

In Praise of Retirement Living

By Gail Steinmetz
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What's that you say — move to a retirement community with a bunch of old people? Not me! Or that was until my husband developed a significant heart problem that made us hit the fast-forward button on the remote.

Downsizing and moving into a retirement community is most likely the best gift you will ever give your children. When you move to a continuing care community, you can transition through the levels of care as needed, and you won't find yourself being a "burden" on your children, nor will they have to make the decision to "put you somewhere" because you or your spouse have fallen or aren't able to take care of yourself and/or your house.

We now have the freedom to volunteer and travel and do whatever else suits our fancy once COVID is no longer a threat. We love hosting dinner parties, inviting friends and family who were the "doubters," showing them our carefree lifestyle.

Talk about easy living: In the spring, the landscapers mulch the flowerbeds; in the summer, they weed, mow, and trim; and in the fall, you'll hear the sound of leaf blowers. The real music to my husband's ears is in the winter when the snow-removal crew arrives, armed with shovels and snow blowers to clear the sidewalk and driveway.

When asked, I tell people that you can be as involved in the community as you choose; it's up to you. Life here is what you make of it, and we haven't looked back in the nearly six years we've lived here. If you're on the fence, my suggestion is to look into it, as it certainly has worked for us.