



# To Move or Not to Move

What would these services cost in an alternate setting like assisted living? Do you have a plan for addressing unexpected health changes? Which option will provide the most comprehensive health services in the safest environment? The answers to

Ask yourself - Is my current living situation everything I want and need it to be?

If it is not meeting all of your wants and needs then you must ask yourself; What is missing? What are my options?

The answer is typically a blend of personal preference, desired location, desired lifestyle, financial resources and health care needs. Ideally the decision to move is a matter of choice, but it can frequently be driven by necessity. It is always best to plan ahead because you do not want to find yourself in a crisis situation where you are forced to make a quick decision and one that may not be the best for you long term.

Many people may choose to move because their current home and garden have become more of a burden than a joy. Wanting to be closer to family often results in a move. Sometimes our physical space becomes too large and therefore downsizing seems like the next logical reason to move. Sometimes a health change can prompt a decision to move. People who are clear about their changing abilities often find making the decision to move much easier.

Be mindful and cautious as you work your way through the process of "To Move or Not to Move". What is the cost of in-home support today? What additional services may be needed and what will they cost?

these questions are crucial to matching the best option to meet your needs.

There are many benefits when considering a move to a retirement community; nutritious well-balanced meals, housekeeping, transportation, emergency response, and recreational activities. Most importantly, the opportunity to stay socially connected is a benefit that is often overlooked. Building new relationships and social connections with likeminded people can help you live a longer, happier and healthier life. Remaining in your home can result in growing isolation and loneliness. Studies show that having low social interaction is as bad for your health as smoking, alcoholism and as harmful as never exercising. Staying socially active can help you maintain good physical and emotional health and cognitive function as well as help protect against illness by boosting your immune system.

While planning for your post retirement years why not choose a place where you can create and enjoy new friendships. Your overall quality of life and health will improve! Guaranteed!



**Erin Currie**  
Community Relations Manager  
Berwick on the Park Retirement Community  
60 Whiteshield Crescent S., Kamloops  
250-377-7275  
[www.BerwickRetirement.com](http://www.BerwickRetirement.com)




**BERWICK**  
ON THE PARK  
RETIREMENT COMMUNITY

## Discover the Berwick Advantage

### Comfort. Freedom. Choice.

Independent Living	✓	Housekeeping	✓
Assisted Living	✓	Transportation	✓
24 Hour Nursing Care	✓	Recreational Activities	✓
Well Balanced, Nutritious Meals	✓	Private Car & Driver	✓
Spectacular Views & Gardens	✓	Emergency Response	✓

At Berwick on the Park, we offer a unique and affordable take on retirement. With a large range of amenities and services, we continue to be the retirement community of choice in Kamloops. **Call Erin Currie, our Senior Living Expert today to learn how you or your loved ones can discover the Berwick Advantage.**

**60 WHITESHIELD CRESCENT SOUTH, KAMLOOPS**  
**250.377.7275**