

re-Inspired Living

a bi-annual newsletter from Brazos Towers at Bayou Manor

Designed
for today's
Modern Senior



A note from Michelle...

After many years of working in the industry of retirement living, I now serve as a Retirement Counselor and the Marketing Director of Brazos Towers at Bayou Manor. Helping seniors successfully navigate their choices by better understanding the differences between communities and the services they offer is an important part of my daily role. Whether these individuals end up moving to Brazos Towers, or somewhere else, I know that my team and I have succeeded if visitors leave with the [information and tools](#) they need to create a plan that will allow them to thrive in the next chapter of their lives.

I hope this newsletter is an informative resource for you and your family. Visit the Brazos Towers website to sign up for bi-annual updates.

Inside this issue



**The cost of
aging in place**

Page 2



**Meet Our Residents...
When love lives
next door**

Page 6



**The benefits of
being on a waitlist**

Page 8



Visit us at BrazosTowers.com for more information

a Brazos Presbyterian Homes, Inc. community



The cost of aging in place

Planning for retirement is no different than what you did when you planned your life. So [now that you are growing closer to retirement](#), it's time to firm up some of the details. One significant detail is home ownership... Should I own a home in retirement? If you haven't given this question some real thought, you may want too, because there are [hidden costs in home ownership](#).

That 'paid for' house is not free of charge

Whether we are near retirement or not, we all look forward to the day we can pay off our home mortgage. But the joy of making that last payment is short-lived because even though the mortgage is paid, we have a slew of periphery expenses that are ongoing. Expenses like, Property Taxes, Homeowner's Insurance and possibly Flood Insurance. And Maintenance!

60%

of homeowners age 60+ say they **have more things than they need.***

*University of Michigan Health and Retirement Study. 2010

Planning the details of running your household on a fixed income

In regards to your home, take a moment to consider what your future will look like...

- Will you be able to make those maintenance repairs yourself five years from now? What about in 10 years? Will hiring a professional fit within your budget? Keep in mind, as your home ages; it will require more and more repairs.
- Don't forget to add in the cost for utilities: Electricity, Natural Gas, Water, and Sewer. Also consider the cost of cable, internet, your telephone, trash pick-up, housekeeping, lawn maintenance. The list keeps growing.
- How much would it cost to make your home ADA compliant? Add to that the cost of home health care.

Think about how inflation will affect these periphery expenses, because eventually, these hidden costs, along with little unexpected maintenance expenses will take a big chunk of your retirement savings and your peace of mind.

Do your homework and research the alternatives that are available

- Renting is becoming a popular option for people of all ages, but people in their senior years are discovering that renting frees them from the stresses of ongoing maintenance costs and property taxes.
- Retirement Communities are growing in popularity because, like renting, they offer retirees the freedom to live their lives without the worry of maintenance costs, with the added benefit of allowing residents to live in an all-inclusive resort-style environment. But not all Retirement Communities are the same.

Begin planning sooner rather than later, because once, 'something happens,' it might be too late.



Annual **maintenance**

costs average 1% to

3% of the initial house

price. So owners of a

\$200,000 house can

expect to pay \$2,000

to \$6,000 per year for

ongoing upkeep and

replacements.

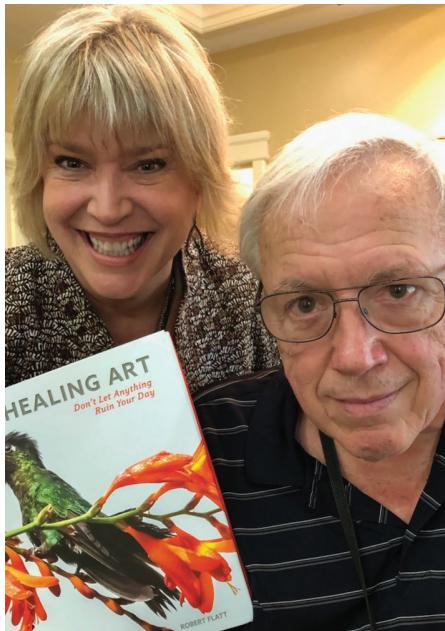


5-Star Rated since 2015

Medicare Certified

If you find yourself looking for a soft spot to land in your neighborhood after hospitalization. Remember Houston's best-kept secret conveniently located near Bellaire, Meyerland, West U and the Houston Medical Center. 5-Star Rated since

