Planning for a Future in Williamsburg

Bruce Hurwitz has a thing for numbers.

After spending a career working in engineering and mathematics, he now counts analyzing investment trends across the country as a hobby.

And if you ask him, he’ll tell you, “I have about 80 million close friends. I say it that way because I’m a baby boomer. I was born in 1946 and am at the bow wave of the baby boom. Simply stated, as baby boomers age (and require additional medical care), which is what we all do, I know there won’t be enough assisted living facilities in this country for all of us. It’s a serious problem.”

Hurwitz and his wife, Sharon, are among the growing number of older adults across the nation, and here in the region, electing to age in a place of their choosing – electing to age in place in their homes.

Join now and receive 5% discount

Join ChooseHome from September 1 through November 30 and receive a 5% discount off entrance fees. Enjoy the tax benefits, ChooseHome entrance and monthly fees are considered prepaid medical expenses.

> CONTINUED ON PAGE 4
Why choose ChooseHome?

Here’s what our members said:

As they age, they…

…do not want to lose independence.

…do not want to be isolated or home-bound if they do require more advanced care and it’s harder for them to get around or they’re no longer able to drive.

…do not want to be a burden on their kids.

…want help coordinating their care with an advocate they trust.

…want to be able to cover or help cover the costs of their long-term care.

…want to ensure they have access to the care they need, as soon as they need it, in places they prefer.

…want help navigating the options, costs and realities of aging-related insurances, from what Medicare covers to long-term care insurance and what ChooseHome offers.

…do not want to outlive their money or resources.

Summer Soirée at the Muscarelle

On July 25, ChooseHome members, their Personal Services Coordinators and the ChooseHome leadership team gathered at the Muscarelle Museum of Art at the College of William & Mary for a summer soirée.

“Coming together as often as we can as a ChooseHome community is one way we can all strengthen our connections and build relationships,” said G. Richard Jackson, Executive Director of Riverside’s Center for Excellence in Aging and Lifelong Health, which oversees the ChooseHome program. “We talk a lot about the components of successful aging, and being social is one of them. At events like this we are practicing what we preach.”

What is ChooseHome?

ChooseHome merges the comfort of living at home throughout retirement with the assurance of having priority access to health care and personal services at every stage of life. When you sign up, you receive assistance coordinating health care services, preventative care, home safety and coverage of long-term care costs.

To become a ChooseHome member, you must be at least 60 and pass a medical assessment.

Contact us today to set up a personal consultation or long-term care insurance review to better understand your options for how to choose where you live as you age. 757-585-2654 | choosehome.com
COORDINATOR CORNER

Meet Your Personal Services Coordinators, the Heart of ChooseHome

Personal Services Coordinators. These specialists make the wide array of services available through ChooseHome work for its members. First and foremost, Personal Services Coordinators become your trusted advocates, helping to tailor the resources available through the program to your specific needs…and then access those resources.

When you join ChooseHome, you are assigned a Personal Services Coordinator who gets to know you, your preferences, your lifestyle, and works to ensure you stay healthy to maintain the level of independence you desire.

**CHARLIE MARTINO**

Advocacy is at the heart of everything Charlie Martino does. His career in the health care field began as an architect specializing in hospitals and nursing homes. He then decided to make his work more personal, and began a second career as a gerontological specialist.

“Planning ahead in our industry, we call that successful aging,” Martino said. “Riverside’s ChooseHome offers the ability for families to create that plan and creates opportunities for folks to have those conversations.”

Prior to joining Riverside’s ChooseHome team as a Personal Services Coordinator, Martino operated his own firm, helping families caring for an elderly adult at home access resources in the community to reduce stress and improve the quality of life for everyone involved.

**SUSAN LEWTON**

After moving to the United States from England and taking time to start a family, Susan Lewton earned her license in practical nursing through the Riverside School of Nursing.

Lewton has spent the majority of her career in wellness advocacy, first in the Wellness Clinic at Warwick Forrest and then as a wellness coordinator with Life Care at Home, the predecessor to the ChooseHome program. She later added the role of senior care navigator to her duties.

When the opportunity came up to be a Personal Services Coordinator through ChooseHome, Lewton jumped at the chance. “I love doing it,” she said. “I get more back than I give.”

**HANNAH BARTON**

Hannah Barton has always been drawn to older adults. Their stories. Their knowledge.

“I was the kid growing up who didn't play with my age group,” she said. “I wanted to chat with the parents. Even now, I go to dinner parties and am the one chatting with older adults.”

Barton is a graduate of Christopher Newport University and earned her master's degree in science and gerontology from Concordia University, where she studied the stereotypes surrounding older adults.

“My biggest takeaway from my schooling is just how important it is for older adults to play a role in their own care and to make their own decisions,” Barton said. “It's empowering.”

Before joining the ChooseHome team as a Personal Services Coordinator, Barton worked at Warwick Forrest, a Riverside continuing care retirement community in Newport News.

“With ChooseHome, a retirement community without walls, my role is to help our members age in place as long as it's safely possible.”

For more about ChooseHome Personal Services Coordinators and the role they play in helping members age in place, visit choosehome.com.
“When we moved here to Williamsburg and Riverside decided that they wanted to create this service called ChooseHome, Sharon and I went to almost all of their focus groups,” Hurwitz said. “We listened. We talked about it. And then we were some of the first to sign up and get accepted.”

Throughout his career, Hurwitz said, “I moved around quite a bit.” When it came time to retire, “Sharon and I didn’t really know where we wanted to end up. We did try a couple of different places, a couple of different states.”

Then they remembered how much they enjoyed Virginia and the friends they already knew living here.

So in 2002 they moved to Williamsburg. They continued to make more friends in their neighborhood and found that they not only enjoyed the life they made in Williamsburg, but they also enjoyed their home, their independence.

They walk three or more miles every day through the paths of their community. Every Monday night Hurwitz runs a 5K along Duke of Gloucester Street in Colonial Williamsburg.

“And that’s what really triggered me to look up, learn about and apply for ChooseHome,” Hurwitz said. “We just don’t want to move anymore.” Because of all of his running, walking and healthy living, Hurwitz said he’s doing really well. So far, he hasn’t needed all of the services ChooseHome offers.

“At some point, because we all age, I assume I will,” Hurwitz said. But being a numbers guy, and proactively planning out his future, he’s bet on ChooseHome keeping him in his home safely for as long as he wants to be there and then being there for him when he needs more.

“ChooseHome made it so easy it was a no brainer for me,” Hurwitz said. “It was exactly what I needed and exactly what I wanted.”