

Newsletter

Volume 1, Issue 12

July 2007

Welcome

Residents and Family Members

Live Life Well

The Haven Assisted Living

This is issue number 12 of The Haven Assisted Living Newsletter. This letter will provide you with information about The Haven Assisted Living and our Residents, as well as Updates on Industry News and Trends. We welcome your ideas and input as to what topics you would like to see published.

Reminders for Family Members

Facility Issues or Concerns

Recently it has come to our attention that issues may arise within the facility as seen or perceived by family members regarding care and/or services. Please do not allow any time to pass if you have concerns, contact your Administrator immediately so they may address the problems. Again, there are several ways to **confidentially** voice your concerns.

Medicare Part C & Part D

For new information about Medicare Part C and Part D, contact John Bishop for details at **804-763-9294**
(Correction)

What's New at The Haven Assisted Living

July 2007

The Haven Assisted Living @ Heatherwood is the newest addition to the Haven homes and expected to be licensed and operational by October of this year.

The Haven Assisted Living Busses are about to begin operation. Drivers have been in training for the last month and are scheduled to complete the CDL testing in the first week of August.

The Haven Assisted Living @ Sandy Valley has completed the Septic upgrade. Applications for residency are now being accepted.

The Haven Assisted Living @ Hebner has completed the Septic upgrade. Applications for residency are now being accepted.

The Haven Assisted Living @ Sedgemoor now has their private gardens and can begin planting this month.

The Haven Assisted Living @ Eleanor will be the next home scheduled to receive their private gardens.

INSIDE THIS ISSUE

- 1 Welcome
- 2 What's New
- 3 Industry News
- 4 Activities
- 5 Evaluation of Service Form Introduction
- 6 Evaluation of Service Form



“Psssst...Can you please bring me some Animal Crackers?”

Industry News

Your Magical Retirement Plan Ensure That You Have a Retirement Plan!

Your retirement plan and my retirement plan should have something important in common and it is not what you may think it is.

So what does your retirement plan look like? If you are like most people contemplating retirement, you may have given some thought to the financial aspects of retirement planning but absolutely no consideration to the personal aspects.

In the course of a lifetime people pick up the knowledge and skills to build careers, raise their families, and accumulate material possessions. But not much of that prepares them for life in retirement. How do they handle leisure time? How do they keep their minds in tiptop shape? How do they adjust to a life without structure and purpose?

According to a survey conducted by AIG SunAmerica, the people most likely to enjoy retirement are those who have made retirement plans. Put another way, your magical retirement plan is to have a retirement plan. This is borne out by the fact that 78 percent of people who prepare for retirement both financially and psychologically view it as "a whole new life" or a "continuation of life as it was."

Clearly, a life which is empty of purpose until 65 will not suddenly become filled on retirement. If you are still in the workforce and contemplating retirement, you should be thinking long and hard about the retirement plans you should be making. This entails contemplating the problems that may arise when you no longer have the routine, structure, and purpose of working life to rely on.

It's important to spend many pre-retirement days on your retirement plan and thinking about what you want to do when you walk out of your workplace for the last time. All too often, people put off things too long. If you don't learn how to live happily before you retire, it's very difficult to teach you how to live happily afterwards.

When happy and successful retirees are asked what advice they would offer to a person just entering retirement, most will respond with a variation of: When it comes to retirement planning, spend as much — or considerably more — time thinking about how you will utilize your days and months as you do contemplating your finances. As one retiree told a newspaper reporter, "Retirement could well represent 25 percent or more of your whole life. Why leave it to chance? A retirement plan is key."

Although virtually everyone needs a modest amount of money for essentials and a few luxuries from time to time, people who spend all their time and energy on building a huge nest egg often forget how to live happily in their working lives. They compromise their health, they neglect their friends, and they don't develop interests outside of work.

Once they retire they realize that no amount of money can buy excellent health, great friends, or the ability to enjoy leisure activities. Sadly, they wind up even less happy in retirement than they were in their working lives.

