



# FINDING

*A RETIREMENT COMMUNITY THAT MEETS YOUR  
LIFESTYLE NEEDS*

## **DOES A RETIREMENT COMMUNITY'S CULTURE REALLY MATTER?**

When it comes to a comprehensive list of things to consider before moving into a retirement community, care quality is at the very top.

But there are many other factors to consider, including the retirement community's culture. How do you know if the retirement community you're considering is a good fit from a lifestyle point of view? Does this community value social interactions, time outdoors, importance of physical health? Does a landscaping crew keep up with maintaining the grounds?



The bottom line is: Does this retirement community provide you with the lifestyle you want?

In this guide, we'll walk you through what to look for in a CCRC to help ensure it ticks all the boxes on your list of retirement community must-haves.

## LIFESTYLE ELEMENTS TO CONSIDER

### *STAYING ACTIVE THROUGHOUT THE YEARS*

Look for retirement communities with a variety of fitness options. Physical activity and exercise multiple times a week can help improve your quality of life, help you maintain the ability to live independently and even reduce the risk of bone fractures and falling. Regular exercise also benefits your heart and can lower your blood pressure and cholesterol.



Fitness options to look for include:

- Gym
- Physical therapists available
- Pool
- Exercise classes, such as yoga

At Riddle Village, we offer these fitness amenities and much more – including an indoor heated pool, unlimited access to a fitness center and a full-time personal trainer on staff.

### **RANGE OF ACTIVITIES TO GET YOU UP AND MOVING**

One of the keys to living a long, healthy life is staying active. When you're visiting retirement communities, take note if they offer these amenities:

- Walking paths
- Classes and clubs
- Recreational games, indoor and outdoor

At Riddle Village Retirement Community, we'll make sure you have lots to do. We offer a variety of outdoor activities for older adults to enjoy, including a bocce ball court, shuffleboard court, putting green, fire pit, lounge patio and koi pond.

## UPDATES AND RENOVATIONS TO THE PROPERTY

When you lived in your own home or apartment, you knew how important it was to keep up with repairs and maintenance. The same should be true for the retirement community you select. It's important to see evidence of renovations and updates to CCRCs that you're considering.

At Riddle Village, the quality of your new home will always be maintained for you, so you never have to worry about it. Apartment maintenance is available, and weekly housekeeping and flat linen service is provided for residents. Most importantly, you can enjoy peace of mind from these services because you'll never have to worry about upkeep or maintenance. It's all taken care of for you.



## DISCOVER YOUR IDEAL SOCIAL LIFE

Whether you're a person who loves to be around others, prefers quiet solitude or maybe a combination of both, the retirement community you choose should allow you to live the social life you want and welcome visitors, such as family or friends, when they come to see you.

When visiting retirement communities, look for shared or community spaces throughout, such as common living rooms and dining areas that let you spend time with friends and family, both inside and outside the community.

Also find out if the retirement community offers activities, events, planned programs and trips. If you're someone who enjoys taking nature hikes, competing in billiards tournaments or singing holiday carols, it's important to know whether the retirement communities you're considering offer these types of activities so you can be as active as you want.

At Riddle Village, we have plenty of amenities for our residents that encourage socializing and help them continue to live an independent lifestyle, including a beauty salon and barber shop, woodworking shop, convenience store and library, among many other offerings.



## A CULTURE OF COMMUNITY

At Riddle Village Retirement Community, we are locally owned and operated, so we're able to create a culture that helps everyone feel at home. We enjoy fostering a culture of community at Riddle Village so you can continue to lead a happy, productive and independent life.

### 3 REASONS WHY CORPORATE RETIREMENT COMMUNITIES FALL SHORT

#### 1. *Too large*

Many corporate retirement communities are designed to accommodate large numbers of residents, and while this is good for areas with a high population of older adults, it makes for a challenging foundation to build a culture of community.

On the other hand, Riddle Village is much smaller than most corporate retirement communities, making it easier for us to foster a sense of community among our residents.

## **2. *Not everyone's needs can always be met***

Related to the problem of being too big, in a large retirement community, not everyone's needs can always be met to the level they require. And this is usually because there are simply too many residents, making it more difficult for staff to give residents the time and attention they need.

While every state certainly has its own minimum requirements for resident-to-staff ratios, in smaller retirement communities, it's easier for older adults to have their basic and lifestyle needs accommodated.

## **3. *Treated like a number, rather than a person***

Similar to a large university with many students, who have individual ID numbers in the registrar's office and are sorted that way instead of by their names, in a large corporate-owned retirement community, it's more likely you'll be treated like a number rather than a person.

Not true at Riddle Village — we work hard to make sure you feel like a valued member of the community.

## **CONTACT**

For more information about Riddle Village, to schedule a tour or to get any of your pressing questions answered, reach out to Riddle Village Retirement Community in Media, PA, by filling out our contact form or calling our sales office at **610-891-3700**. We're available Monday through Saturday between 8 am and 4:30 pm and on Sundays by appointment.

We look forward to helping you make an informed decision about which retirement community to move into that matches your lifestyle and meets your comprehensive care needs.

