

Senior Communities



Focus on the Young at Heart

September 1, 2022

CECILIE ARCURS / E+

WashingtonJewishWeek



Jewish Council for the Aging
Helping All Seniors Thrive®

washingtonjewishweek.com **19**

If you visualize a senior living facility as a tall building with long, gray-stained hallways filled with smells of yesterday's meals and only a rare sighting of another person who most likely uses a walker or wheelchair, you haven't visited one lately.

Senior living facilities are no longer a place for the sick and elderly to wait out their remaining days. In fact, the description — nursing homes — is rarely used anymore. Now they are called continuing life communities, continuing care retirement communities or life plan communities.

Many people, rather than wait until they are no longer able to continue living on their own in a two- or three-story house, are moving into senior communities at a younger age and when they are healthy. They seek a place to live where they will continue leading active lives without ever mowing the lawn, repairing a leak or shoveling snow.

Many of these communities have well-equipped gyms and offer opportunities to take educational classes, go on trips and play cards. Residents, many of whom still are driving, often continue to be employed.

Senior communities have been diversifying for some time now. They range from high rise apartments, small single-family homes to smaller attached units, all on a walkable campus. It is more and more likely they include all these types of living arrangements on one campus.

Architects, urban planners, social workers and geriatric specialists are joining together to create planned communities that include centers to gather and places to walk. There may be beautiful gardens with opportunities to be gardeners. There are courts to play tennis and other sports. These communities are created with the idea that most

residents are still active and not even thinking about sitting around watching television all day and playing solitaire.

According to the blog Senior Advisor, more senior-friendly cities and communities are being created with accessibility in mind. As this Senior Resources Guide, written by The Jewish Council for the Aging of Greater Washington, will show, new buildings have fewer — or no — stairs and wider hallways. They are located walking distance from grocery stores, restaurants and movie theaters. They ideally are situated close to public bus and train routes. It is not usual for a bus to stop right at the entrance to a senior facility.

While these dwelling units may be the last place people ever move into, these residential communities are definitely not sad, dreary places. Instead, they are more like retirement villages where those still driving or not driving will have access to the same places. Parks and walking areas are accessible from everyone's front doors.

According to the U.S. Census Bureau, 10,000 baby boomers will turn 65 every day between now and 2030. By that year, the Census Bureau predicts that seniors will make up more than 20% of the population. There were 54.1 million residents in the United States 65 years and older as of July 2019. The 2010 census counted 40.3 million.

Many of them are looking at this new stage as a transition, a time to turn away from a busy routine of raising children and working 40-plus hours a week. Now, they want to create a lifestyle where they have time to visit with friends and family, travel and work on a hobby. They are looking to enrich their lives rather than close a chapter and wait for the book to end. They may have turned in their car keys and let some household chores pile up, but they aren't looking at this

transition as a step closer to the grave.

It used to be if a resident at a senior living facility needed to go grocery shopping, they had to wait until the facility's bus had a trip scheduled. These trips often turned into a half-day event as residents sat around and waited for everyone to finish their shopping, pay and return to the van.

Now, residents drive each other to shopping, medical appointments and other errands. Those who have handed in their car keys and moved out of their own homes don't have to rely on family members, who usually are busy or live far away. Like Villages programs, which now can be found in many communities throughout the country, neighbors help neighbors, ensuring that no one is isolated or sitting around waiting for someone to help.

Of course, there are always Uber and Lyft, but when someone living nearby shares a ride, a friendship is created. Mutual interests discussed on a quick trip could lead to companions for dinner, theater and other activities. Rather than feel bad about the driver paying for gas and other expenses, offer to either give them some money or pay for their movie ticket.

Finding companionship reduces sadness that may come from isolation and will help newcomers adapt to their new surroundings more quickly.

COMPETITION

According to the blog Senior Advisor, assisted living facility owners are becoming more competitive as the number of people passing their sixth, seventh, eighth decades shop around for a place to live. Even though older adults often try to stay in their own homes longer, with the aging population

Are you an Age 50+ Jobseeker? JCA's Virtual Employment Expos and the Career Gateway Can Help!

Learn more and register today!

accessjca.org/senior-employment/

**Age 50+ Jobseekers Join
us Tuesday, Sept. 20th!**

10 am - 2 pm

at the **Free** Virtual
Montgomery County
50+ Employment Expo

**Return to work with The
Career Gateway!**

Session I - Sept. 12, 14, 16, 19, 21

A 5-day virtual job-search
training program for age
50+ professionals. Only \$75!