We all know that we have to prepare financially. But we have to prepare psychologically and socially as well. Ironically, too much emphasis on saving for retirement can make us forget what it takes to enjoy retirement. Being satisfied with life as a whole in your working life is your best way to prepare for retirement.

Continued...

The following activities will help you to enjoy your work life and prepare you for retirement at the same time:

Retirement Planning Tips

- Establish a good work/life balance many years before you retire and zealously maintain it — refrain from working on weekends.
- Maintain optimum health while you are working.
- Be open to learning new things at work and in your personal life.
- Have a major life purpose other than your work so that you have a purpose when you take early retirement.
- Develop close friendships removed from your workplace. Maintain — i.e. don't neglect — your true friends so that they are still around when you retire.
- Learn how to handle freedom. A good way is to become self-employed for at least a year or two before retirement.
- Accept that money will buy style and comfort, but it won't buy you happiness.
- Spend a lot of time alone while learning how to enjoy solitude.
- Indulge in regular strenuous exercise so that you will be physically fit and able to enjoy retirement activities.
- Take all your paid vacation time so that you learn how to be more leisurely.
- Travel a lot. People who don't get to enjoy travel before retirement seldom develop a liking for it after retirement.
- Don't allow your identity to be tied to your job.
- Find many ways to connect with the world.
- Take an unexpected day off work, and ensure that you loaf it all away to experience what it's like to be a member of the leisure class.
- Take a pre-retirement course that deals with the personal issues and not only the financial issues.

Continued...

Above all, don't put off being happy until you retire. People who have tried this realize that they have waited too long. The ability to be happy before you retire — regardless of your financial circumstances — is the key to having a happy retirement.

In short, whether it's your retirement plan or my retirement plan, it should entail having a well-balanced life before retirement.

About the Author

Ernie J. Zelinski is a leading authority on early retirement and solo-entrepreneurship. Ernie is the author of the recently released career book *Real Success Without a Real Job*, the bestseller *How to Retire Happy, Wild, and Free* (over 70,000 copies sold and published in 7 foreign languages), and the international bestseller *The Joy of Not Working* (over 210,000 copies sold and published in 17 languages).

You can download the free e-book with over half of Ernie's bestseller *How to Retire Happy, Wild, and Free* as well as the free e-book *The 437 Best Things Ever Said about Retirement* on his funky websites:

www.thejoyofnotworking.com , www.real-success.ca/free_ebooks

NOTICE

Although each month the Newsletter changes, some information remains the same to allow time for some projects to properly integrate into the system, and for Family Members to have the time to get another look at some of the programs that are developing at The Haven Assisted Living that affect Residents. Thank you for your understanding.

Source: <http://thematuremarket.com>

Activities

Linda Bishop is the Director of Programs for the Haven Assisted Living. Linda has been working with the Caregivers and the Residents to enhance the Activities Program. The Farm Program is also in the works. We will be providing more information as we get closer to opening the Farm to our Residents and Family members.

If you would like to visit the animals, please feel free to call for a visit.

These Activities Schedules are Posted on the Bulletin Board at each Facility at the beginning of each month. As always, your input is welcome. To comment about the Activities Program, please contact Linda Bishop via email at lindabishop@virginiaassistedliving.org

CALENDAR OF EVENTS

SPECIAL EVENT

BON-FIRE BBQ...

PLACE

4350 SANDY VALLEY ROAD

TIME

TBA (TO BE ANNOUNCED) OCTOBER

Evaluation of Service Form

The Evaluation of Service Form is another tool to help us improve quality and service to our Residents.

We have not received all of the surveys back from family members, please take the time to fill them out and return via mail, or to the facility. Thank you.♥

The Haven Assisted Living Inc.

P.O. Box 1526
Mechanicsville, VA 23116

Phone: 804-779-HUGS (4847)

Fax: 804-779-2925

Web Site: www.virginiaassistedliving.org

Email: info@virginiaassistedliving.org



“A picture says it all”

