went easily in November because, as she says, she had been packing, moving and downsizing all her life. "A person needs to move while in good health," she points out.

At Manor Park, Mildred's unit faces West Beloit Rd., which gives her the sense of being in a friendly residential neighborhood. Her independent living apartment is on the first floor. "I have a southeastern exposure," she says, "so I am fortunate to have lots of daylight and morning sun, whenever we do have it."

She especially enjoys living with people who have things in common with her and are in the same age bracket. "I've made many new friends here and there are so many planned activities, it's hard to choose ones to participate in," Mildred comments. A peek in her appointment book reveals a tight schedule of luncheons, bridge playing and tutoring at the 27th and Wells Streets Literacy Center. She still needs to buy more shelves but confesses the shopping trip is pushed to the back burner. The boxes aren't going anyplace, she reasons, and she'll get the job done in between all her other commitments.

Moving is Easier with a Helpful Organizer

By Veronica Woldt

Most of us are familiar with the term "caregiver," and many of us are caregivers of children, parents, family and friends. Organizational caregivers can assist seniors in their transition from one home to another before, during and after their move.

"Because we educate our caregivers in how to work with the elderly, we fill a unique role in helping them transition," said David Kyhn, owner of Home Instead Senior Care in Greenfield and Waukesha. "Our caregivers help clients decide whether to keep an item, give it to a loved one or donate it to charity." While movers do heavy lifting, an organizational caregiver can help dispose of unwanted lighter items.

Nancy Easto, a Home Instead Senior Care client, explained how organizational caregivers helped her. "I was moving from one apartment to another and I am in a wheelchair. The girls helped me 100%; they came with boxes, labeled and packed everything, and were careful and meticulous about how they did it."

Caregivers also help Easto with house-keeping, shopping and laundry to assist her in remaining independent. "Home Instead did far more than I expected. I am their number one cheerleader," beamed Easto.

Organizational caregivers who specialize in working with older adults can keep a watchful eye out for possible danger. "Separation of certain items in packing is crucial," said Mark Minch,

2003 Greenfield Home Instead Senior Care Caregiver of the year. "Some clients suffer from memory loss and may need to be reminded that food items must be kept in separate containers from cleaning agents."

To learn more about these, and other non-medical home-helper and companionship services, contact your local Home Instead Senior Care office: South: 414-281-2273, North: 414-259-9820, Waukesha: 262-436-4663.



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