

Village Breckenridge

A COMMUNITY FOR ALL GENERATIONS

SPRING 2016

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THE NASON CENTER • THE FAIRMOUNT HEALTH & REHABILITATION CENTER • THE LYONS CHAPEL • THE OSBORNE
THE MAHAN CULTURAL ARTS CENTER • THE VEALE WELLNESS AND AQUATIC CENTER • THE CLAPP CHILDREN'S CENTER • SENIOR INDEPENDENCE

SCHWEITZER HOUSE •
COMMUNITY PLAZA •

Charting the Course for Retirement:

As Executive Director of Breckenridge Village, I have the opportunity to speak to many groups, churches and civic organizations. One question I pose to people in the audience with children is, "How many of you have thought or planned extensively to ensure that a child can attend college if desired?" Nearly all hands will go up. Then, I'll ask, "How many of you have spent the same amount of time on retirement planning and age-related needs?" Only a handful of hands will be raised. A child will be in college four years on average. You will spend five times as many years managing your retirement years. What's wrong with this picture? Although the thought of developing a retirement plan can be intimidating, we are here to help you get started. But, how do you begin?

Start by having a discussion and open dialogue with your spouse, family, and yes – yourself on what's important and needed for you. What was important to you 20 years ago may not be important at this stage in your life. Next, explore options early and analyze how those options play out when you are well. Also, consider how those options may look following a health need change, an immediate crisis or if you find yourself incapacitated. Finally, using this information, begin to Chart a Course, take into consideration various aspects of retirement such as finances, health care, hobbies and proximity to family, just to name a few.

Being experts in retirement living, in an effort to get you to begin this process, the focus of this newsletter is on housing: another important aspect of retirement. Inside you will read about five popular housing options, and the pros and cons associated with each. Due to limited space, it is not all inclusive. However, it is an effort to provide you with objective information that you can wrap your arms around and assimilate into your plan.

Charting a Course can be a daunting task and knowingly difficult. Yet, it is necessary and can prove to be very beneficial and satisfying. Please know we, at Breckenridge Village, are here to support you during this journey. If this information has put you in a more knowledgeable position, it is worthwhile. If you would like to talk further, please call us and we will be happy to assist you in exploring a plan for your future.

Sincerely,



David Schell
Executive Director
Breckenridge Village



Inside This Issue



Planning for Your Retirement –
Preparing for the Rest of
Your Life to Happen



Taste, Talk and Tour –
You're Invited

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Planning for Your Retirement is Preparing for the Rest of Your Life to Happen.

So what are you waiting for? Start here.

In life, you planned; high school, college, career path, weddings, birthday parties... so why not retirement?

Having a plan allows you to:

- Notice things you may not have otherwise known or thought about
- Understand the moving process so that it won't be as stressful or taxing
- Reassure your children not to worry about how you'll be cared for
- Feel comfortable knowing you made the decisions yourself instead of being in a position where you're forced to
- Avoid asking yourself "what if?"
- Have the freedom to make retirement lifestyle choices
- Know where your finances will go and understanding what they'll allow

Turn the page and start writing the next chapter. Whether you are a soon-to-be or seasoned retiree, we hope this year's spring issue will act as a tool as you search for your next home. You may be ready to move, convinced you're staying home, or not sure what to do next. It doesn't matter. This guide will hopefully help you ready a decision best for you.



Staying in your home



It is a popular notion that people want to remain in their home and bring in services when needed. However, staying at home also generates some inevitable questions. Take a look at these pros and cons associated with staying in your home.

Pros:

FAMILIARITY

Home is where the heart is. This is where you raised your children, celebrated holidays and welcomed grandchildren. You know your neighbors, and all your friends are nearby. "I'm two minutes from my church, grocery store and hairdresser. And besides, everyone at my bank knows me. Why should I leave?"

SAFETY

What worked for you in your 20's and 30's might not work for you in your 70's and 80's. Age-proofing your home will need to be considered. Things to think about might be improving the lighting in stairways and outdoor areas, change out doorknobs for lever handles that are easier to manipulate and installing bathroom grab bars and raised toilet seats. By simply getting rid of scatter rugs, and putting down colorful traction strips on the front edge of your stairs, the chance of falling can be minimized. Depending on the layout of your home, it may even be possible to turn a study or den on the first floor into a master suite. And, the convenience of an alert pendant can give you the comfort of knowing that in the case of an emergency, help is just a "click" away.

