



# SIERRA POINTE *Living*

July, 2011

## Independent Living for Seniors



### Differences between Independent Living and other Senior Housing

Independent living is just one choice from a variety of senior housing options. If you or a loved one require round-the-clock help with eating, dressing, and using the toilet, or requires regular medical assistance, other housing options such as assisted living or nursing homes may be a better fit.

### Is independent living the right choice for me or a loved one?

Thinking about giving up the familiar for a new living arrangement is a big decision. Here are some considerations to assist you in the process:

- You may be excited to plan this new phase of your life. However, it can also be difficult emotionally to consider a move.
- You may be reluctant to leave a home filled with memories, even if the home is difficult to maintain or just feels too big.
- It may be getting harder and harder to get out and meet up with friends, but it may feel easier to just accept that as part of getting older.
- Realize that some anxiety and stress is normal in considering such a big decision.
- The more information you have, the better your power to make informed choices about the future.

### Ease of keeping up your current home

Maintaining a home may be a longstanding source of pride for you, but it can also become a burden as you age. Perhaps your home has a large

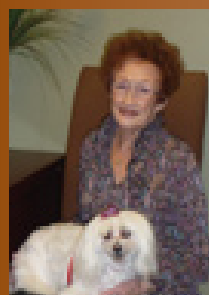
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As we age, many of us are faced with the prospect of revising our living arrangements. While thinking about moving can be a source of anxiety and stress, planning ahead can give you more choices for the future. If home upkeep and maintenance have become overwhelming, if you're starting to need help with some services, or if you're simply looking for a community with more transportation access and opportunities to socialize, an independent living facility may be a good option.

### Understanding your choices in independent living

Independent living is simply any housing arrangement designed exclusively for seniors, generally those aged 55 and over. Housing varies widely, from apartment-style living to freestanding homes. In general, the housing is friendlier to older adults, often being more compact, with easier navigation and assistance in yard maintenance if there is a yard.

## POINTE *Of* VIEW



"After living in Scottsdale for 18 years, my dream finally came true when I moved to

Sierra Pointe last year. The wonderful friendships I have made, the caring staff and the numerous amenities all make it home. What a wonderful way to enjoy your "Golden Years"!

*~ Alice Thorngren  
with pet, Laci  
1 year resident*



### Sierra Pointe

Scottsdale's Finest Luxury  
Rental Retirement Community

### Independent Living

Seven floorplans starting at  
\$2,925/month

### Assisted Living

Three floorplans starting at  
\$3,790/month

# CHEF'S Corner

JESSE SARRES



## Strawberry Lemonade

*There is no better way to quench your summer thirst, than with an ice cold glass of homemade lemonade.*

### INGREDIENTS

- 2 cups water
- 1 cup sugar
- 1 tablespoon grated lemon peel
- 1 cup fresh lemon juice
- 1 pint fresh strawberries, hulled and halved
- 2 cups cold sparkling water or club soda
- Ice
- Mint sprigs, garnish
- Whole strawberries, garnish

### PREPARATION

1. In a medium saucepan, bring the water and sugar to a boil. Reduce the heat and simmer, stirring occasionally, until the sugar dissolves. Add the lemon peel and lemon juice, stir, and remove from the heat. Let cool completely, then strain into a pitcher.

2. In a blender, puree the pint of strawberries and add to the pitcher with the lemon juice. Stir well to combine and refrigerate until well chilled.

3. Add the sparkling water and stir well. Pour over glasses filled with ice and serve, garnished with mint and strawberries.



*3rd Floor Library at Sierra Pointe*

take a look at your current living situation and see if an alternate may give you more freedom and flexibility in the long run.

### Ease of keeping up your current home

Maintaining a home may be a longstanding source of pride for you, but it can also become a burden as you age. Perhaps your home has a large yard which requires constant maintenance, or maybe it's becoming more and more difficult to clean those extra rooms that are rarely used now that your children are gone. If your home is difficult to access, such as on a steep hill or up stairs, it may be harder and harder for you to leave your home as often as you'd like, leading to more isolation. It's worthwhile to take a look at your current living situation and see if an alternate may give you more freedom and flexibility in the long run.



