



Six Ways COMMUNITY LIVING CAN HELP SENIORS THRIVE

One family's journey to senior living

The elders in our families are most often who we turn to for wisdom and comfort as we navigate life's major moments. Our parents and grandparents are a stable presence, offering guidance and support. Many of us are never truly prepared for the day when those roles reverse.

For Linda Sheff and her sisters, Nancy and Leslie Friedman, that day came when their mother, Harriet, began to show signs of memory loss. Confronted with a challenge they had never faced before, Linda and her sisters sought guidance on how to best care for her.

From in-home care to a range of

community living and care choices, the family had many options. But they ultimately agreed that the right senior living community could provide their mother with the support she needed and allow their father, Richard, to continue offering emotional support without being a full-time caregiver.

"This was certainly new for us," Linda says. "I started talking to a social worker to understand the disease and its progression. The next stage was navigating and finding a facility that would be a good fit for her. The one that really struck me the most was Belmont Village Senior Living."

The family's journey to find the right senior living community and memory care program for their mother was, at times, overwhelming. But as the search progressed, they learned what was most important to look for in a community.

SIX BENEFITS OF SENIOR LIVING

REGULAR SOCIALIZATION

Living at home alone can lead to isolation and loneliness that often exacerbates other health issues and accelerates cognitive decline. The Friedmans had

PROMOTION

each other, but their socialization needs were very different. The immediate goal for the sisters was to find the right care option for their mother, but they knew they also wanted a place where their father could thrive as well when he was ready to join her. The right community would offer opportunities for regular engagement with others, suited to each of them.

DAILY ACTIVITIES

Residents should be offered a stimulating daily calendar of educational and creative activities to engage mind, body, and spirit at every stage. A comprehensive calendar offers myriad ways to learn new skills and experience new things — helping improve brain health.

“Once my father decided to move in, his engagement level increased. He’s made good friends and is still very active at 95,” Linda says. “For my mother, the memory programs gave her structure, and the staff adapted activities to her ability, every step of the way. What we loved most was that my father was able to join my mother in her activities, so they were still able to spend her final years together.”

AGING IN PLACE

Essential to the daughters was that their parents could continue to age under the same roof, even as needs changed. Because Belmont Village communities are licensed for a high level of care throughout their buildings, both parents

could remain in the same community through every care stage.

“The most important part of the search was a continuum of care,” Linda says. “Belmont Village has assisted living for those like my father and, for my mother who had Alzheimer’s, they have multiple levels of dementia care. It’s not one-size-fits all.”

FITNESS PROGRAMS

Look for an on-site fitness center with dedicated programs for cardiovascular and strength training. Activities should also work mind and body together for improved brain health. Belmont Village offers on-site physical, speech and occupational therapy, which for Linda meant that the Friedmans wouldn’t have to leave the community if they needed therapy services — an added level of care.

NUTRITIONAL DINING

For seniors living at home, meal times can be stressful and hard to manage, especially when one partner is the caregiver for the other. Belmont Village provides gourmet meals that are heart- and brain-healthy. They also accommodate special diets, so meals are not only nutritious, they’re enjoyable again — a much-anticipated social time for residents.

CARE

Many families realize they need help to provide the best care for their loved one when daily medical care needs become

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too much for family members to handle. Make sure that the community you choose can meet your loved one’s needs around-the-clock — licensed nurses on-site 24/7, along with a trained care team, can reduce ER visits and re-hospitalizations.

“It gave me such peace of mind to know my mother was getting the care that she needed and the love that she needed,” Linda says. “A year and a half after my mother moved in, my father moved in himself. What was so wonderful about that is they were able to spend every day together. That really was such a gift.”

For Belmont Village, health and wellness is a way of life. Recognized as an industry leader, they offer a daily Whole Brain Fitness program that engages residents and provides socialization for all activity and cognitive levels: from self-directed programs for independent residents who want to stay active and maintain mental acuity, to Circle of Friends®, a dedicated seven-day program for Assisted Living residents with mild to moderate memory impairment, to more tailored care plans for late-stage memory loss.

To learn more about Belmont Village’s senior living options, visit BelmontVillage.com/Houston.



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SENIOR LIVING