

do it.



Although some seniors dread the conversation about leaving home and moving to a retirement community, there are many advantages, including improved safety, transportation and the chance to make new friends.

When Is The Right Time To Leave 'Home'?

Few people like to admit their age is affecting them. However, as we age, certain abilities become compromised, and it may no longer be practical for aging men and women to remain in their homes, or at least live

Comfortable living alone may be a signal to an older adult that he or she still has independence. Taking away a license or suggesting a move may cause feelings of animosity. But at some point in time, friends or family members of an aging man or woman might need to broach the topic of moving to an assisted living facility. Such a discussion can be difficult, but having some evidence that a change is necessary may make the news easier to process. Sometimes the older adult may have already made the decision that a move is necessary, which will make the process even

Moving should never be a knee-jerk reaction unless there is a sudden medical emergency that necessitates fast action. Under normal circumstances, moving should be a gradual process that begins even before a parent, grandparent or other relative really needs to change residences. Here are

- some steps to keep in mind. • Make sure to develop a strong relationship with your loved one. This relationship should be consistent and keep you in frequent contact so you can best assess his or
- her living situation. • Talk things over with other siblings or relatives to see if others feel the same way you do. Perhaps they have a different point of view.
 - If there are problems

at home, make your case by

pointing them out. Show the

elder adult how day-to-day

life has grown more difficult

and how certain burdens

may be lifted by changing living situations. Indicate that access to health care and a safe environment are some of the key benefits of moving to a senior community. Point out other benefits, such as companionship with similarly aged people, activities, transportation, and the presence of a maintenance staff to ensure nothing falls into disrepair.

• Do your research and have the names and amenities of different residences available to discuss. Request brochures from senior communities and offer to make trips to view the homes together with vour senior relative.

• If the idea of a "home" is not what your loved one has in mind, discuss the options of moving in with a relative and if this would be a more

comfortable situation. • You may need a mediator or help with finding the right fit for a loved one. Consider hiring a geriatric care manager to help you organize your thoughts and priorities regarding a senior living transition. These individuals provide services that include helping families locate appropriate housing and care services for their loved ones.

Not every senior needs to leave home, but the topic should be broached if assistance with day-to-day activities is needed.

How To Avoid Growing Bored In Retirement

From the moment young men and women first walk into the office for their first day as a working professional until the day they officially retire, the notion of planning for retirement is never far from their minds. But when the day to hang up the briefcase and donate all those business suits arrives,

some retirees wonder what to do next. Some retirees know exactly how they will spend their days when they no longer have to work, while others who decide to play it by ear may find themselves battling boredom.

For those among the latter group, it's important to understand that many retirees find themselves bored once they no longer have to focus on a career. Jobs keep men and women

busy and provide a sense of purpose in their lives, so it's understandable that retirees feel bored once those jobs are no longer a part of their lives. But just because you no longer have an office to go to every day does not mean life cannot be as fulfilling or even more fulfilling than it was when you were still working. You just need to find something to avoid succumbing to retirement boredom.

• Work part-time. Though it might seem odd to start working right after you retire, a part-time job can provide the type of structure you have grown accustomed to without all of the responsibility that comes with a full-time career. Part-time jobs can range from consultancy work that makes use of your professional experience to something entirely different like landscape maintenance at a nearby golf course that gets you out of the house and enjoying the warmer seasons. Whichever you choose, make sure it's something you find fun and interesting.

• Embrace a new hobby. Working professionals often

say they wish they had time • Get in shape. If to pursue a hobby. Now that retirement boredom has you are retired, you have started to negatively affect all the time in the world to your mood, one great way do just that. Whether it's to conquer your boredom perfecting your golf game, and improve your mood at writing that novel, learning the same time is to start to cook like a gourmet chef exercising. Exercise is a or whatever else you might natural mood enhancer. have always wanted to do, When the body exercises, it retirement is a great time to releases chemicals knowns as endorphins, which trigger positive feelings in the body. In addition, regular exercise has been shown to reduce stress, boost self-esteem and improve sleep. Working out at a gym also is a great way to meet fellow retirees in your community, and the energy you have after exercising may give you the boost you need to pursue

> • Volunteer. If a part-time job is not up your alley, then

other hobbies.

consider volunteering in your community. Volunteers are always in demand, and volunteering with a local charity can provide a sense of purpose and provide opportunities to meet likeminded fellow retirees, all while helping to quell your boredom. Retirees who love to travel can combine their passion for volunteering with their love of travel by signing up to work with an international relief organization that travels abroad to help the less fortunate.

Upon retiring, many retirees initially find themselves coping with boredom. But there are many ways to avoid the restlessness of retirement.

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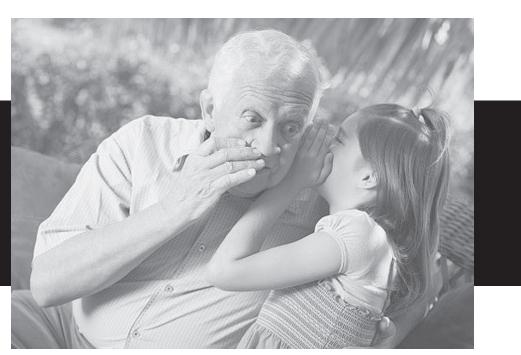
Stacy Huber Financial Advisor 220 W. 3rd St.

Yankton, SD 57078 605-665-4567



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