Register for **free** at
virtualexpos.accessjca.org

For more information:
seniorexpo@accessjca.org

For more information:

accessjca.org/career-gateway

or

career.gateway@accessjca.org



Jewish Council for the Aging®
Helping All Seniors Thrive®

The Career Gateway is made possible by generous funding from Montgomery County Aging and Disability Services, The Morris and Gwendolyn Cafritz Foundation, Next50 Initiative, and JCA - the Jewish Council for the Aging®.



GROWS

Connecting those who serve seniors

Resources - Information - Connections

www.growsmc.org

SENIORResources

booming, there are plenty seeking new residences.

Therefore, more assisted living facilities have started offering fine dining with gourmet chefs and a varied menu. For residents who miss eating at their favorite restaurant or enjoying that special dish, services such as Uber Eats and Grubhub will deliver food right to the facility.

Construction at many senior living arrangements will likely include a pool or movie theater. Some are being built on college campuses and welcome senior adults to their classes.

Others specialize. There are retirement communities for artists or people of a certain ethnic background. In California, Aegis Gardens focuses on Asian culture and all architect and interiors are based on feng shui, which is the practice of arranging furniture and other pieces in living spaces to create balance with the natural world. The staff is bilingual; the food is authentic. Signs are printed in Chinese characters as well as English. Activities like tai chi, calligraphy and Mahjong are offered.

These places, and those specializing in other communities and religions, sell lifestyles as well as room, board and on-hand medical assistance.

Some facilities cater to the LGBTQ+ community. According to the National Resource Center on LGBTQ+ Aging, there are more than three million LGBTQ seniors in the United States and that is expected to double by 2030. While these communities often offer the same living arrangements and amenities as so many other facilities, the staff and programming are actively inclusive.

When seeking such a facility, make sure to ask if the employees are trained in LGBTQ inclusion and equity and that the residential living place has an anti-discrimination policy. Find out about clubs, social activities and events geared to this community. Everyone likes to be around people they are most comfortable with, but it is also

important that the staff is trained and caring as well.

Senior Living Residences' Assisted Living communities, which are located throughout New England, cater to artists, including painters, poets, photographers, musicians and craftspeople. "Art and music is woven into all of our signature programs," it states on its website.

The residences offer workshops and adventures for artists and art lovers, host art shows and receptions for residents as well as visiting artists and feature trip to concerts, museums and exhibits.

Residents who previously may have entered assisted living facilities full of sadness and fear that their life was ending now can look forward to pursuing their artwork and becoming artists in residence or having their own shows. They enjoy time speaking of their craft with fellow artists.

Art in different forms has been shown to help people diagnosed with memory loss and even enable them to communicate nonverbally. Studies note that art activities, even singing familiar songs, can help boost cognitive function and increase social interaction.

While record-breaking athletes are usually in their teens and twenties, that doesn't mean older adults have to give up their favorite sports and even competition. That is true even though they may no longer be at the peak of their game. Check to see if a particular community offers a pool, tennis courts, tracks to jog along and scenic routes to walk and hike. Look for ping pong tables, bocci courts and weight and exercise rooms.

And of course, the latest rage for senior athletes — pickleball. Join a league or schedule a regular game with a friend to stay active. It hopefully will improve your physical and mental health as well as your score.

For those who think the lobby or activity room at a senior facility is only for cards and bingo, or maybe to do a puzzle, think again. A Fairfax, Va., retirement community offers an interactive gaming

**YOU'RE
A CUT
above**

GET A
FANTASTIC CUT
FROM OUR
EXPERT STYLISTS

Adult Cut \$22.50

FANTASTIC SAM'S
SHAMPOO INCLUDED WITH EVERY HAIRCUT
Valid at participating salons only. One coupon per person. Not valid with any other offers. Valid through 9/30/2022. **WJW22-00A**
65+ discount available up to 3pm Mon-Fri

Full Color \$70.00

FANTASTIC SAM'S
SHAMPOO INCLUDED WITH EVERY HAIRCUT
Valid at participating salons only. One coupon per person. Not valid with any other offers. Valid through 9/30/2022. **WJW22-00B**
65+ discount available up to 3pm Mon-Fri

FANTASTIC SAM'S
CUT & COLOR

affordable
Your ultimate salon experience

WINTERGREEN PLAZA
835-H Rockville Pike • Rockville, MD 20852
301-762-5554

lunch & LEARNS

ON SELECT TUESDAYS
EACH MONTH

RSVP to: modenakensington@soleraseniorliving.com
(240) 998-9990

MODENA | RESERVE
KENSINGTON

BY SOLERA SENIOR LIVING

Live Inspired. Every Day.

