Knowing How To Make Your Retirement Move Seamless

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tirement is a time to “reinvent” yourself, a time to let go of things that bog you down and find the time to schedule FUN in your life. Freeing yourself from having to take care of a large home and yard can truly be rejuvenating. Most people wonder why they didn’t do it sooner. Moving somewhere that takes care of these things allows you to enjoy a new life that often includes better opportunities for socialization, stimulation, improved nutrition and exercise – all important aspects of thriving as we pretend to “grow up”.

So you’ve done the research, found the perfect retirement community to call home and now you are faced with the task of “right-sizing” your belongings and choosing what should come with you. Deciding what to do with a lifetime of “stuff” can be a stressful task. Sometimes it is extraordinarily difficult to give up items that are so closely linked to your past and memories. The size of the task itself can be daunting or might make one feel not physically capable to do it all. This is a perfect example how all this “stuff” in your life is holding you down, preventing you from truly enjoying the retirement years envisioned in your dreams. Knowing where to begin is key… Enlist the help of trusted friends and family to help go through the selection process. Sharing memories with others can make the process more enjoyable. Also, there is joy in giving items that have not been used in sometime to the needy, church thrift shops or charities. Now instead of feeling sadness there can be a feeling of joy that these items will be enjoyed by others. There is no need to do this in a short period of time. Do a little each day, and just like the tortoise that won the race, you will be finished before you know it!

Ask for help! There are specialists in the field of moving seniors who can help guide through the process from beginning to end and everything in-between; depending on your particular needs. They are knowledgeable, experienced and most of all, compassionate. Having an objective professional by your side helps with the emotional hurdles of change.

At Independence Hill Retirement Community, residents always say, “I should have moved sooner”. Don’t let the dread of moving stop you from starting a great new chapter of your life; there is all kind of help out there and tips for making this move smooth sailing. To help fill your tool belt with information Independence Hill is hosting a seminar on How to Make your Retirement Move Seamless. Join us on Wednesday, March 25th at 9:30am to hear from a panel of experts who will share options and help guide you to a great move into retirement! Call (210)209-8956 to RSVP by Monday, March 23rd.

Independence Hill Retirement Community is located in Stone Oak at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit www.independencehill.com

Queen Of The International Black And White Ball

Submitted By Nadine Barrientos

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congratulations to Alaya Barrientos Daoud on being crowned the 2015 Queen of the International Back and White Ball (IBWB). Founded in 1933 by Maria R. Magnon, the IBWB is dedicated to the goodwill, friendship and understanding between Mexico and the United States, particularly Texas. Prior to being crowned Queen, Alaya served on the royal court as a Junior Princess and assistant to the director for the previous 5 years. During that time she was honored to sing the National Anthem at the annual IBWB formal conference in Florida as pivotal to her career. In addition to singing, she plays the piano and is currently writing her own original songs for her upcoming album. Alaya not only believes in the goodwill that the IBWB promotes, but she strongly believes in family. She is the loving daughter of Nadine Barrientos-Daoud and Riyad Daoud and the doting older sister of Joseph. When not in school or performing, she can often be found spending time with her grandmother and other family members and friends. Her family is very proud of her accomplishments, but most of all, the wonderful young woman she has become.

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