The St. George VILLAGER
SUMMER 2021

Right on Time

Hiro Yamashita admits that all he knew about St. George Village before he moved here was limited to what his late wife, Judy, had told him.

"Judy would come over to play canasta with a couple of friends who lived here. During those visits, she learned a lot from them about the things that were offered at St. George Village," he said.

When Judy later became ill with leukemia and knew her time on earth was limited, she encouraged her husband to move to St. George Village after she passed away. Hiro, who had suffered a mild stroke during his wife's illness, knew she had a point, even though he loved the home they had shared and was reluctant to leave it. So he decided to come take a look at the community.

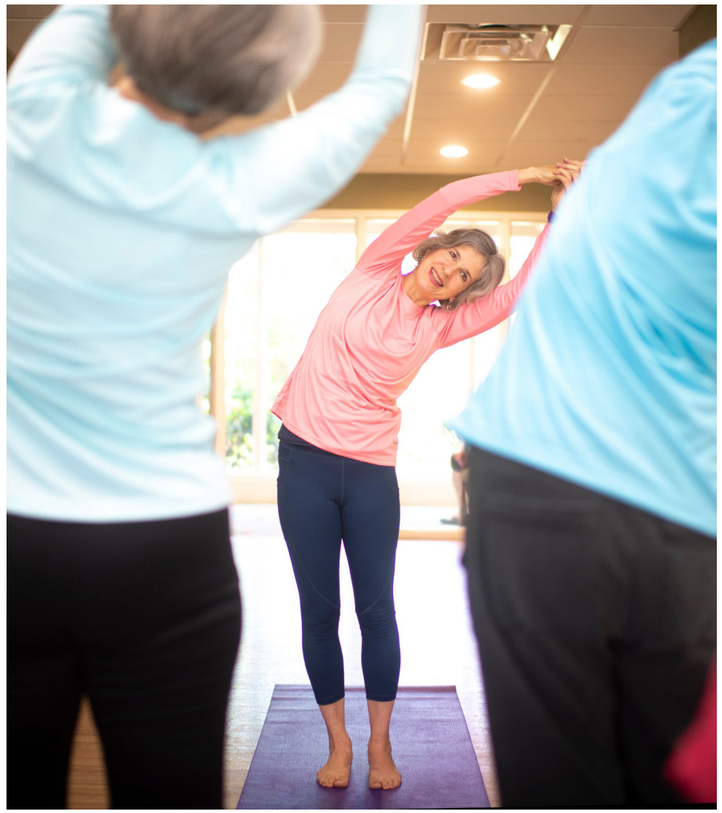
"I wasn't particularly in the mood to be moving. Our house had a big deck and patio where I loved spending a lot of time. I didn't know if I was going to like this place. So I said if I was going to move here, I would need a specific type of apartment with a patio that faces east and gets morning sun with afternoon shade," he said.

Even though reluctant, Hiro's timing was impeccable. The perfect apartment with a patio with eastern exposure and windows that looked out on two different views of the campus — one of only two such apartments in the building — was available. Even though

CONTINUED on page 3

Be Active

Improving Health and Well Being With Yoga



Recognizing the significant role that strength and balance play in healthy aging, St. George Village offers activities to help residents develop and enhance these qualities. One such activity, our popular yoga class provides participants with a number of benefits, including improved balance, increased muscular strength and endurance, and better flexibility. It has also proved to be a great way to reduce stress and anxiety. Best of all, yoga is for everyone, according to instructor Nancy Jern.

"One of the beauties of yoga is that it's for all fitness levels," she said. "Even if you have medical issues or balance problems, you can do yoga while sitting in a chair."

Many elements of the yoga class focus on improving the ability to do regular daily activities, such as driving or reaching up into cabinets. There are also exercises specifically for improving hand, finger and wrist strength and flexibility, and for foot strength, which plays a part in balance. The class basically covers the body and brain, from head to toe.

Nancy says she has noticed an increased level of confidence in some members of the class.

"They learn they can do more than they think they can, things like doing a push up against the wall or getting down on the floor and back up," she explained. "I teach them how to do things gradually and safely, and they gain confidence in their ability to do more."

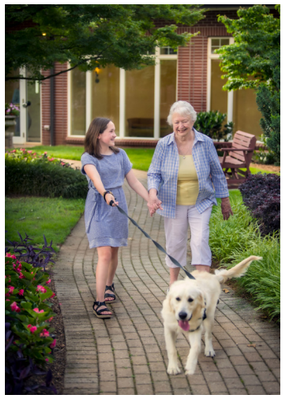
Another benefit of the class is the friendships that are formed there.

"I see new relationships forming, and encouragement between members to keep coming to class," Nancy said. "When you know your friends will be there, it's a motivation to show up."

