

## Age in Place at PARKER RIDGE

Seniors find themselves in the position of determining *where they want to age*.

Realistically, there are two choices—figuring out how to age in place in your home or aging in place at a retirement community such as Parker Ridge. Aging changes us all. There are inevitable physical, mental and emotional changes that affect the daily life of seniors. While not all changes are negative, they do present challenges to aging in one's home. Many do not have family or friends close by to help. A community like Parker Ridge is designed to make aging in place easy.

Parker Ridge is a hidden gem in the lovely seaside town of Blue Hill, Maine. Nestled in on 28 acres and surrounded by

woods with views of beautiful Blue Hill Bay, Parker Ridge is minutes away from all the Blue Hill Peninsula has to offer. Blue Hill is a vibrant little town bursting with cultural, musical and theatrical activities. With the Kollegewidgwok Yacht Club, Blue Hill Country Club, Blue Hill Heritage Trust and their numerous walking trails all throughout the Peninsula, a renowned public library, and a nationally recognized hospital, there is always something to do.

Parker Ridge offers three living options to ensure seniors can continue to live the lifestyle that they choose. Set up as a co-op ownership model, there are 24 cottages that offer the most independent living option. Detached from the main inn, cottage residents enjoy the benefit of owning their own home without all the hassles that go along with home ownership. They have access to all the amenities of Parker Ridge including

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health services if needed. Parker Inn is home to Residential and Assisted Living. 34 Residential Living apartments are available in a variety of sizes. Residential Living at Parker Ridge offers the flexibility and convenience of renting your own private apartment and the peace of mind that comes with on-site services and staff who are available 24 hours per day. Residents live as independently as they wish with the option of adding on extra help should the time come when it is needed. The Assisted Living neighborhood, called Parker Court, consists of 13 suites with 24-hour nurse care and individualized care plans for each resident. In caring for the whole person—mind and body—residents are able to pursue their individual interests, learn new skills, maintain or improve their health, and enjoy each day.

The upkeep of one's home can be overwhelming as people age. Even when the time comes that you can no longer do the work yourself, it is a job in itself to schedule snow removal, lawn care, trash removal, home repairs or even keeping your home clean. Parker Ridge makes home maintenance stress free. All the work is done for you in a timely manner and is included in your monthly fee.

Dining with friends and family is a vital part of being happy and healthy. Meals don't just sustain the body, they add joy to our lives. Parker Ridge has established a first-class reputation for offering some of the finest meals available. With a choice of three different entrées nightly, evening meals range from simple to spectacular and feature homemade soups and desserts, quality cuts of meat, the freshest seafood, and local produce that can be customized to meet dietary specifications.

Social activities help to keep seniors mentally engaged, maintain self esteem and boost quality of life. Parker Ridge offers a wide variety of social activities both on campus and off with transportation included. Whether it is a trip to the



Stress free living



Socialization



**Gigi Cutler**

"After a short respite stay in Assisted Living at Parker Ridge, I liked it so much I decided to call it home. I can't imagine living in my own home alone

anymore. Everyone is so kind. I feel protected, even spoiled here. I also feel very safe and that is very important as you get older." Gigi also spoke highly of the activities program at Parker Ridge. "There is always something to learn through the different speakers and lectures that are offered here. I especially enjoy all the different musical programs that we have." Socialization is important to Gigi who always keeps her door open for visitors. Whether it be at dinner or an activity, "everyone here has something to offer and I find the intellectual conversations that we have here fascinating." Though not as active in the Blue Hill community as she once was, Gigi has found ways to bring some of her social circles to Parker Ridge by creating a bi-weekly knitting group as well as hosting her bridge group here.

**Rich and Susie Gurin**

Rich and Susie have been married for 57 years and have spent every summer of their lives in Maine. Their parents in Sorrento and Somesville, and in Susie's case, her grandparents summered here in Blue Hill. "We have many friends and connections in the area so retirement in Blue Hill has been our plan for many years." The Gurins moved to Blue Hill year-round in 2000 having rebuilt a home on Parker Point at Winter Cove. Susie served on the Blue Hill Historical Society board and the Marine Environmental Institute Board while Rich was equally involved with The Jackson Laboratory, the Blue Hill Memorial Hospital and the Kollegewidgwok Yacht Club in Blue Hill. When they felt it was time to downsize (their 3 adult children are busy with their own families) Parker Ridge was their choice because "we felt like we were aging at home at Parker Ridge because we knew people here and had deep knowledge of the facility and its fine history.



And secondly, by coming here we could maintain our relationship with our friends and the village that we enjoy so much. We feel in control of our lives without burdening our kids. We feel safe and secure at Parker Ridge." MSM

For more details about this community, please call Meredith Townsend at 207.374.2306 or visit them online at [www.ParkerRidge.com](http://www.ParkerRidge.com). You can also find them on Facebook at [Facebook.com/RetireAtParkerRidge](https://www.facebook.com/RetireAtParkerRidge)

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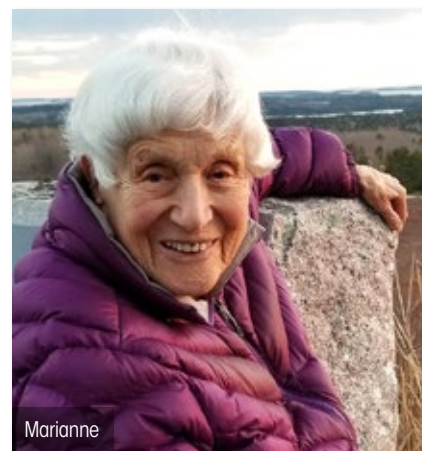
symphony in Bangor, weekly cocktail hours, lunch and a poem, exercise classes, art activities, guest lectures or a game of bridge, there is something for everyone.

You have a choice in the place you want to age. The flexibility in a retirement community means that help is available when you need it. The sense of security and belonging that come from a small community is something that cannot be found at home. Knowing that there is always someone looking out for you without intruding is a priceless comfort. Parker Ridge strives to ensure all residents are Happy, Healthy, Safe and Secure.

Let's hear what some of the residents have to say about their choice to age in place at Parker Ridge:

**Marianne New**

"I moved to the Residential Living Apartments at Parker Ridge in 2004. I always told myself at 85 years old it would be time to move to a retirement community. I chose Parker Ridge because I had close friends that lived in Blue Hill. I feel as though Parker Ridge has a good spirit. I have made and lost many new friends over the years but I feel like there are always new and good people that move into Parker Ridge. Living at Parker Ridge has been a very positive experience. I like my apartment, the view and that I can have my cat." Still very active socially in the greater Blue Hill community, Marianne also enjoys the activities at Parker Ridge, particularly the daily exercise classes. Marianne says that Parker Ridge provides a peace of mind knowing that there is always someone around to help if she needs it and that living here is stress free.



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