

# Planning For Your Future

## Retirement Living Keeps Seniors Younga

(NAPSA)—From the Wright brothers to the space program, from heavy manual typewriters to small, powerful microcomputers, today's seniors have witnessed more change during their lifetimes than any 10 generations before them combined.

Another concept this generation has brought to life, one which many seniors now enjoy, is retirement living. Although their lives and experiences are vastly different, seniors from different regions and walks of life are choosing retirement living—in secure communities with other seniors—as a way to continue enjoying life to the fullest, living either independently or with some degree of assistance.

“Retirement living helps keep seniors young at heart,” says Jaycee Johnson, activities director at Freedom Plaza Retirement Community in Sun City Center, FL. “They're prompted to eat nutritiously, exercise, receive medical attention when needed and, most importantly, remain as engaged as possible with an active lifestyle. It's a great boon to their health.”

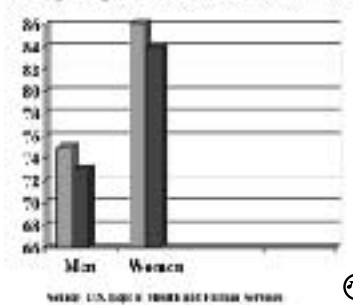
According to a report from the U.S. Department of Health and Human Services, Office of Disability, Aging and Long-Term Care Policy, continuing care retirement communities have also been found to reduce the risk of disease and disability, and improve the health and functioning of their residents.

Examples of seniors who are taking advantage of this style of living include:

- Ina LeJune McGinnis, 89, who lives a quiet and secure life at The Hampton, one of six assisted living communities in Houston owned by American Retirement Corporation. As a Red Cross volunteer in California, she drove over narrow mountain roads in an old Army Jeep to deliver food and coffee to firefighters working to extinguish forest fires.

- Dr. Louis Knipling, 77, who was awarded three Purple Hearts

Living Longer In Retirement Communities



during World War II. He also served in Korea and Vietnam during a full military career. Today, he's a voracious reader who works in the computer center at Freedom Plaza.

- Veronica Ortolani, 92, who lives with her husband at Freedom Inn, an assisted living community in St. Petersburg, FL. A former actress with a theater company in Alexandria, VA, Ortolani still enjoys the theater, now as a spectator when her community takes theater trips.

“Just because seniors move to retirement or assisted living communities doesn't mean they have to give up activities they enjoy,” says Debbie Genovese, activities director at Freedom Inn. “These can truly be the best years of their lives.”

Retirement living offers other important advantages, too, according to Rose Zager, 85, a resident at Homewood of Brookmont Terrace, an assisted living community in Nashville, TN.

“I only have to write two checks each month,” she says, “one for my rent and one for my phone. They take care of everything else here: food, laundry—everything. It gives me more freedom to enjoy life, and that's the way I like it.”

For more information about independent and assisted living options for seniors, contact American Retirement Corporation, which operates more than 65 communities nationwide, at (615) 221-2264.