

Downsizing 101

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Birdwatching at Brazos

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The Hallmark has something brand new coming soon. An expansion plan that will feature a 33-story independent living high rise. Floor plans include luxury one and two-bedroom residences with sizes to meet the desires of seniors today. State of the art amenities surrounded by an abundance of gardens, classic and casual dining options and residences overlooking the Uptown skyline.

Call us at 713-624-5576 or visit www.TheHallmark.org/UptownOaks to learn more.

re-**INSPIRED LIVING**

Spring/Summer 2021

Designed for Today's Modern Senior


Brazos Presbyterian Homes



Contact us at www.HoustonRetirement.org

A Proud Legacy of Service



In 2010, the Board of Directors of Brazos Presbyterian Homes began looking at the opportunities for our two senior living communities, Bayou Manor and The Hallmark. Bayou Manor was approaching 50 years of operation and service to seniors in Houston. The Hallmark was nearing 40 years. The Strategic Planning Committee of the board has consistently been forward thinkers.

The leaders of Brazos Presbyterian Homes have always embraced change. We have never had a fear of change. We have consistently seen it as an appropriate way to operate our communities. In fact, in recent years, the board approved the purchase of adjacent property at both of our Houston communities and made a significant decision in 2018 to acquire a new community – Longhorn Village in Austin.

I have always enjoyed anything related to Walt Disney. In my youth, I enjoyed his movies, then his amusement parks with my family, and today, I remain so impressed at how his creative vision has continued in so many impressive ways. His life had lots of change. He embraced change through building and creating things with incredible imagination that many of us still enjoy today. In 1955, Disneyland opened in Anaheim, California, filled with nostalgia, fantasy and futurism. Walt Disney said, “Disneyland will never be completed. It will continue to grow as long as there is imagination left in the world.”



BRAZOS TOWERS
AT BAYOU MANOR
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In 2013, we broke ground on a major expansion at Brazos Towers at Bayou Manor that added 84 new apartment homes and a variety of enhancements to their amenities. Those changes have proven to be such an enhancement to the community as well as the lives of our residents. The Hallmark, in Uptown Houston, will soon undergo lots of change with the addition of 113 new luxury apartment homes and a host of enhanced amenities. The plans are extraordinary and exciting!

I invite you to learn more about all that Brazos Presbyterian offers. Our commitment to the seniors we serve is to offer the best in senior living always assuring support should one’s health needs change. We are a great place to call home. Come see for yourself.



THE HALLMARK
THE HERITAGE | LEGACY TOWER | UPTOWN OAKS
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Houston, TX 77056
TheHallmark.org
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Sincerely,

Sheryl Callahan, President & CEO
Brazos Presbyterian Homes, Inc.

Quite the Success Story

2020 was a long year of waiting. And leadership at both The Hallmark & Brazos Towers was ready for action when they received news that the COVID-19 vaccine was available for Seniors.

The first COVID vaccine clinic was completed at the end of December 2020 and early January, with almost all residents and many team members receiving their vaccine. Second doses were completed by the end of January. Follow up clinics were held in February. We welcome the return of normalcy and all the togetherness that make our communities so special!



Downsizing 101:

smart tips from
an expert



by: Courtney Hoffman



Here are some tips that will make working through the process of downsizing a bit easier.

- Start as early as possible. The last thing that you need is more stress.
- Take this time to visit with your children and family about what they might like to have of yours. You'll be surprised at what they actually keep!
- Pass along any treasures to family and friends and the history of your items.
- Bring in some extra help. This can be a family member, friend or a professional. This is a difficult process no matter how organized you are on a normal day.
- Start small so that you can see success. This starts the pace for great success.
- Be realistic when deciding what to take with you. There is definitely someone out there that will be as thrilled to find your treasures as you once were.
- Consider donation sites, private social media group sales (ask your family!), estate or garage sales (if your neighborhood allows them), or sending the appropriate items to auction.
- Setting realistic goals will put you on the road to success.

Want to learn more?



Join us...
Monday, April 5th
-OR-
Tuesday, April 6th
for a Lunch & Learn
at The Hallmark
Call for reservations
713-624-5576

Courtney Hoffman, principal and co-founder of [A Changing Home](#) has been helping seniors manage their moves, downsizing and estate distributions in the Houston area for over 20 years.

www.houstonretirement.org

The Benefits of Walking

Walking increases your cardiovascular and pulmonary (heart & lung) fitness. It improves your balance and helps maintain stronger bones.