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

10540 Metropolitan Ave. | Kensington, MD 20895 | ModenaKensington.com | (240) 998-9990

system for their residents to improve their quality of life.

According to McKnight's Senior Living website, Obie for Seniors technology by EyeClick of Israel projects interactive games onto tabletops, floors and walls and is designed to encourage active play through touch, movement and hand-eye coordination. The idea is to enhance movement, increase cognition and emphasize social interaction.

The futuristic world of virtual reality slowly is making inroads into senior communities. Virtual reality refers to computer generated imagery and hardware specifically created to bring sights and sounds to people in a way that is totally immersive. It is designed to make users feel like they are swimming with brightly colored fish without ever learning to scuba dive or snorkel or visit museums and cities in amazingly realistic close ups.

Users don headsets of their own or those provided by their senior living facility. People whose mobility has been reduced can "climb" mountains, hike through jungles or tour historic cities. Depending on the product used, these trips can be personalized so that residents can "walk" down memory lane through their old neighborhood or location where they previously vacationed.

According to a Massachusetts Institute of Technology study, people that use virtual reality systems reported being less socially isolated and were less likely to show signs of depression. They experienced positive effects and felt better about themselves.

Some homes include virtual reality into regular programming, allowing seniors to play brain-stimulating games that require them to move around. They also offer 360-degree movies in which the person wearing a virtual reality headset becomes a part.

Ellie Giles, founder of Virtual Apprentice, also sees the enormous and positive role virtual reality could play in an isolated senior's life. In many facilities, seniors sit together to watch television and movies. With virtual reality, they do much more than sit and watch.

Giles recommends the staff enable its residents to view the same program. By sharing the experience, a family member or friend can help jog the memory of someone with dementia. Ask specific questions about what you both just watched, and even ask how it made them feel.

Another growing community incorporates religion into its daily life. For seniors deeply involved with their faith, Senior Living notes that faith-based senior living communities are ideal. Finding a community that cares about your beliefs and well-being will make it easier to share interests with other residents.

These communities tend to offer on-site religious services, Bible studies, book groups and a member of the clergy available throughout the day. These facilities still provide personal care and medical assistance, but they also enable residents to practice their faith among like-minded people.

There will be no need to observe a holiday or other ritual alone or with just someone from down the hall. Social events and activities are geared to the particular religion as is a well-stocked library. Depending on the facility, there could be plenty of chances to join a prayer circle, sing in a choir or volunteer. They also may serve the special foods residents are used to eating during holidays.

MONITORING

For some, moving into a facility become inevitable as their health declined and the need for a medical professional to

be nearby at all times increased. Science and technology have come a long way, and these same people can continue enjoying activities while keeping their own eye on their health through the latest monitoring technology.

There is no need to skip a walk outside with a fellow resident or stay alone in your room for fear of having a health emergency. Devices on wrists, smart clothing and monitors that connect with your doctor enable seniors to remain active and independent.

Some simply remind the wearer when it is time to take a pill or get up from the chair and move around. Other wearables track residents' steps, water intake, heartbeat, blood pressure, temperature and much more. Smart socks are designed to recognize when those with diabetes are having issues with their feet. Some monitors register activity, and when none is recorded for a while, a staff member will know to check up and make sure the resident hasn't fallen or had a health emergency.

Not only do many of these monitors recognize medical problems, they are able to do so quickly, registering abnormalities before they become serious. People using these monitors don't have to wait until the next doctor's visit to deal with a concern. Therefore, they can live in their own home longer or feel more comfortable engaging in activities at their new facility. The more engaged and active people are, the better their health remains.

LEARNED A LESSON

Residents of senior living facilities were hit especially hard by the pandemic. Many died from COVID-19; others lost their will to live when their loved ones could no longer visit them, and all social activities were curtailed. Staff dwindled as workers became sick or were forced to quarantine. Isolation took a serious toll.

But thanks to the vaccine and lessons learned, history is not likely to repeat itself. Companies have found new ways to hire and retain employees and keep residents safe as the number of seniors moving in skyrocketed. Both revenues and expenditures have increased, forcing the staff to come up with new ways to prosper, both as a company and as a caring provider.

One relatively new trend is the varying sizes of new facilities. According to an article in Senior Housing News by Tim Mullaney, some continuing care retirement communities are taking advantage of the changed real estate markets and the increased number of empty buildings. Mullaney predicts there will be new facilities created as companies purchase already-built hotels and offices.