STRESS-LESS

The thought of getting rid of 50+ years of "stuff" can be stressful and overwhelming. "Besides, I can't imagine giving up my mother's the china and silver."

Cons:

HOME MAINTENANCE

Homes age along with their occupants, so day-to-day maintenance will be required. Although you may have served as the handy man in your younger days, you may now need to depend on outside help to ensure your home stays in good condition.

ISOLATION

With isolation comes loneliness. **FACT:** Isolated elders have a 59 percent greater risk of mental and physical decline than their more social counterparts. – UCSF (University of California, San Francisco) study. What type of social interaction will you have access to? Remember: Just as you are aging, so are your friends. They may not be able to visit as much as you would like. Once you've given up driving, is public transportation readily available to get you out and about? Or is family available to fill in?

HEALTHCARE NEEDS

As your health needs change, are you open to bringing in help with bathing, dressing or setting up your medication? If the family is nearby, are they willing to provide the additional support you might need?

Living with Your Kids

You want to move in with your adult children? Do they know that?

The love you have for your children and grandchildren is something extraordinary but, before building a granny-suit, consider the pros and cons of living with them 24/7.



Pros:

SOCIALIZATION

As an empty nester, you have been able to enjoy quiet living but, are you missing the hustle and bustle of a busy household? Surrounding yourself with your children and grandchildren can keep you young at heart and active. You have the freedom to live as you wish; you can travel with them or stay home for quality time to yourself.

COST

It is less expensive to live with family than it would be to live on your own. You can free up a lot of money by selling your home, or collect income by renting it. Either way, you'll be able to save money for future needs.

SECURITY

Knowing the future is unpredictable; moving in with family will add a sense of security for your safety.

Cons:

COMFORT IN THEIR HOME

If you're used to living alone, moving in with people (family or not) may take some adjusting. Depending on your physical surroundings, your options for privacy may be limited. Do your children have the ability to create a space where you'll be comfortable? Be sure any home renovations are discussed before you commitment is made.

HEALTHCARE NEEDS

Should you reach a point where 24-hour care is required, are you prepared to consider a move to a nursing home? Or will your family be available to provide the necessary support?

TOO MUCH ALONE TIME

Your children have busy lives. They are never home because they are either running around to their children's after-school activities or at work.

Downsizing

Many senior living options are available for active adults who are recently retired or planning to retire. Downsizing is one option that has a number of advantages but there are also some potential drawbacks to consider.

Some retirees make the decision to downsize for the financial benefit because if your home is worth a large amount, selling it and moving to a less expensive location may be a vital part of your financial plan. Others want to take advantage of a smaller home to cut utility costs and general home upkeep. Some choose to move to a more accessible home as stairs, small bathrooms or kitchens become a challenge.

When downsizing, there are several different options: a **condo**, a **55+ Community** or a **Continuing Care Retirement Community (CCRC) / Life Plan Community**. Depending on your personal situation, any of these three options could be the right choice for you.

Consider a Condo

Pros:

FINANCIAL

If you've paid off your home and are ready to move to a condo, there is a potential you'll have some extra pocket change at your disposal. You can use it to supplement your retirement savings or finance any extracurricular activities that have simply been a mere thought. Interior maintenance, landscaping, snow removal and building insurance are usually covered by a condo fee.

SECURITY

Many communities have 24-hour security and guarded parking. You can feel safe when you're home and when you're away traveling.

COMMUNITY

Living in close quarters means you'll probably have more interaction with neighbors and make new friends quickly.

Cons:

RULES

Residents of condos have to follow certain bylaws. There are legally binding contracts that regulate everything from parking to pets, fences and outdoor barbecues. Some communities have it in place that residents must get approval to make modifications to your home or property.

COMMUNITY

This is great for making new friends but it can also create more noise and less privacy. If you're used to open space and not to close neighbors, it'll take some adjusting.

OWNERSHIP

Although you've downsized to a smaller home, you are still a home owner. When your needs change, you will, once again, find yourself putting out a "For Sale Sign".

CONDO FEES

Even if you have paid off your condo, you will still have to pay taxes and property insurance.

ADDITIONAL ASSESSMENTS

If the roof or sidewalks need to be repaired, there is a potential for you to pay a large share of the assessment.

