

A LIFE WORTH LIVING AT WARM BEACH SENIOR COMMUNITY



People notice it right away – the friendliness, the welcoming smiles, the immediate feeling of being a part of something special. That's why so many who are 62+ years of age are eager to join our community. This is your chance to experience the fulfilling lifestyle and peace of mind provided by the area's only full service retirement community.

At Warm Beach, you'll experience:

- Newly renovated apartments and homes
- Restaurant dining with 25+ items from our made to order menu
- Convenient transportation service
- Indoor pool, exercise area and 22 miles of walking trails around campus
- Social, recreational and spiritual activities
- On-site assisted living and nursing care, if needed during lifetime



New friendships, spiritual vitality, a fulfilling retirement lifestyle, plus the breathtaking scenery of the Pacific Northwest...these are just a few of the things you will experience at Warm Beach Senior Community. But don't wait, these homes and apartments won't last long.



20420 Marine Drive, Stanwood, WA 98292
360-652-4593 or (800) 652-6302

Visit our website to learn more about us!
www.warmbeach.org



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Make Downsizing A Family Affair This Holiday Season

by Pamela Williams

We recently hosted a seminar that taught techniques for successful downsizing. We thought this would be especially helpful with the holiday season approaching. Our speaker, Eric Rovner from Benevia, offered many fabulous tips worth sharing. Eric holds a Master's degree from Cornell University, and has worked in the retirement industry for more than 15 years. He co-founded Benevia in January 2006, and takes great pride in the transition assistance his team provides to clients and their families. Foundation House at Northgate is proud to partner with Benevia, a division of Hansen Bros. Moving & Storage, and we appreciate their service and advice.

If you'll have family in town this holiday season or the coming year, consider a few of the great ideas Eric shared at our seminar:

- Use the "Sticker System" to identify what you would like to give to family and friends. Give a different colored sticker to each person, for them to place on each item they'd like (i.e. blue for one child, red from another, yellow for a friend, and green for the items you'll be taking with you, etc.). These stickers can be purchased at any office supply store, and many drug stores.
- Encourage recipients of your things to take them now! Don't wait until next week, next month, or your moving date. If they live far away you can ask them to coordinate shipping, or plan a date for pick up and get it on the calendar. You will enjoy seeing these possessions in their homes, whether in person or in a photo, as much as they do.
- The holidays are a great time to pull out all of those old photos. Share them with family and friends, and place those you'd like to keep on a CD or DVD, in a shadow box, or combine into one special album of memories (and discard or give away the others).

If you would like more resources or assistance with planning and coordinating an upcoming transition, you can contact Benevia at (206) 257-4314. They serve anyone faced with a life transition, and can coordinate a wide variety of service providers that can support your successful downsizing efforts. Peggy recently moved to retirement living at Foundation House at Northgate, and had this to say about Benevia, "They were A-1! The fellas worked really hard, and the folks who packed and unpacked me made it a smooth process. Plus, Foundation House paid for my move so it didn't cost me anything!" Bob, another resident added, "They were very thorough. I was really impressed."

You can impress your friends and family with these downsizing tips this holiday season! Make it fun, and revisit old memories while making way for a new chapter in your life.

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