But he also noted that many new senior living projects will think small, creating affordable homes where residents could share activities but not worry about communal disease spread. Think prefabricated houses surrounded together on campuses.

These living arrangements can be created to accommodate the affluent as well as those who have less money saved up. The higher end ones offer hospitality services, health care and the latest technology. They can be had for \$20,000 a month or more, Mullaney noted. The top ones are known to offer private chefs, personal butlers and other amenities.

But fear not if those prices are well out of reach. More senior living providers are striving to serve the middle class as they realize that their rates of occupancy are recovering from the scars of the pandemic. The bigger chains will be able to provide the latest in technology as they purchase

in bulk. They also can reconfigure their staffing options by having some of the organizational and financial work done in the main headquarters with plenty of support to individual facilities.

But be careful. The new pricing often includes basic monthly fees with lots of add-ons for individual services. There often are different price levels depending on the kind and amount of care needed.

Another change some facilities are adapting is their use of full-time employees. During the pandemic, COVID-19 was spread from facility to facility by hard-working employees who needed to be employed at two or three places in order to make a living. It became somewhat the norm for employees to quit and take a different job in a different field, but with a similar or greater pay, rather than risk their health and be forced into constant quarantining.

Many facilities are using employment agencies to make sure they have daily adequate staffing. This may not be ideal as residents tend to feel more comfortable seeing the same employees throughout the day and also will cost more due to agency fees. But the necessity of having enough staff on board makes this a must for some facilities.

Other staffing ideas include offering employees flexible scheduling or higher wages but fewer benefits. Some workers seek a work-life balance and are willing to adjust the terms of their employment. Others may be more likely to work on an as-needed basis, similar to gig workers who only drive when their schedule is free.

Other facilities are reaching out to different sectors for assistance. Stay at home parents, especially those who have been caregivers, are part of a possibly widening pool. Retired military or recent refugees are another.

ON SITE MEDICAL

Some facilities have their own staff of medical professionals. Others hire doctors in various specialties to spend one day a week or month treating residents. Some residents prefer to continue with their regular doctors and leave their community to do so.

Primary medical care at these communities is expected to expand with Medicare Advantage now reaching into senior living places. This will be done with an eye on preventative care rather than emergency care.

Residents reluctant to leave the facility to go to crowded doctors' offices or spend a lot of time and money in an emergency room are more likely to be receptive to a doctor, dentist and other specialists that comes right to their room. Loved ones concerned about the health of a parent or spouse will be able to speak with this medical professional about their concerns, knowing that the health care worker knows the patient and has checked on them before emergencies occur.

"It's now not just caring for people in terms of feeding them and providing entertainment and activity; it's really taking on a lot of the responsibilities that the adult children took on and saying, that's now our responsibility — coordinating care," Chicago Pacific Founders (CPF) Chairman John Rijos said at the 2021 ASHA Mid-Year Meeting, according to Senior Housing News.

MEMORY CARE

Some residential facilities are strictly for those dealing with memory issues. The need for more facilities dedicated to memory care is increasing. More buildings and proper

staffing continually will be needed for this specialized type of care to assist the growing number of people who never understood social distancing, mask wearing and isolation. Their numbers are growing as their minds unfortunately shrink.

According to Senior Housing News, memory care facilities are adding more intensive care support, including a higher ratio of staff to residents, security measures to deal with wandering and innovative care techniques.

"My feeling is there is no one model. I think there are multiple models and some we don't even know about yet, that haven't been invented," Daniel Reingold, CEO of RiverSpring Health in New York City told Senior Housing News.

Some options include group home settings in a residential community with specialized staff either living on the premise or manning it 24 hours a day and smaller units with fewer residents as compared with large senior facilities. These places will offer services for a continuum of care for residents as young as in their fifties until the end of their life, which could be several more decades.

At these specialized facilities, geriatric psychiatrists would be available to treat dementia-related depression. Activities would be as stimulating as possible. Staff, which will include certified dementia care nursing assistants, would provide workshops for family members and caregivers throughout the various stages of the disease.

"From where we were 10 years ago to now, I think there's more understanding that it is a specialized kind of care," Mary Underwood, vice president of memory care and resident experience at Maplewood Senior Living, told Senior Housing

News. "I think people now are choosing to do memory care as a career, versus getting stuck in it. Memory care is attracting passionate people and I think that's going to make for good care going forward."