Forge Ahead to a 55+ Community

Ranging from fully engaged resort-like environments to low-involvement, age-restricted housing, 55+ communities are usually a good fit for many. The comfort of neighboring interaction, the fun of new friends and the available amenities will make daily living much easier. Whether planning alone or together, you will enjoy this independent lifestyle and maintenance-free living.

Pros:

SOCIALIZATION

Living with people your own age creates a better chance for building new and lasting friendships. Most communities have fitness centers, community rooms, hiking trails, and golf options for the residents to utilize.

TRANSPORTATION

If you have become less comfortable with driving, you may have to rely more and more on public transportation or family and friends to get around. Some 55+ communities offer convenient transportation options to outside activities and appointments.

SECURITY

Homes generally come with easy accessibility and numerous safety features.

LOCATION

Generally, these communities have a closer proximity to shopping, restaurants and churches.

Cons:

LIMITED HEALTHCARE

When health concerns surface, you will be responsible for coordinating the necessary arrangements to bring services in. Once you get to the point where you need 24-hour care, you will be responsible for planning your move to an assisted living or skilled nursing facility. Since these levels of care are not provided in a 55+ community.

RULES/ REGULATIONS

Some won't allow pets, outdoor grilling or cigar smoking. Others won't allow putting a security sign in your yard or even parking your car in your driveway. If you're willing to overlook some of the restrictions, be prepared to get involved if you want to see some go to the wayside.

MONTHLY FEES

Homeowner association and condo fees are subject to change. With that, if the common areas should require changes, repairs or updates, residents may be assessed. Some 55+ communities will purchase your home, should you decide to move. Others leave that task up to you.

what type of housing

FEATURES / AMENITIES	STAY AT HOME	LIVE WITH
Taxes / Insurance	●	▲
Utilities	●	▲
Routine Maintenance / Upkeep	●	▲
Home Repairs	●	▲
Meals	●	▲
Housekeeping	●	▲
Socialization / Activities	●	▲ / Fami
Transportation (no Longer Driving)	●	▲ / Fami
Security	●	▲
Coordination of Services	●	▲
Access to Higher Levels of Care	●	●

● = You are Responsible ▲ = Included in cost

Continue to a CCRC

There are many different types of Continuing Care Retirement Community/Life Plan Communities but generally, they are multi-building campuses or large single buildings that provide independent living, assisted living, and skilled nursing care. Some also offer short-term rehab, outpatient therapy, home health care, and hospice care. Most CCRCs also offer social and recreational services such as dining areas, activity programs, exercise facilities, libraries, computer centers, and craft and hobby areas.

Pros:

SOCIALIZATION

There are many social benefits to living in a community full of young, active adults! Generally, fitness, movies, trips, clubs, programs and more are offered! Woodworking shops, libraries, and business centers are just a few of the ways to pick up a new hobby and meet new people.

MEALS

Depending on your lifestyle option, dining choices can vary from no meals to providing breakfast, lunch, dinner and snacks.

HOUSEKEEPING/LANDSCAPING

The tedious responsibility of housekeeping and landscaping are included when you move to a CCRC. Staff maintains the grounds, plows the streets and driveways, and gathers the garbage. Depending on lifestyle options, housekeeping is included or can be requested.

SAFETY

Similar to a college campus, CCRC/ Life Plan Communities have security roaming the streets and buildings. If there is an emergency, security is just a call away.

FITNESS

Fitness is important for all of us to remain active and mobile. Most CCRC/ Life Plan Communities have a fitness center where you can take part in fitness classes.

TRANSPORTATION

Scheduled shuttles are available to take residents to local stores, banks, and medical appointments. Regardless of whether you drive or have given up your car keys; this amenity is crucial for maintaining your independence.

Cons:

WHAT IF YOU WANT TO LEAVE?

Every CCRC / Life Plan Community handles these situations differently. You will need to check the contract for policy details.

FINANCIAL REQUIREMENTS

The requirements vary: Some require entry fees (initial deposits), while others offer a standing monthly rental option. Be prepared to provide some type of financial disclosure to take care of you for the remainder of your years.