*Included transportation at Sierra Pointe*

### Transportation

Transportation is a key issue. You may live in an area where you must drive to attend social activities, visit friends, and shop. If you find yourself less comfortable with driving, you may find yourself relying more and more on family and friends to get out and about. Independent living usually offers opportunities to socialize on site with peers and may offer some transportation options to outside activities.



*Social hour sing-a-long in Sierra Pointe's Camelback Bistro*

*Continued*

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## **Socialization**

The more isolated you are, the greater your risk for depression and other mental health problems. Independent living facilities can give you a built-in social network of peers, while some even provide structured activities such as a recreation center, clubhouse, or field trips.



*Pinnacle Dining Room at Sierra Pointe*

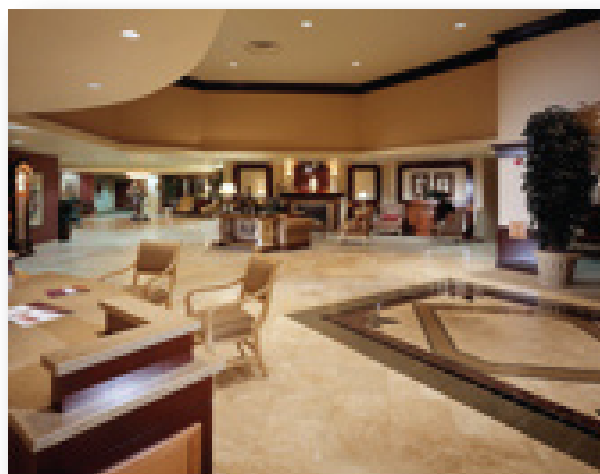
## **It's all about the people**

No matter what type of independent living facility you consider, you want to make sure you connect with peers and feel comfortable in the community. When you visit the area, talk with some of the residents. Are they people you'd like to know better? Are some of your favorite hobbies or activities available? Are support services timely, with staff friendly and accessible?

## **Size and location of community**

There is no set size for an independent living community, so it's really your preference. Do you prefer a smaller size community, or a busier place with more people and opportunities for socialization?

Location is another consideration. Some popular retirement/ independent living areas are in warmer states such as Arizona, California and Florida. However, consider carefully if you are prepared to move a considerable distance. It does mean developing a new support network if you don't have family and friends close by, as well as finding new medical care.



*Main Lobby Entrance of Sierra Pointe*

## **The health of you or your spouse**

Take a look at your current state of health. While no one can predict the future with certainty, if you have a health condition that makes it difficult to stay active and will most likely worsen with time, it's good to consider your options carefully. It's also important to consider the health of your spouse if you are married. Are you already helping your spouse with daily activities? If you are shouldering a significant amount of care already, moving to a facility where some of the burden can be lifted can help both of you stay independent longer.

## **What should I look for in independent living facilities?**

What you need from independent living depends on your own unique situation. Where would you be most comfortable? Here are a few things to keep in mind:



*Outdoor heated swimming pool and hot tub*

## **Community Resources and Support**

With so much variation in services, think about which are most important to you in an independent living facility. Also, consider services that you may find useful in the future. For example, if you value exercise, consider a community with an exercise area, pool, or fitness classes. You may like cooking your meals now, but want the option for communal meals in the future.

## **Costs of Independent Living**

There are a range of costs associated with independent living. As you consider independent living, prepare a budget to estimate costs you feel comfortable with, taking into account other considerations such as medical bills.

## **Source and full reprint:**

[http://www.helpguide.org/elder/independent\\_living\\_seniors\\_retirement.htm](http://www.helpguide.org/elder/independent_living_seniors_retirement.htm)



# Sierra Pointe

Scottsdale's Finest Luxury  
Rental Retirement Community

14500 N. Frank Lloyd Wright Blvd.  
Scottsdale, AZ 85260

PRSR STD  
US POSTAGE  
**PAID**  
SIERRA  
POINTE



(Loop 101 to Raintree, one mile east to Frank Lloyd Wright)



14500 N Frank Lloyd Wright Blvd.  
480-767-9800

Managed by Sierra Pointe Management, LLC



## Complimentary Tour and a Lunch

Come see what resort retirement is like at Sierra Pointe.



### Complimentary Certificate

*This certificate entitles the bearer and one guest to lunch at  
Sierra Pointe in the Pinnacle Dining Room  
(excludes alcoholic beverages).*

*Tour and Reservations are required. Call: 480-767-9800*

*Offer expires 8-30-11*