As researchers' knowledge of memory loss increases, these facilities will provide the current thinking on the best diet, lifestyle and other factors that could possibly stabilize or slow the progression of dementia. Individual residents may be offered specialized exercises and other programs to deal with their specific needs.

Memory care facilities, as well as senior retirement living arrangements, are looking into personalizing care based on individual status, goals, interests and health.

COHOUSING

For those not interested in moving into a senior community, other housing is available. According to the Senior List website, elder cohousing started in Denmark more than 30 years ago and has slowly migrated to this country.

Cohousing enables people of all ages and health levels to live together, sharing responsibilities by doing what they are able while others take on other chores. Residents continue supporting each other as their needs change. Meanwhile, they bring together a variety of interests and talents. And, of course, they also share expenses.

An article in the Washington Post by Cathy Free detailed the living arrangements of a 25-year-old college student with a 64-year-old woman. The college student was having difficulty finding an affordable place to live near her college in a large Eastern city, while the senior adult was realizing her family's large, older home

has become too much to handle.

They each turned to Nesterly, an online home sharing agency that matches young renters with seniors willing to share their living space and for companionship and to help cover expenses. The agency does background checks and pairs people together.

As a result, the college student ended up paying \$700 a month for the first floor of a two-story house while also agreeing to help with housework, gardening and getting groceries. That charge is considerably less than the average rent for a small one-bedroom apartment in many cities.

While both were unsure what to expect, they became like family, according to the article.

The author cites the Pew Research Center, which states that about 18% of Americans live in households with two more adult generations. These arrangements have quadrupled since the 1970s, with some 60 million United States residents living with an adult who is of a different generation.

For young people unable to cover the skyrocketing housing prices and more and more seniors wishing to age in place in their own homes, this trend is likely to blossom.

"Sometimes, just having somebody around to walk the dog and have a meal with a few times a week can make a huge difference for an older adult," Donna Butts, executive director of Generations United in D.C. said in the Washington Post article.

Other cohousing arrangements include several senior adults sharing one house, each with assigned responsibilities and costs. Together, the roommates attend concerts and movies, go out to dinner or just sit around together and



SHE'S SPENT A LIFETIME TAKING CARE OF OTHERS.

Allow us to return the favor.

In addition to experienced Alzheimer's and dementia care, the compassion and support from an inclusive and engaging community like Ingleside is an experience you'll not only see—but feel. Call to schedule a personal tour today!

INGLESIDE AT ROCK CREEK (DC)
202-952-3021

INGLESIDE AT KING FARM (MD)
240-414-8343

INGLESIDE
ENGAGED LIVING

WWW.INGLESIDEONLINE.ORG

 Not-for-profit Life Plan Communities

talk or watch television. Their living expenses dropped as their social interactions rose. Back in the eighties, a popular sitcom, *The Golden Girls*, was ahead of its time as it featured three feisty senior women living together in one house.

But before you welcome a young person into your home, determine what you expect from them. Will they need to pay for groceries or are costs and food shared? What repairs and other expenses would be their responsibility and how will the daily workload be distributed? It is preferable to know what is expected by both roommates and those discussions are needed before any lease is signed or when the roof starts leaking.

According to Jack Silverstein in an article in *Senior Housing News*, intergenerational living is a trend that developers are embracing. Communities are being built to accommodate what the Congress for the New Urbanism calls the "8-to-80 principle," in which a community is built specifically to serve people from eight to 80 years of age.

The communities include walkable paths, green spaces and age-friendly amenities. Nearby are retail stores and restaurants. Unlike the communities for those 55 years and older, these places encourage interaction. Rather than limit visits by grandchildren, families with two working parents may find a great neighbor and possible babysitter right next door. Some senior adults enjoy sitting on their porch watching dog walkers pass by and children play ball, bringing back memories of when their own children lived with them.

Regardless of the type of senior living communities, residents are likely to meet a varied staff that includes not just doctors and aides but also counselors, massage therapists and psychologists. The menus are healthy and varied and physical therapists are more like personal trainers.

There may be a room full of computers, laptops and smartphones for all to use with helpful assistants nearby. Those computers will have special features for seniors, including larger buttons to click and easier fonts to read. There might even be a Siri or Alexa near by to answer questions and provide reminders.

Some communities allow pets to roam the halls or lobbies, providing emotional support and undying love.

During Leading Age Maryland's annual conference in May, Senior Living Through the Looking Glass was a popular topic.