Please send me information on the following: (Check all that apply)

- Independent Living Options
- Assisted Living Options
- Nursing & Rehabilitation at The Fairmount Health & Rehabilitation Center
- Senior Independence & Adult Day Centers
- Spiritual Life, Activities & Volunteer Opportunities
- Outpatient Therapy at The Veale Wellness & Aquatic Center
- Please call me to schedule an appointment
- Please remove me from your mailing list

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____

Email address _____

option is best for you

KIDS	DOWNSIZE		
	CONDO	55 + COMMUNITY	CCRC / LIFEPLAN COMMUNITY
	●	●	▲
	●	●	▲
	● / Interior	● / Interior	▲
	● / Interior	● / Interior	▲
	●	●	▲
	●	●	▲
ly?	●	▲	▲
ly?	●	▲	▲
	●	▲	▲
	●	●	▲
	●	●	▲

Breckenridge Village
 36851 Ridge Road
 Willoughby, OH 44094

Place
Stamp
Here

Yes! Sign me up for the Taste, Talk and Tour Event!

Time: 9:30 a.m.

PICK ONLY **ONE** OF THE FOLLOWING:

- Breckenridge Village North in the Green House Dining Room (Wednesday, April 6)
- Ranches at Osborne Community Plaza in the Austin Room (Wednesday, April 6)
- Brownstones at Grace Woods at the Riverside Restaurant (Thursday, April 7)

Name _____ Guest Name _____

Address _____ Address _____

City _____ State _____ Zip _____ City _____ State _____ Zip _____

Phone _____ Phone _____

Email _____ Email _____



misc.

Request for Email Addresses

Interested in receiving future newsletters and other BV information electronically? Send an email to **abishop@breckenridge.oprs.org** and put in the subject area, "Include me!"

Place
Stamp
Here

Breckenridge Village

36851 Ridge Road
Willoughby, OH 44094



Dear Reader,

We, at Breckenridge Village, know how overwhelming it can be to decide what type of housing option is best for you. It is a decision or choice we all must make, sooner or later. One size does not fit all. The objective of this issue was to create a tool that would be helpful in making that decision. Although a lot of information has been presented, it is not to be considered all conclusive.

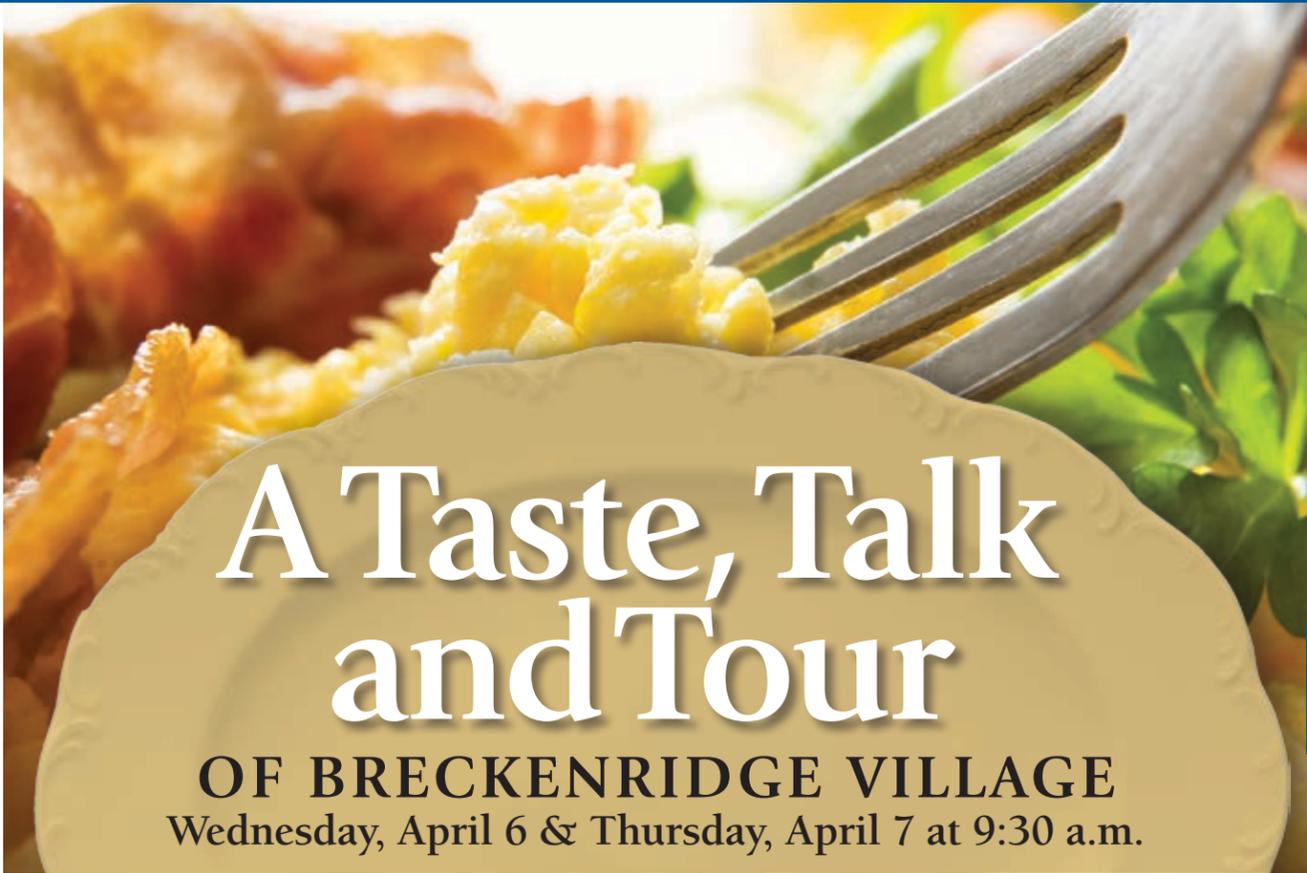
I would not, however, be fulfilling my responsibilities if I did not take this opportunity to point out the additional benefits of our community. Aside from the general advantages of living in a CCRC / Life Plan Community that you read about earlier, Breckenridge Village brings with it two unique qualities that make it second to none.