Walking has major benefits for longevity and offers benefits for strengthening your heart, easing joint pain, boosting energy, improving your mood and even extending your life. A move to a Brazos Presbyterian Homes community affords you limitless walking paths just outside your front door. **Brazos Towers at Bayou Manor** offers wide and open walking paths within the community along with the incredible 30-mile stretch of the Bayou Greenway Trail along Brays Bayou. Residents enjoy easy access to these unique places to enjoy the outdoors. **The Hallmark** is located within urban Uptown Houston. Enjoy strolls along well planned streets within Uptown featuring a variety of restaurants and shopping. Interested in a lengthier stroll? You are just minutes away from the wide streets of Tanglewood, with beautiful homes and a 2.7 mile (6,000 steps) graveled trail along Tanglewood Blvd.

Lace up your favorite walking shoes and enjoy the benefits of walking!



Hallmark Highlight

Trudy Guinee

has many artistic passions. She

found her love of painting, primarily watercolors, in high school and continued as she graduated from Duke University. Once out of school she married her husband and soon had 5 children. They traveled the country over the years, moving a total of 11 times. As a stay-at-home mom, she raised her children to be successful college professors, an actor/climate change activist, a teacher/dog trainer, and a consultant on racial relations, all making positive impacts on the world. She is proud of them all and jokingly states, "...and I like them too so that's a nice thing!"

In the moments she had some time to herself her passion for art grew. She has always found inspiration in nature and enjoys observing the world around her imagining each moment or object how she would paint it. After years of painting, she took on the challenge of learning to make her own paper. She enjoyed making paper so much she decided to create an entire book. As the project started to build, she thought she should put something into the book – enter poetry. At 60 years old, Trudy went back to school and earned a master's degree in poetry from Vermont College.

With her many skills she created a book for her family about the beauty surrounding their Vermont home. Today those watercolors, ink sketches and poetry offer her colorful journeys down memory lane and remind her of forgotten names of flowers and trees.

Trudy has been a Hallmark resident for 14 years. She has been an active member in the Writer's Group and has shared some of her poetry with her neighbors through The Hallmark Herald resident newsletter over the years. She has also donated her time to paint beautiful flowers on an activity cart for the in-house Program Director.



"...colorful journeys down memory lane..."



SPOTLIGHT on Luxury Living

Open the door to Modern Style...



THE HALLMARK

THE HERITAGE | LEGACY TOWER | UPTOWN OAKS

The San Antonio features a large living room (16x14) with walls for artwork and a flatscreen, with nearby modern powder room with linen storage. French doors lead to more storage with duel shelves or make this room into an extra closet! The kitchen is striking with art inspired marble quartz countertops and a generous island with ideal pendants; custom built cabinets, and many well thought-out details. Full size stacked washer and dryer are included. Come see where you can enjoy morning coffee! **Schedule a tour or virtual visit to see this one of a kind available apartment. 713-624-5576**



Floor Plan
The San Antonio

Square Feet
1,170

Location
The Hallmark

Expansive great room with large kitchen!



BRAZOS TOWERS AT BAYOU MANOR

The Aspen is a spacious one bedroom one bath residence overlooking the expansive greenery of our beautiful backyard. It feels much bigger than its 868 square feet and features a large kitchen with full-size appliances and side-by-side washer and dryer. Quartz countertops and hard surface flooring give this residence a very modern feel. Come and see for yourself. It could be the new home you've been searching for. **Schedule an in-person tour or virtual visit today! 713-660-5000**



Floor Plan
The Aspen

Square Feet
868

Location
Brazos Towers

Faces of Brazos



The Brazos Towers Garden: a naturalist perspective

by: *Robert Flatt*

Robert Flatt, and his wife Nancy met when they were in high school and were undergraduates together at Rice University. They both love nature so much that they even went trout fishing on their Honeymoon. Nancy, a devoted Girl Scout Leader and outdoor trainer, taught Robert to backpack, and they have backpacked many of the US National Parks. They were hiking in Olympic National Park in 1998 when Robert noticed his backpack kept tilting to the right. He thought he needed an equipment upgrade, but doctors soon diagnosed Parkinson's (PD).

As a result of his PD, Robert and Nancy accelerated their travel schedule on small expedition ships to wild and beautiful places – from Borneo to Madagascar and Brazil to Antarctica and Alaska to Indonesia. At age 59, Nancy learned to scuba dive and Robert soon took up the art of nature photography.