Margaret Yu, director of client experience with RLPS Architects, called "rightsizing" the key to building new facilities. The trend is away from large facilities and constant medical attention and toward smaller communities with wellness and fitness in mind, she said.

A good community will be integrated, connecting services with residents. They will

include mixed use, walkability and fields where everyone can either play, garden or watch a game. There will be a library and numerous places to have coffee, shop, see a movie or enjoy dinner. Some of the residences in the community will provide meals in a central location while those living in individual homes have the choice of preparing their own meals or joining friends in the dining room.

Meal hours are often elongated so that those who like an early dinner can be accommodated as will those who prefer dining later.

By 2050, it won't be uncommon to live past your 100th birthday, Yu said. In fact, she noted with a smile, "The first person who will live to 150 has been born."

Developers and builders need to be ready to adapt to the new aging consumer, she stressed.

Amy Castleberry, managing director at Ziegler, said new communities need to focus on mental health disorders and depressions, noting that 20% of people who are 55 years and older will experience some mental illness as they age. This is especially true due to the isolation of the pandemic but also just a part of aging when your body doesn't respond as well as it used to, and contemporaries pass away.

Rob Love, president and CEO of Love and Company, suggested those creating new communities look at everything from a fresh angle. He noted that most seniors responding to a survey on what they want in senior living listed opportunities "to learn, teach, grow, contribute and have fun."

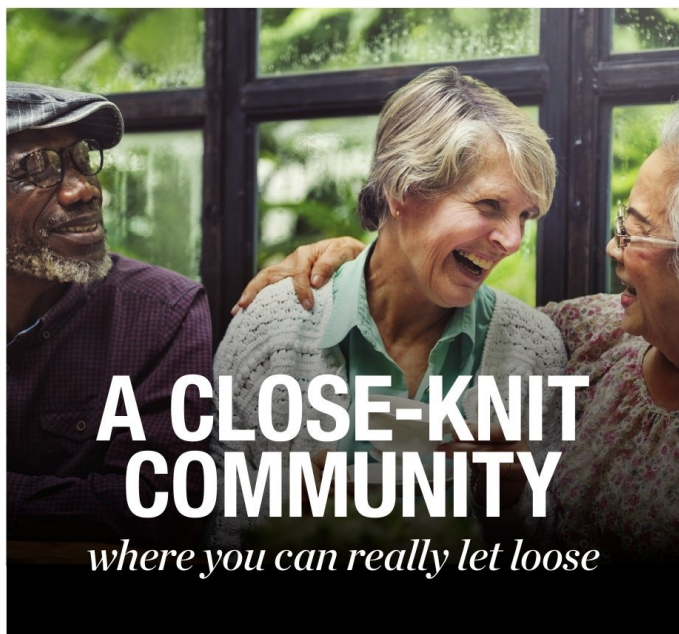
Most of the respondents saw themselves as living in a senior community for at least 20 years so the classes, social life, atmosphere and amenities were all important to them.

"We are seeing more and more niche communities," Love said. Often these communities focus on lifelong learning and wellness.

The panelists pointed to Carehaus, designed by an assistant professor and lecturer at the Massachusetts Institute of Technology. It is the first international care-based housing project developed in a neighborhood to be part of the neighborhood.

In Carehauses, older and adults with disabilities, caregivers and their families live in independent units clustered around spaces where they share meals and activities. The children socialize with the seniors, helping keep them young and working out mutually beneficial ways to assist with childcare and chores. Everyone shares the kitchen and eating expenses as well as utilities.

According to its website, "Carehaus is founded on the belief that older adults, disabled people, and those who care for them are integral to the well-being of our communities." They should not be treated as individual, separate groups.



A CLOSE-KNIT COMMUNITY

where you can really let loose

WORRY-FREE LIVING FOR THOSE 62+

From the outside, Knollwood looks like a quiet retreat, hidden by the natural splendor of Rock Creek Park. Inside, the experience is larger than life. There's a buzz from meeting new people, trying new things, and living your best life. Experience it all now at Knollwood.

- Located in NW, DC—minutes from downtown attractions
- Take the community shuttle to shopping and dining
- Join engaging social classes, events, and excursions
- Enjoy innovative wellness programs for mind, body, and spirit
- Home warranty included for the duration of residency

More than 45 apartment-home styles.
1-br models starting at \$112K.
Schedule a tour today!



Assisted living also available.