The first is the fact that it is a not-for-profit, faith-based organization serving people from all economic backgrounds for over 35 years. Why is that important? The fact that we are a not-for-profit means any profits generated are reinvested back into the community. They do not go into the pockets of shareholders. Each year painstaking efforts go into keeping rates as low as possible. While, at the same time, making sure quality care and services are not sacrificed. The fact that we are faith-based plays an incredible role in that decision process.

Our second distinguishing factor is our Life Care Commitment. We are proud to say that during the 94 year history of our parent organization, Ohio Presbyterian Retirement Services, no one has ever been asked to leave due to their inability to pay. If, in good faith, a resident runs out of funds that were meant to see them through, our Life Care Endowment assures they will always have a home in our community for the remainder of their years. And, contrary to rumors, you never turn your resources over to Breckenridge Village. **YOU ALWAYS MAINTAIN CONTROL OF THEM!**

As Marketing Director, I could go on and on about why I feel a move to our community would be your best option. But, I won't. Instead, I invite you to join us on April 6 or 7 for our annual Taste, Take & Tour Open House. Come and discover, first hand, why over 725 people have chosen to call Breckenridge Village home!

Sincerely,
Lucy Nixon
Marketing Director



A Taste, Talk and Tour

OF BRECKENRIDGE VILLAGE
Wednesday, April 6 & Thursday, April 7 at 9:30 a.m.



Have you ever wondered what it's like to live at Breckenridge Village?

Why not attend our back-by-popular demand "Taste, Talk and Tour" event at Breckenridge Village.

You are cordially invited to explore **one** of the three different lifestyle options: Our Breckenridge Village North Apartments, our beautifully custom-built Ranch Homes, or our newly built Brownstones at Grace Woods.

Once you've confirmed your reservation for **one** of the three locations, start with a delicious brunch prepared by our award-winning culinary chefs and staff, who will serve a mouth-watering sample of the kinds of delicacies Breckenridge Village residents rave about. Next, hear Breckenridge Village residents and staff briefly discuss the various lifestyle options available, and answer questions about finances, amenities-you name it. There is no hard selling here. Just information!

Finally, have a chance to tour your chosen lifestyle option.



SPACE IS LIMITED so be sure to **RSVP** for only **ONE** location by **Friday, April 1, 2016** at **440.954.8359**.

Our Mission is to provide older adults with caring and quality services toward the enhancement of physical, mental and spiritual well-being consistent with the Christian Gospel.

www.breckenridgeohio.org



Important BV Phone Numbers & Contact Information

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Kim Tome
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Jeannie Zuydhoek
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Mitzi Brumagin
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Reverend Don Grauer
440.954.8373

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