Yoga is only one of many activities that encourage our residents to be active and healthy. It fits right in with our mission statement, "Be Active, Be Engaged, Be at Home."

Be Engaged

Engagement: A Key to Healthy Aging



As a Life Plan community, our mission is to promote an active, independent lifestyle in a setting that feels like home. Knowing that one of the most essential elements in creating that home-like feeling — that sense of belonging — is engagement, we have created a warm and welcoming environment that encourages:

- engagement between neighbors
- engagement between residents and care partners
- engagement with family and friends
- engagement with our community as a whole

Resident Beth Ann Murray is a perfect example of staying engaged and actively enjoying life at St. George Village. Pictured here with granddaughter Rachel and her dog, Bentley, Beth Ann is delighted that she can still invite family and friends over to enjoy her "back yard." And our beautifully landscaped campus, with its green spaces, gardens, walking trails and lake is quite a back yard! It's just one of our community's many features that beckon residents to actively engage in life and with one another.

St. George Village is so much more than walls and windows. It's a community comprised of relationships, services and philosophies dedicated to helping those who live and work here thrive.

Meet, Mix and MINGLE

MINGLE! It's our acronym for: Meet Interesting Neighbors, Generate Lifelong Engagement. Recently, we held our first MINGLE at St. George Village, a small and intimate gathering where new residents and wait list members had the opportunity to meet some of our residents who share their interests and begin forging meaningful connections within our community.

Guests enjoyed meeting, mixing and mingling with their future neighbors in the beautiful setting of the Lakeside Grille. New friendships were formed, a lot of fun was had by all, and the event was a grand success! We look forward to more MINGLEs in the near future!

Right on Time *continued from page 1*

he hadn't put his home on the market yet, Hiro knew this unique apartment would be snapped up quickly. He decided to go ahead and take occupancy, and he began staying at St. George Village a few nights at a time. Soon, it became apparent that he felt very comfortable there, and the time had come to sell his house. Getting an offer for the full asking price was an important part of Hiro's transition to his new community.

"I liked my home a lot and had really enjoyed my time there. So, when I finally put it on the market, I refused to negotiate on the price," he said. "One buyer kept coming back to look at it and eventually offered full price. That meant I was actually obligated to sell it!"

In the end, Hiro had absolutely no regrets about selling his longtime home and making the move to his new residence at St. George Village.

"After I moved in and really started looking around, I realized this is just about the best community in the Atlanta area with everything it offers," he said. "I got the apartment and patio I wanted, with great views of two sides of the campus including the big tree out front. The architects really made the most of the design, and the landscaping includes the hills and valleys that were already here. I enjoy being outdoors here. I decided I was going to like it."

Ultimately, timing is everything. And Hiro timed his move perfectly.

Did you know?

You can take a virtual tour of our community, see a current list of available apartments, view floor plans and more on our website: stgeorgevillage.org

Expert Advice

Timing:
The Most Important Factor in Moving to the Right Community

By Dawn Zawoysky, Sales Counselor

When making plans for retirement, many people ask: "What is the right age for me to move into a senior community?" The answer: there is no perfect age, but there is perfect timing. And perfect timing is the result of careful planning in advance.

Here are some factors that I recommend our prospective residents take into consideration when making their plan to move to St. George Village:

- You will be required to meet both health and financial qualifications. While you may meet those qualifications today, you may not meet them tomorrow. Realize that these two factors can change rapidly. Make this important decision while you are still living independently.
- Availability is not guaranteed. By adding your name to our wait list, you will greatly improve your chances of getting the apartment and floor plan you desire. Realize that even if your apartment of choice is available, renovations will need to be made before it is move-in ready. (Bonus for wait list members: you'll be invited to fun events and paired with a resident mentor who will help you get acclimated to our community even before you move in!)
- In today's seller's market, it's tempting to list your home. But that may not necessarily be the best idea if your home sells quickly and you have no plan for where to move. Do your research and keep in mind that even communities with short-term leases are full right now.

Education is power. Now is the time to start gathering information and making a plan that takes into consideration your health, your finances and selling your home. Schedule a counseling session with us so that you understand all of the benefits a Life Plan community like St. George Village has to offer.

Don't wait until it's too late to choose your own future. We'll take the guesswork out of the planning process and guide you so that you'll be ready to move into the perfect home at the perfect time.

Want to Get a Feel for the St. George Village Lifestyle?

Our MINGLE gatherings offer an exclusive opportunity for wait list members to begin making friends at St. George Village even before moving in. You'll meet some of our most "connected" residents who share your interests and will help you get connected, too!

For details about this invitation-only event, contact our sales counselor, Dawn Zawoysky, 404-558-6108.

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Be Active, Be Engaged, Be at Home

St. George Village is sponsored by Catholic Continuing Care Retirement Communities, Inc., and managed by Wesley Woods Senior Living, Inc., of Atlanta.