



Jewish Senior *Life*

services for healthy aging

Right-sizing your lifestyle: Seminar shares tips for seniors downsizing in today's market

Americans aged 85 and older are the fastest growing age group in the U.S., with 10,000 boomers retiring every day and half of them planning to downsize when they do retire.

To help older adults and their loved ones navigate the downsizing process, The Summit at Brighton, an affiliate of Jewish Senior *Life*, recently held a Downsizing & Moving Seminar where experts discussed tips for selling homes in today's market and how to right-size a lifestyle.

Nancy Kourofsky, owner of Structured Style, and Thomas Schnorr of RE/MAX spoke at the event, sharing current housing trends and advice on choosing a realtor, preparing your house, and transitioning with confidence and ease.

Nancy and Thomas provided tips to more than 30 attendees on how to begin sorting through unwanted items, how to hire a professional estate salesperson and how a realtor can help in the decision-making process based on personal plans, timelines and goals.



Thomas Schnorr, RE/MAX



Chuck Buck, The Summit at Brighton resident, speaks to the attendees about his downsizing experience.

The Summit at Brighton residents also attended to share their experiences with downsizing, and any challenges or benefits they felt when making the change. The Summit resident Chuck Buck shared what his downsizing experience was like, cautioning people that the process can either be a disaster or a seamless transition depending on what resources you use.

After living in South Carolina for 46 years, Chuck and his wife decided to move to Rochester to be closer to their daughter. According to Chuck, the move was not a smooth transition and he and his wife did not receive the compensation promised by the downsizing company they used. After moving into their original senior living community, they found it did not live up to their expectations, so he and his wife moved again and made their home at The Summit at Brighton. Chuck said that The Summit was very helpful in moving their belongings and getting them settled in their new home.

“They packed everything and we were ready to move the next day,” Chuck said.

For more information on downsizing and independent senior living, call (585) 442-9909 or visit summitbrighton.org.

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About Jewish Senior Life™

Serving people of all faiths and ethnic backgrounds, Jewish Senior *Life* is guided by the values of honoring family and emphasizing aging in place—allowing people to remain in the place of their choice longer.

Jewish Senior *Life* is the only true Continuing Care Retirement Community (CCRC) in the Greater Rochester area, offering all levels of care from independent living to skilled nursing care on a single campus:

- The Summit at Brighton for independent living;
- Wolk Manor for assisted living;
- The Lodge at Wolk Manor for assisted living memory care;
- The Jewish Home of Rochester for long-term, transitional and memory care;
- Transitional Care at the Jewish Home for short-term rehabilitation;
- Atkin Center for Outpatient Rehabilitation;
- Marian’s House daytime retreat for those with memory loss; and
- a variety of community programs and services such as Living Well Companion Care and Physician House Calls that enable people to age and live safely, either on campus or another place that they call home.

Jewish Senior *Life* also is the only senior care provider in the Rochester area to offer Life Care, a program which eliminates worries about unforeseen care needs and medical expenses throughout the full continuum of care.

Jewish Senior *Life* is accredited for its high quality and customer satisfaction by CARF–CCAC, and is a member of the Alliance for Senior Care of Greater Rochester, Leading Age, Leading Age New York, and the Association of Jewish Agency Services.

For more information, please visit www.jewishseniorlife.org.