2015, we are proud to provide top tier skilled nursing and rehabilitation care ([Medicare Certified](#)). Join us in congratulating the Brazos Towers at Bayou Manor Team on their continued success and service in our community.



In 2018 I had the pleasure of meeting Mr. [Robert Flatt](#) for the first time. He and his wife Nancy visited us at Brazos Towers looking to learn more about living options that might be available to them in their retirement. They met when they were both 15 and have been married now for 50 years. Both 71 years of age and graduates of Rice University they find staying

Meet Robert Flatt

An Inspiration for All Ages

connected to their alma mater keeps them young.

It's not as if retirement is a new concept to them. They have had the pleasure of that experience for almost 20 years. It was in 1999 when Robert was first diagnosed with [Parkinson's disease](#). Upon receiving that news he and his wife decided it was time to start writing the chapter of their Golden Years. After having been an engineer in his professional life receiving this diagnosis led him to immerse himself into the world of photography. He took every class there was to learn more about his hidden passion and as a result became an accomplished, well-known photographer

as a retired engineer. They have spent many years traveling the world, mainly for the purpose of allowing him opportunities to capture exquisite images of the wonders of nature. His photos are featured in a permanent exhibit at Baylor University Department of Neurology and the Houston Museum of Fine Art. He authored a photographic journal; "[Healing Art](#)" (pictured here) in which he not only shares fantastic images that simply take your breath away but more importantly he shares his life lessons and perspectives.

He is a talented treasure and we are lucky that he has chosen to live in our community.

Senior Lecture Series

An update about changes in Medicare 2020 - Q&A

Tuesday, October 1, 2019 at 10:00 am

Brazos Towers Event Center

Presenter: Eduardo Bareng

Trusted Senior Specialists

Understanding Dementia: A Parallel Universe

Tuesday, October 15, 2019 at 3:00 pm

Brazos Towers Event Center

Presenter: Donna Wrabel

At Your Side Home Care

Resilience for Caregivers

Tuesday, October 22, 2019 at 3:00 pm

Brazos Towers Event Center

Presenter: Kathleen Crist,

Houston Area Parkinson's Society

Preventing Falls in Seniors

Tuesday, November 5, 2019 at 10:00 am

Brazos Towers Event Center

Presenter: Maggie Abbott,

Director of Physical Therapy

Houston Area Parkinson's Society

Additional lectures are added throughout the year, let us know if you would like to receive updates.

Seating is limited. If you would like to attend any of the presentations in the Lecture Series, please contact us at...

e-Mail: info@BrazosTowers.org

PH: 713-660-5000

Designed to entertain, inform and educate. Lectures will be lead by members of the Houston Community as well as residents of Brazos Towers. Join us and learn more about Financial Planning, Healthy Living & Farmer's Market Shopping, Genealogy, Medicare, VA Benefits, Scams & Legal Documents and How to Live an Inspired Life!

www.BrazosTowers.com

I think it's important to stay mentally active and physically active.

Brazos Towers allows me to do things I've never done before, like this photo shoot. Who knows what else I'll do?

Actual
Brazos Towers
Resident



Live More

Here, your opportunities aren't limited by your apartment's square footage... and your life isn't measured by your years, but by the experiences you pack into them.

This is not retirement... it's reinspirement.



