

Moving Tips: Keep A Positive Outlook

(NAPSA)—Relocating is a stressful endeavor at any age and can be particularly difficult for seniors transitioning into a retirement or Assisted Living community. Seniors many times must part with beloved possessions and adjust to living in a neighborhood environment.

“Living in a community with other seniors can be a very rewarding experience,” said Beverly Chambers, Belmont Village senior vice president of operations. “Residents often become more active due to their new environment and find themselves participating in fitness programs, socializing with neighbors and adopting healthy eating habits.”

To help ease moving-related anxiety, Belmont offers the following tips for seniors:

- **Think positively.** Leaving a home you love is a difficult decision, but try to focus on the positive aspects. Your new home will be easier to manage and will allow you plenty of time to enjoy the fun and freedom of your golden years.

- **Plan ahead and tackle difficult projects first.** Start packing six to eight weeks before you move. Begin compiling files for your personal and financial records that include your Social Security card, birth certificate, insurance information and contact numbers for your bank.

- **Finalize transactions.** Remember to return borrowed library books and pick up items from the cleaners. If you are currently renting, give appropriate notice to your landlord as stipulated in your lease or rental agreement. Also, don't forget to visit your post office for a change of address card.

- **Don't pack everything.** Take important items with you. Jewelry, wills, family photos and essential phone numbers should



A little extra planning can help moves go a lot more smoothly for seniors.

be carried with you to ensure they aren't misplaced in the move.

- **Unpack slowly.** Unload and assemble your furniture first. This not only gives you a place to rest when you are unpacking, but also lets you arrange the furniture to your liking before filling the room with boxes.

- **Meet fellow residents.** Take a break and introduce yourself to your new neighbors. The sooner you meet everyone, the more at home you will feel.

Belmont Village is currently in six U.S. markets including Houston, Nashville, Louisville, Memphis, Chicago and San Diego. The company will open other communities in Chicago, Los Angeles and San José. For more information, call (713) 592-9200. Or, for a virtual tour of Belmont Village, visit the Web site at www.belmontvillage.com.