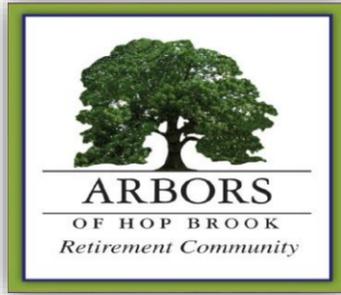


Don't be

“Myth”guided!



MYTH #1: MY CURRENT HOME WILL BE THE BEST PLACE TO LIVE IN MY RETIREMENT.

“I found that just the upkeep of our home was an undertaking both physically and cost wise. Furthermore my wife was diagnosed with Alzheimer’s which required aides in the home at all times. My life was never the same. After a short period of time she had to go to a nursing facility. This would have left me alone with not much activity – my nature is to be around and talk with people. My family and I concluded that after visiting Arbors – this place would fit my needs in my retirement. Conversation with people from various walks of life, my own apartment, entertainment, meals, house cleaning, maintenance, rides around town, doctors, nurses etc...

My wife is at Manchester Manor – well taken care of by staff. I visit her often next door. I am happy after a year’s experience of living at Arbors. Fellow residents and employees are terrific. We should have come here a few years earlier. Our human nature sometimes does not allow us to make changes but it’s worth it!” – *John O.*

MYTH #2: I WILL LOSE MY INDEPENDENCE

“I love the greater freedom and independence of living at Arbors, an independent Living Community. Here we’re encouraged to live independently for as long as we can. From a number of dining choices each day to numerous social events, to wellness planning, we have the choice of what we wish to participate in.

Instead of being weighed down by a myriad of daily chores (buying and throwing down rock salt, shovelling, fixing leaks, and replacing light bulbs to mention only a few) we have the freedom to explore new opportunities such as learning to paint, joining a book club, reaching a new level of fitness, taking up a new musical instrument, authoring a book or planting vegetables in a raised garden as we develop rewarding new friendships and volunteer in the community.”

– *Betsy K.*

MYTH #3: I AM NOT READY ... TOO YOUNG

“Friends asked why are you moving to a retirement community, you are too young. I owned my own home. Lawn care and snow removal were contracted out. I still felt Arbors of Hop Brook was the right choice for me. I feel younger than when I first moved to the Arbors. The surroundings are beautiful. Amenities are great and the food is delicious. You have the opportunity to enjoy life anyway you wish. ”

– *Jean B.*

MYTH #4: I CAN GET CARE IN MY HOME

“Some years ago I needed to provide caretakers for my 89 year old diabetic mother in her apartment. First, to find competent help, even though an agency was involved, was a daily headache.

My mother, who needed care for her diabetes, would call and say that her helper hadn’t shown up and she needed breakfast. We were over an hour away, what a problem! Another issue was the evening help who would fall asleep and wouldn’t hear my mother call from her bed. We finally had to move her to a nursing home from the hospital after she fell and broke her hip.

My husband and I live at Arbors. In contrast, to the above situation we had with my mother, I had a knee replacement 3 months ago. After 3 days in the hospital I was discharged to Manchester Manor. I had 2 hours of therapy each day and for the ten days I was there. My husband was next door at Arbors and could visit every day easily. After ten days I came back to our apartment at Arbors. At first we had our dinners sent to the apartment until I was strong enough to go down to the dining room. In addition, I continued physical therapy 3 times a week at the Manor.

It’s wonderful having the cleaning help, changing the linens weekly and washing the floors and vacuuming and dusting every other week. Having put off the knee replacement for many years I am glad I was living at Arbors for my recuperation period. The fact that my husband was close by and had peace of mind about my care was a bonus.”

– *Paula B.*

MYTH #5: I SHOULD WAIT UNTIL I NEED TO MOVE

Poor advice. Why delay the advantages of CCRC living? Arbors offers a beautiful apartment, great food companionship and a staff that helps in every way.

Don’t delay the lifestyle. Your home will sell whether you occupy it or not. Relax and enjoy life! – *Raymond L.*

Don't Be “Myth”guided! Call Today.

Begin your active, fulfilling and worry-free lifestyle today. Call Arbors to schedule your personal tour – **860-533-2519**

MYTH #6: IT'S TOO EXPENSIVE AND I WON'T BE ABLE TO LEAVE \$ FOR THE KIDS...