Independent Living | Assisted Living | Memory Care
Skilled Nursing | Rehabilitation

713.660.5000 • BrazosTowers.org
4141 S Braeswood Blvd, Houston, TX 77025

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Meet Elaine and Steve

When Love Lives Next Door



Change is difficult for all of us and major transitions in life are never easy. We find they are usually filled with stress, anxiety and, of course, some fear of the unknown. They do, however, become a bit easier when the transition is a path we have chosen for ourselves, instead of having it thrust upon us unexpectedly by outside influences. That is how the story of Elaine Adams and Steve Carroll begins.

In 2013 Elaine and Steve, along with their respective spouses, had signed up for future residency in the new expansion of Brazos Towers at Bayou Manor, where Houston's savvy seniors move when they seek to turn their retirement into their own "re-inspire-ment". Their individual goals for the future were the same. Move with their spouses to a community they chose together,

while they were still young enough to enjoy the vibrant lifestyle available to them, to a place where they could be comfortable for many years to come. They would also have the added advantage of being closer to medical care, closer to cultural activities and most importantly closer to family. Their adult children were in full agreement – eager to have their parents in a community where they felt comfortable and "safe".

Life then took an unexpected turn when the spouses of both Elaine and Steve passed away prior to the completion of their new home. Each of them independently decided to continue forward alone and follow through with the plans they had previously made with their loved ones.

In 2015 Elaine and Steve each moved into their separate apartments at Brazos Towers.

They began to encounter each other on a daily basis, particularly in the mornings when Elaine would go in search of her daily newspaper and Steve would be enjoying his "breakfast of champions" with friends in the dining room. One day when Elaine approached his table he looked up with a big smile and with a sparkle in his blue eyes he offered to share his breakfast with her. That's when Steve began his process of wooing... wooing Elaine with Oatmeal and a banana. Not just any oatmeal – 100% whole grain Steel Cut Oats – which – he claims are MUCH better than your run of the mill oatmeal! It did the trick, Elaine was rightly impressed and they began their new journey of discovery together. They found they had a lot in common. Not only their love of oatmeal and bananas, and their positive dispositions, but they found they both had a great appreciation for the arts!

"It was just wonderful!" Elaine shares, "Not only to find someone living across the hall that I had so much in common with, but to be in an environment that made outings to cultural opportunities so easy and convenient". "We love going to the Opera, the Symphony, the Ballet and of course STAGES! We really enjoy the intimate theatrical experience they always have to offer. And living at Brazos Towers makes it all so easy. They drop us off at the front door and

are always right there to pick us up when the performance is over. It's just so convenient!" says Elaine. "And I always appreciate how accommodating they are to those of us with mobility issues" says Steve. "When you let them know your situation in advance they do their best to make accessibility to your seats as easy as possible and it is deeply appreciated."

Along with being a patron of the arts Elaine is also an avid bird watcher. Steve recalled a story she shared with him when they were first starting their courtship – a story about when she was on a beach watching a flock of seagulls go about their daily business. She said "The females were spending their time cleaning and primping themselves while the male terns were busy showing off, puffing themselves up, hunting their prey in hopes of finding fish to lay in front of their favorite lady birds." Steve recounts, "It's not much different than humans I guess. It's just that Elaine responds much better to a hot bowl of oatmeal and a banana than she would have to a dead fish!" we all laugh! Good advice from a "Senior Casanova"!

Both Elaine and Steve feel blessed to have come into their new relationship with a strong foundation of experiences from past healthy relationships. With that in mind they wasted no time in tying the knot! When it came time for them to share the news of their shotgun wedding with their adult children they were surprised by the response they received. Their adult children were stunned by the news. "Married? You barely know each other! We thought when you moved to Brazos Towers you'd be 'safe'! You really should take more time to get to know one other." To which Steve responded "well, we don't have as much time as we did when we were younger, so we just decided we'd better get on with it." Once the adult children and grandchildren met and had an opportunity to get acquainted they found it didn't take much time for them either. They found common ground in their hobbies, experiences they had had along with people they had all known in common. It just goes to show you – the world is smaller than you think.

