

Sunridge Village Retirement Community

"A Wise Decision!"

By Marge Shoemaker

One of the biggest decisions that aging couples have

to make is whether to stay in their own home or move to a retirement community. Children often urge their parents to relocate to a home that requires less maintenance.

Sometimes, seniors can see the benefits of a move but are

reluctant to give up the home they love. This was the situation with Rod and Dee, until they found Sunridge Village.

Rod and Dee, an active couple in their 80s, had lived in the same house for nearly 60 years. Their children helped out but were concerned that maintaining the garden and house was too strenuous for their parents. The couple visited several retirement communities. Dee saw the benefits of having someone else do the work but was concerned that the units were too small—that they would get in each other's way. Rod saw the benefits of not shoveling snow or raking leaves but was reluctant to give up the activities they enjoyed at home. "Maybe next year," he stalled.

Then, they visited Sunridge Village! Dee loves the size of their apartment. With two bedrooms and a living room, they aren't tripping over each other all the time. "It has a nice sized kitchen—not just a kitchenette, but a real kitchen—where I can do some baking or prepare a meal if we don't want to go to the dining room," she relates. Residents at Sunridge Village can choose to eat in the dining room or in their own apartments. "I went to breakfast this morning," Rod says, "but I might not go tomorrow. I'll see."

The couple talks about the financial end of a retirement community. Many of the places they visited had very small living quarters. "Some of them barely gave us one room and a sitting area," Dee relates. "Here, we have three rooms for the same price." Michale Kavan, who is the marketing director for Sunridge Village, notes that it is important to compare apples to apples. When comparing prices, couples should consider the size of the apartment and the services that are included.

Dee and Rod note that many services are there if they want them. Sunridge Village has an all-inclusive monthly fee that includes all utilities (except for land-line telephone and internet service), a continental breakfast, and a restaurant-style evening meal with a choice of entrée. Twice-monthly housekeeping, trash removal, and all building and ground maintenance are also included. The three-story, rectangular building provides upper floor access by elevator or stairs, has secured climate controlled parking in the basement, and van service on days when you don't feel like driving.

Rod loves the garden in the central courtyard. "It's

nice to go out there in the spring when the planting is done and the birds are out," he comments. Michale adds, "This year, we will have vines growing on the gazebo to give it a softer look. The vines may also attract more native birds, which all the residents enjoy watching."

Rod and Dee also appreciate the friendliness of the staff and the other residents. Rod recalls walking through one of the common areas and hearing a resident call out, "You'll love it here! It feels good... like home!" Dee adds, "Some of the other places were so big that we didn't see another person. They were nice, but they didn't have the community feeling that's so evident here." Sunridge Village is locally owned and operated by the Richard Anzalone family. "I remember last winter, when that horrible blizzard was predicted but didn't happen," Dee recalls. "The staff was encouraged not to come to work based on that prediction. Richard and his family came in and took care of us."

Sunridge Village also offers a wide range of activities. "I went to the exercise room to ride the bicycle after breakfast this morning. Then I stopped at the community room," Rod says. Dee smiles. "I had to pull him away from the ice cream social for this interview," she relates. Dee enjoys the exercise classes and says she always encourages others to go, too. Whether it's going to a class, walking laps through the halls, or strolling around the central courtyard, the activities staff encourages the residents to stay active. Rod likes the fact that Sunridge Village offers excursions just for men (for example, a trip to the Strategic Air Command & Aerospace Museum) that some of the ladies might not care for. "Men need time together," he comments. Dee agrees, and adds, "So do the women!"

This couple has been at Sunridge Village, located at 13410 Blondo Street in Omaha, for eight months. "We're sold on the whole ball of wax," Rod concludes. "I'm glad I flip-flopped. It was a wise decision. Thanks, kids!" For more information, call 402-496-0116 or visit www.sunridgeomaha.com. **WE**



Dee and Rod,
Sunridge Village
residents