202-541-0149

[KnollwoodCommunity.org](https://www.KnollwoodCommunity.org)

6200 Oregon Avenue NW
 Washington, DC 20015

TINY HOMES

A Tiny Home might be just the answer for those not ready to move into a facility and feel like they have spent enough of their life living with others but have become overwhelmed with the responsibilities of owning a home. Sometimes, stairs become too much and hallways too narrow to accommodate walkers.

According to the website Senior Safety Advice, "Tiny homes are small houses that offer elderly parents the ability to stay close to their caretakers or loved ones while still maintaining their own space and privacy. Tiny homes can be designed specifically for the elderly and physically disabled and will typically be located in the back yard of a loved one."

The close location enables senior adults to visit family on a regular basis but also lets them say goodbye whenever they choose. They are low maintenance, with few areas to keep clean, and often less expensive than paying the fees at a senior living facility.

These are different from in-law suites, which are located in a larger home. Tiny homes offer more privacy for both family members and their aging parents as both can always go home while still being in reach when needed.

Some are built using recycled shipping containers; others are like nice sheds or tree houses that are fully insulated. But before you start making plans, check local zoning laws or your Homeowners' Association to see what is permitted.

When constructing a tiny home for a senior, make sure it is age friendly with wide doorways, no stairs or steps to enter and exit, well-lit and handicap-accessible, especially in the bathroom. Many of the health monitoring systems mentioned earlier in this Senior Resources Guide

should be built-in right from the start.

Granny pods are one type. They are small, modular homes with 300 to 500 square feet of living space and are located usually in the backyard or driveway, according to Senior Safety Advice. They are a good size for one person but can fit two.

Elder cottages are another choice. These can be moved to a new location and are considered temporary, according to Senior Safety Advice.

MEDcottages is a specific brand name for a high-tech tiny house attached to a main house and uses the main home's utilities. They actually come in a kit and are smaller than either a granny pod or an elder cottage. Senior Safety Advice likens MEDcottages to portable hospital rooms - but more comfortable. Some families use these while their loved one is rehabilitating. They then can sell it to another family when it is no longer needed.

Be sure and understand the costs involved with any of these tiny homes as most likely, mortgages will not be offered.

If you prefer, you can get yourself a tiny home in a tiny home community for seniors. This comes with the added comforts of a private home and yard but the convenience of being near people about the same age. And should you ever need to move out one day, it won't be as monumental a task as it is to clean out an entire family home of all its furniture, mementoes and memories.

If you are a do-it-yourselfer, Amazon sells plans for tiny houses, and the homes themselves.

Of course, there is nothing wrong with moving into your children's homes, as long as you both talk it over first

and know what you are getting into. You'll be right there watching your grandchildren or great-grandchildren grow up, and you'll won't be alone when you need assistance or feel lonely.

Obviously, this is the least expensive way to go, but it comes with a whole set of issues that need to be dealt with before moving day.

According to U.S. News and World Report, intergenerational living arrangements are increasing, both among young people moving back in with their parents and senior adults moving into the homes of their adult children.

Financial arrangements and bill sharing may be the easiest things to work out, especially if childcare and cooking and cleaning arrangements are included. It can help a lot just to have live-in adult family member be there first thing in the morning or late afternoon. The stress of getting home on time to transport a child to an activity or be there when they get home from school would be eliminated. Even if the children are busily doing their homework or using the computer, it is reassuring to know they aren't alone.

Full time grandparenting often is too much to ask a senior adult, who still has friends and interests, and often, less energy. But many would jump at the chance to have a little alone time with the young ones while still having alone time for themselves. Ideally, there is a private bedroom or area for the grandparent or great-grandparent. It may even be cost effective - and sanity saving - to add a room onto an existing home.

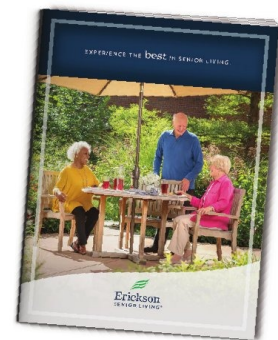
If the senior adult has health issues, make sure care has been worked out. Adult children may emotionally want to welcome their aging parents with open arms, but they need

It's never been easier to Get the Facts About Senior Living at Ashby Ponds, Greenspring, and Riderwood

These past years, we've learned how important it is to be part of a community like Ashby Ponds, Greenspring, and Riderwood.

Order your FREE brochure. It's packed with over 40 pages of great information, such as:

- Services to enhance your health and well-being
- Resort-style amenities, including delicious dining
- Stylish, modern apartment homes to fit your lifestyle
- Financial peace of mind and unbeatable value



Order your FREE brochure today!