So, what's the moral of the story? It's not over till it's over and the fat lady sings. Until then expect the unexpected. Look forward to what life has in store for you every day. Stay connected and involved with things that bring you joy (like the arts!) and always embrace change regardless of how scary it may seem. You too may welcome an unexpected surprise. Who knows, when you need it the most you too may find that "love lives next door"!

We invite you to visit us at Brazos Towers at Bayou Manor and see how we have changed the whole idea of retirement living. Come and discover your "re-inspire-ment" at Brazos Towers at Bayou Manor.

We look forward to seeing all of you at Stages for many years to come!



Staying active really does keep you young

When most of us think about staying active, physical exercise comes to mind first. Yes, a good workout will help keep you strong and flexible, but many of us forget that socialization is an important component of staying mentally agile. Below is a list of activities to include in your schedule...

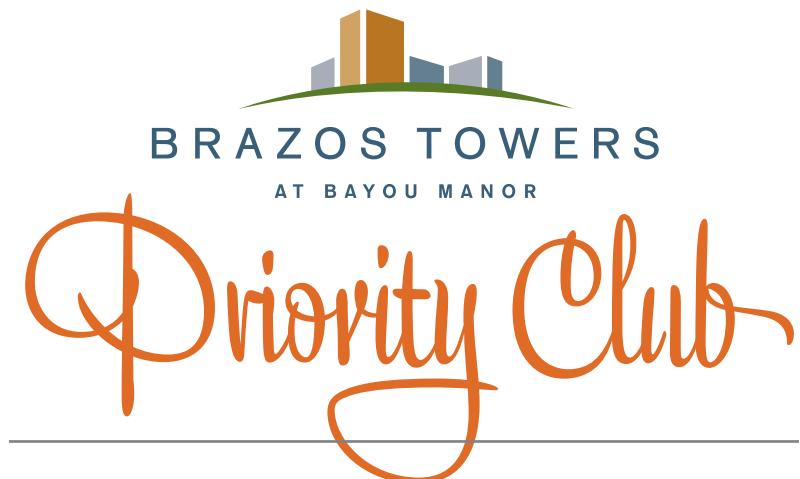
- Card Games
- Group Fitness Classes
- Activities with Friends
- Get to know your neighbors

"The secret to living longer may be your social life." Follow this link to an informative TED Talk Video by Susan Pinker.



The benefits of being on a waitlist

Many seniors these days start planning for a future transition years before it's actually needed. At Brazos Towers at Bayou Manor we make it super easy by giving them the option to join our Priority Club. It gives them the flexibility to let us know their estimated timeframe for a future transition and the size residence they feel would work best for them. And if life changes - they are free to change the timeframe & size requirements needed for their transition. Change is constant so why not plan for it? For more information about the Priority Club, please call 713-660-5000 or email info@BrazosTowers.org



The grass really is greener here.

But don't take our word for it... see for yourself. Schedule a visit today.

At Brazos Towers at Bayou Manor, we want you to find the place that's perfect for you. If we can answer any questions, or if you'd like to schedule a tour of our community or health center, give us a call at 713.660.5000. You can also find out more about us and get additional planning resources at BrazosTowers.com.

Brazos Towers at Bayou Manor has been a nonprofit Life Plan Community in Houston since 1963. We offer a unique brand of luxurious Independent Living and a full continuum of care that includes Independent Living, Assisted Living, Memory Care, Rehabilitation Care and Skilled Nursing. Our health center is open to outside admissions. Our residents come from all over the country to enjoy a dynamic lifestyle in our beautiful community.



Independent Living • Assisted Living • Memory Care
Skilled Nursing • Rehabilitation

"Every day, in every way, enhancing lives."

Marketing Department: 713.660.5000
E-mail contact: Info@BrazosTowers.org
Community: 4141 S. Braeswood Blvd, Houston, TX 77025

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