

A Tradition of Service

Bend Villa Retirement's warm, inviting atmosphere is evident from the moment you walk through the front door. You can tell it's a place that values people and relationships.

"Bend Villa was the first retirement community in the area, and we're celebrating our 25th year of tradition and service," says Community Representative Richard Birchfield. "We've mastered an operating system that allows our staff to spend more time on the quality care our residents deserve."


Mealtime brings a wide variety of choices, Birchfield says. "The selection includes a fresh, healthy salad bar and an optional table menu in addition to the specials."

At Bend Villa, the activity calendar is full every day. "Our community is very interactive," Birchfield says. "Residents help plan everything from bingo to trips and river cruises."

Bend Villa In-Home Care offers personalized care to residents and to the rest of the Central Oregon community. You can select the services you need, such as bathing, dressing or medication management. You can even get help with your beloved Fido or Miss Mew — pet care is offered, too.

Bend Villa Retirement,
1801 NE Lotus Drive, Bend;
541-389-0046.

Featured Advertiser



Retire In Your Own Style

By Barbara Dunlap

YEARS AGO, retirement living meant remaining at home or moving in with your adult children. You only had two options. Today it's a whole new ball game, thanks to a dramatic rise in retirement and assisted living communities. You now have dozens of choices, including where you live, what services you want and how you spend your leisure time. You can retire in your own style.

But the variety can be daunting when you're choosing a retirement community for yourself or a family member. To make it easier, here are some important aspects to consider.

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Active Resort Living

As you drive into Touchmark at Mt. Bachelor Village, you see why it's called a resort retirement community. You wind your way among attractive homes and arrive at the award-winning River Lodge overlooking the Deschutes River.

Touchmark is located steps away from the Athletic Club of Bend and a short drive from golf courses and the ski resort. "We are fortunate to have pinpointed this site with Brooks Resources because it offers residents easy access to hiking trails, the Old Mill shopping district, medical services and lifestyle choices," says Executive Director Tom Biel.

Life enrichment also plays a key role at Touchmark. "The staff understand the importance of community building," says resident Jan Moore.

Touchmark features several choices, including single-family and lodge homes. The Terrace Lodge, scheduled for mid-2007, will offer 90 homes with a mix of rentals and buy-ins. Services will include a restaurant, bank, library, theater, convenience store, hair salon and fitness area.

"Touchmark offers a range of living options, services, social connections, convenience — and the freedom to enjoy the next phase of life," Biel says.

Touchmark at Mt. Bachelor Village, 19800 SW Touchmark Way, Bend; 541-383-1414.

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Fulfilling Dreams

Meeting your physical needs is essential, but it's equally important to find a retirement community that sustains you personally, socially and intellectually.

"When people retire, we want them to have a fulfilled life. We ask, 'What are your wishes, hopes and dreams?'" says Marge Coalman, vice president of wellness and programs at Touchmark, which owns Touchmark at Mt. Bachelor Village in Bend.

When you're visiting a retirement community, find out about classes and programs — and the input residents have in developing new activities. "Ask yourself what things keep you active and stimulated — whether it's hot shot basketball or a concert," says John Bragg, executive director of Aspen Ridge Retirement Community in Bend.

To get the feel for a retirement community, don't limit yourself to an official tour of the building, says Stephanie Adams, marketing director at Whispering Winds Retirement in Bend. "Do something a little more hands-on than a tour. Stop in at a dessert-tasting or a program for a more casual, fun way to get an idea of the ambiance."

Levels of Care

As you look around, evaluate the services and level of care you need now — and look into the future. Many retirement communities offer

a continuum of care as your needs increase, usually from independent to assisted living.

Weigh the available options before you move in, says Richard Birchfield, community representative at Bend Villa Retirement in Bend. "If a community only offers independent living and your level of care rises, you may have to move or hire an in-home care agency."

Also, learn about the costs of increased care. Some assisted living and residential care communities charge a package fee; others charge for the services you use. For details about the cost of care, Birchfield suggests asking each community for its Uniform Disclosure Statement published by the Oregon Department of Human Services (Seniors and People With Disabilities).

A retirement community should help you find your optimal living situation, Coalman says. "The most important thing is to guide people to the right support system for their needs."

Sometimes this means one community will recommend another one, if its services are more applicable. "We all want to help find the right fit," Adams says. "We should work together to find the best situation for each person."

Relationships Count

Positive relationships are key to successful retirement living, so be

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Caring and Continuity

At Aspen Ridge Retirement Community, caring and continuity are top priorities.

"We offer four levels of care — independent cottages, independent living in our main building, assisted living and memory care," says Executive Director John Bragg. **"As the needs of our residents change, they can move to a different level of care yet remain in an environment they know."**

Aspen Ridge has been open for more than six years, which also allows for continuity. **"A lot of the staff have been here a long time and are close to the residents,"** Bragg says. **"We've had time to establish a personality."**

That personality is based on the **"homey atmosphere people feel from our staff and community,"** Bragg says.