“Five years ago after a serious fall down a flight of stairs, I was informed in rehab I needed to make a move: Three flights of stairs! I knew immediately it was time to make my move to Arbors, and did so. I remember the opening of Arbors; I had eaten there with friends many times and I knew the Liistro family from 40 years ago when my husband and I lived in their unique apartment complex in Newington. Then the “myth” appeared. I was told the Arbors would take all of my money, and to consider leasing a small apartment on one floor. Not deterred, when I went to Arbors I learned the monthly fee could be covered with my pension and social security. That has been true since I arrived. The money I now have after selling my home has been invested, and has increased steadily not diminished. And most importantly, I am not alone. I am surrounded with new friends, and am enjoying activities that truly interest me. My family does not have to worry about me. They know, and I know, that I will be secure for the rest of my life.”

– *Marion F.*

MYTH #7: MAYBE MY HOUSE WON'T SELL. I WILL WAIT.

“My husband died about 20 years ago. As I got older I decided I would like to move to Arbors. I started to attend several of their informative talks such as advice from a real estate agent or who might be a good mover when the time came to make the move. But first I would have to prepare my house to be sold! But what made all the difference in the world was I could move in to Arbors and then get my house in condition to be sold.

– *Shirley G.*

MYTH #8: DOWNSIZING – IT'S OVERWHELMING!

“Yes, the thought is overwhelming! But stop and look around at all the stuff. How much do we actually use? Life is really a lot easier when we simplify it. Arbors really does help do that, when I made that choice. True, we have to make tough decisions, but once we are here we can relax. Now I am not going to tell you that moving is easy, but moving to Arbors is easier than you think! With the folks from “One Full House” standing with you and everyone along the way supporting you in every way possible, before you know it you are moving! At this point, I am almost there myself and I can hardly believe it. My actual moving date is March 27th and it is almost here. I decided in the fall of 2014 that I was going to move somewhere (into a retirement place) but I hadn't decided where. By December I had chosen Arbors...Senior independent living apartments, and much more.... Things went on hold until after the holidays; then it was time to look into what was involved. That was January. With help and encouragement from the folks at Arbors, with Nanna and Steve from “One Full House” advising me, I have downsized quite a bit, sold my condo and I am still standing! I am looking forward to living in my lovely new apartment. I am looking forward to my new life at Arbors of Hop Brook!”

– *Betty R.*

MYTH #9: I WON'T FIT IN AND MAKE FRIENDS

“Imagine you are a button, and everyone you know – and everyone you will soon come to know – are buttons. I was a button on a well-travelled coat and lots of pockets that held many memories and treasured times. It was such a warm and cozy coat plus all the buttons were just like me! But the threads that once held me tight started to fray a bit and it was time to find a new home. So I did just that.

Arbors is a wonderful box of buttons. All the buttons here have different looks and different lifestyles. Some are more worn than others, some have traveled far and wide, while others stayed close to home. Some are big, some are small, some are round and some are square. Some are soft and easy to cozy up to and others are a bit hard and take a little more time. But we are all buttons and we share hopes and dreams and fears. We laugh and talk about our past adventures. Every button has a story to tell.

There are lectures and movies to go to, the socials, a book club, bus trips, cards and other games, a walking group, committees to join and even a garden patch to grow your own flowers and vegetables. With so much going on it's easy to meet and make friends with many different buttons. We are unique but we are all the same.

Being at Arbors, my threads have grown stronger and tighter again. I have found my new warm and cozy coat and I know that I could not have made a better choice.” – *Muriel F.*

MYTH #10: I WILL LOSE MY ACTIVE LIFESTYLE

“Before I moved to Arbors nearly 4 years ago, I was the volunteer manager at my church thrift shop and my days were full. I thought I would have too much time on my hands in my new home where most of the cooking, cleaning and bed changing was done for me. Not so!

I am chair of the Hospitality Committee, a member of the Book Club, attend 2 yoga classes and one stretch and tone class each week. The knitting group makes blankets and hats for the Cancer Center and Manchester Hospital and last year we made over 200 hats and mitten sets for Head Start.

The Arbors bus takes us to church and grocery stores. Evergreen Walk and the Mall. There are trips to museums, many restaurants for lunch, Manchester Little Theatre and the Hartford Symphony. Dr. Day a retired “Carnegie Mellon” professor, lectures on U.S. presidents and various foreign countries. On Sunday there is a movie in the Auditorium. Are you tired yet?

Two nights a week there is usually a program – a singer, a pianist, a photographer, a sing-a-long and even a cowboy. On other evenings, many play bridge, poker, set-back, Michigan rummy or rummikub. Believe me, I am never bored or lonely.” – *Jean C.*

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www.ArborsCT.com

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