Call **1-800-921-6689** or visit us at
DMVSeniorLiving.com.

Erickson
SENIOR LIVING®

**ASHBY PONDS
GREENSPRING
RIDERWOOD**





Jewish Residents of Leisure World

Silver Spring, Maryland

PLEASE VISIT OUR WEBSITE WWW.JRLWMD.ORG



L'Shana Tova from the Jewish Residents of Leisure World!

For information about joining JRLW,
please email Marsha Bernstein at
marshabernstein4@gmail.com.

It's time to renew your JRLW membership.

SENIORResources

to think about the stress of adding another responsibility to a lifestyle that may include a full-time job and young children.

Discuss what both sides expect in the way of a social life. Do senior adults want to join all the family outings, or just a few? Do they want to sit together each evening to view television, or would they rather watch movies in their own space? Do they prefer eating dinners together but being on their own for the day's earlier meals?

According to an article in Aging Care, the economy has created a situation that increases the need for intergenerational living. It is less expensive to share a living space, utilities and food than it is to live in your own home. It also could very well eliminate, or at least put off, the cost of in-home care or a move into assisted living.

While it is true most people strive to be independent, there are times when living alone is not a good idea. Senior adults are prone to falling and injuring themselves, and they also may lack the energy and strength required to own and maintain a home.

According to the article's author, Carol Bradley Bursack, even close families need to be mindful of everyone's needs and emotions. Sometimes it is important to step back from one's role as a parent and realize that adult children and their parents won't always happily fall right into the new arrangement. Senior adults are used to making their own plans and eating meals at their own times. They have often grown accustomed to a quiet household without young children and their friends running around, blaring music or mesmerized by a computer screen.

The pandemic definitely made people aware of the problems of senior living facilities. Close quarters spread COVID-19 to these already vulnerable population. So many people suffered emotionally as social distancing and quarantining became the norm. Distraught families faced closed doors when trying to visit their loved ones in hospitals or senior living facilities. While Facetime and Zoom helped, it was nowhere near the same as being in the same room with a loved one.

Too many families spent precious moments in parking lots, waving to their relatives but not being able to visit or hug them.

But the truth is, these facilities are here to stay and even grow. Not every senior adult can move in with family members and living alone in a large house with stairs and other potential hazards is not desirable.

So now just may be the right time to think about your choices, before the choice may have to be made for you. So how do you know what is right for you? Try visiting a few different places that may become your future home. Make an appointment and look around the facility at your own pace. What you see is

important, but so is how you feel. Does it seem like a place you could comfortably call home? Do you know a friend or neighbor who might recommend their community?

Think about what is important to you so you will know what to look for and what to ask. While you can't just go into a residents' room and invade their privacy, there should be an empty room you could check out.

You'll want to find out the resident to staff ratio, what the staff provides and what happens if your health deteriorates. Be sure and ask about regular programming and participation rates and whether you can suggest new programs. Ask if they have a van or other transportation to take residents on outings or to the grocery store.

See what medical care is offered and how often. Do doctors only come when requested or do they perform regular preventative care? Do you have to leave the facility for dental and vision care? Is there someone there to help trim your fingernails and toenails and cut your hair?

Ask to see a few menus and learn whether there are alternatives and meals for special diets. Stay for a meal.

Make sure you speak with a member of the business office to learn about the costs, what extra expenses may be incurred. Discover if all certifications and licenses are up to date. You'll also want to find out whether there is a waiting list, or if a bed is available now. Even if you haven't made any final decisions, you just might want to be placed on the waiting list so you will be closer to the top if you do decide to move.

You obviously want to compare costs and amenities at every place you visit. Check out websites, and also scan the internet for specifics. Write down the dimensions of the room to help you begin the process of downsizing. All that furniture and memories aren't going to fit in a smaller place. Rather than be forced to clean out your home quickly, begin thinking about who you want to have certain belongings and what others would be best donated to a charity.

There is a lot to think about, but hopefully with the help and guidance of loved ones and continued good health, things will fall into place. Remember, it took a while to purchase your home and decide which college was best for you or your children. Planning now hopefully will lead to a smooth transition and a happy next chapter. **WJW**

This guide was written by Suzanne Pollak, senior editor/writer at the Jewish Council for the Aging of Greater Washington. Learn more about JCA at www.accessjca.org or call us at 301-255-4200. Follow us on Facebook at <https://www.facebook.com/AccessJCA> or Twitter at <https://twitter.com/AccessJCA>.