"We also pride ourselves on encouraging our residents to be as active and independent as possible, but having services available as they need them."

Residents enjoy chef-prepared meals and a wide range of activities from exercise classes and movie nights to luau's and concerts. And they like the caring relationships, Bragg says. **"We talk about the Aspen Ridge family. People see our interactions — and that we have fun."**

Aspen Ridge Retirement Community, 1010 NE Purcell Blvd., Bend; 541-385-8500.

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RETIREMENT LIVING

sure to consider the "people" factor as you make your decision.

Bragg suggests asking how long the staff and administration have been at the community. **"Walk around and observe staff members with residents. It's important to provide dignity — and also friendly interaction such as banter back and forth."**

"And go in to have lunch or dinner," Adams says. **"You want to taste the food, but you'll also see who lives there, who your neighbors will be and how the staff interacts."**

The amenities may be wonderful in a retirement community, but Coalman says it's even more important **"to know the people there are honest, reliable and caring. The staff should have a genuine desire to help people feel at home."**

Choosing a retirement community is a major decision, so don't feel shy about gathering facts, Birchfield says. **"You can never ask for too much information when you're looking for yourself or a family member. Ask questions again if you forget something. You want to know exactly what you can expect."**

To Learn More

- **AARP Checklist;** aarp.org/families/housing_choices/other_options/
- **Helpguide Aging Issues;** helpguide.org/elder/independent_living_seniors_retirement.htm
- **"Is Your House Still the Right Home? Choices: Lifestyle Planning for Active Adults";** published by Touchmark Foundation; available at 541-383-1414

A LOOK

In recent years, lifestyle options have multiplied for Central Oregon's retirees. This guide will help navigate the world of retirement living.

Adult Atmosphere

If you live independently and like the company of people your own age, there are communities designed for you.

Some are townhome or apartment complexes and others are active adult communities, but they all cater to people 55 and up. They often include special features, such as easy-access showers and raised kitchen appliances, but they usually don't provide personal or medical care.

The townhomes and apartments, available on a rental basis, encourage interactions among residents. They tend to be located near shopping and medical facilities and often provide a common social area.

Active adult communities usually feature single-family homes — and a variety of social and recreational outlets. You'll find everything from golf and tennis to vacation outings — plus classes and parties in a clubhouse setting.

A Little Help

Some retirement communities are designed for people who don't want to — or can't — perform all the tasks of daily life.

AT YOUR CHOICES



These communities usually provide a variety of services, including meals, housekeeping, transportation and social activities. Most of them offer rental apartments.

Two levels of care often are available:

- **Independent living.** Residents take care of their personal and medical needs. If they require assistance in certain areas, such as bathing, they usually ask a family member or hire a caregiver.
- **Residential care or assisted living.** Staff members help residents with a variety of needs. (Assisted living and residential care involve similar services but have different state licensing regulations.)

In many communities, residents move between the levels of care as their needs change.

Continuing care retirement communities provide a continuum of services, from independent living to long-term health and nursing care. These communities often require an entry fee, and residents usually pay monthly fees as well.

Daily Assistance

Some facilities don't offer independent living — only assisted living or residential care.

Their philosophy is to provide

help with daily needs in a residential environment rather than a medical setting.

Assisted living facilities usually offer house-

keeping, transportation, meals and varied activities. Most have rental apartments, and cost varies according to the level of care needed.

Family Setting


Independent and assisted living communities may house more than 100 people, and they provide a wide variety of social interaction.

For those who prefer a smaller family setting, adult foster homes may fit the bill. They usually have about five residents living with the owner or manager of the home.

Foster homes provide meals, transportation, housekeeping and social activities. Personal care is available as needed, and cost varies accordingly.

Additional Care

Nursing homes offer round-the-clock care, either on a permanent basis or while you recover from an illness or accident. Cost is based on the level of care needed. Many nursing homes offer a range of activities for their residents.

Memory care facilities serve people with Alzheimer's disease and other forms of dementia. They usually have varied activities within a safe, homelike setting. Cost depends on the level of care. 

A Personalized Practice

Dr. Thomas Scherer has had extensive medical experience in Chicago, Phoenix and Columbus, Ohio, but in 1991 he chose to open his surgery practice in Prineville. "I think people get more personalized care and more attention in a small town," he says.

Dr. Scherer is trained and board certified to perform all aspects of surgery, including breast, gastrointestinal, gynecological and vascular procedures.

He specializes in laparoscopic, or minimally invasive, methods that reduce recovery time and leave a smaller scar. "It's a great technique to be able to offer," he says.

Dr. Scherer holds office hours in Prineville, Sunriver and Madras, and he has privileges at all Central Oregon hospitals including St. Charles Medical Center in Bend and Redmond, Redmond Surgery Center, Pioneer Memorial Hospital in Prineville and Mountain View Hospital in Madras.

His practice is based on "competence, courtesy and compassion," he says. "You have to have a good bedside manner to make people comfortable, and you have to be a good listener to get the right history and inspire confidence."

Dr. Thomas Scherer;
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doctorscherer.com.