So it's not surprising that when they moved into Brazos Towers at Bayou Manor (BTBM) in 2019 that they erected birdfeeders. Nancy spends time in the garden looking after the birds as well as the bugs, snakes, lizards opossums and other "critters" in the garden. Nancy is a Zoo Docent and a Past Chairman of the Houston Sierra Club.

PD gave Robert the marvelous gift of time to take photography classes at Rice University. PD has helped him "slow down" to see beauty and the urgency to "hurry up" and capture as much as he can while he still can. He gravitates toward highly saturated pictures, full of color and life, with surrealistic backgrounds. Using his new Canon R5 camera and Photoshop, he paints pictures of birds flying, bees buzzing and dragonflies basking in the sun.

His photography is in the permanent collection of the Museum of Fine Arts, Houston and in permanent displays at Rice University, (where he is an Adjunct Professor at the Jones Graduate School of Business Administration), the Houston Medical Center and BTBM.

He has self-published two photography books – "**West Boulevard Night-Herons**" (available at [Blurb.com](https://www.blurb.com)) and "**Rice's Owls**" (available at the Rice University Campus Store). A third book "**Healing Art – Don't Let Anything Ruin Your Day**" was published by Bright Sky Press in April 2016 and is available in the shop at BTBM where all proceeds go to the Residents Assistance Fund. All three books are available in the BTBM Library.

Zoo Zoom coming Summer 2021!



A virtual and interactive presentation featuring residents of Brazos Towers. The resident panel will share their stories about their wildlife experiences both away from and within the Brazos Towers Community. Sign up to receive an invitation by emailing info@BrazosTowers.org



The Power of Change



“ You’ll never change your life until you change something you do daily. The secret of your success is found in your daily routine. ”

– John Maxwell

How often do we judge our own success? Are we truly having daily routines that are successful? Choosing to live in a retirement community can help you enhance your daily routines. Take a class in fitness or art. Join a lecture series. Expand your friendship base. Enjoy life! One common theme heard often from new residents is, “I wish I would have moved sooner – I had no idea of all the things I was missing”. Take a first step for change by learning about the communities of Brazos Towers at Bayou Manor and The Hallmark. You’ll be glad you did!

Calendar of Events Spring/Summer 2021

APRIL
5&6
The Hallmark

“Rightsizing” with moving & home organization specialist, Courtney Hoffman. Enjoy an engaging discussion on tips for rightsizing. Lunch and tour to follow.
To RSVP for this event, please email info@TheHallmark.org or call 713-624-5576



APRIL
6
Brazos Towers

Living Well with Uncertainty A virtual presentation by Donna Wrabel, principal of At Your Side Home Care. Discussion about mental health support as we mark the 1 year anniversary of the pandemic. Please call 713-660-5000 or email info@BrazosTowers.org to RSVP



APRIL
13&14
The Hallmark

Personalize Your Home with Design Coordinator, Maria Lee. Learn about the many options available to new residents of The Hallmark. Lunch and tour to follow.
To RSVP for this event, please email info@TheHallmark.org or call 713-624-5576



APRIL
22
Brazos Towers

Staying Connected Matters! A virtual presentation by Jill Thompson, of Amazing Place. Staying connected to others matters when it comes to your physical and mental health. This presentation provides strategies on how you can stay connected and engaged.
Please call 713-660-5000 or email info@BrazosTowers.org to RSVP



APRIL 28
MAY 11

Lunch & Learn at The Briar Club

Learn more about the exciting new addition to The Hallmark — Uptown Oaks — a 33-story luxury tower. **Reservations are limited. Call today 713-624-5576**



SUMMER
2021
Brazos Towers

Zoo Zoom! A virtual and interactive presentation featuring residents of Brazos Towers. The resident panel will share their stories about their wildlife experiences both away from and within the Brazos Towers Community. Email info@BrazosTowers.org to request an invitation.



An invitation to join the club

Many seniors these days start planning for a future transition years before it's actually needed. We can make it easy for you by giving you the option to join our **Future Residency Program**. It gives you the flexibility to let us know your estimated time-frame for a future move and the size residence you feel would work best. And if life changes — you are free to change the time-frame and size requirements needed for a transition. Change is constant so why not plan for it? For more information about the program, please contact us.



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

Brazos Towers at Bayou Manor and its sister property, The Hallmark, are the senior living communities in Houston of Brazos Presbyterian Homes, Inc.

