

healthy aging

GUIDE



STYLE
WEEKLY

CONSTRUCTION IS UNDERWAY AT AVERY POINT

Experience the new senior lifestyle coming to Short Pump

Ericksen Senior LivingSM, one of the nation's largest and most respected developers of continuing care retirement communities, is bringing their dynamic lifestyle to the Richmond area.

The first phase of construction at Avery Point began in January, putting the community on track for a 2022 opening. This vibrant senior living community boasts resort-style amenities, a variety of stylish apartment homes, and services to enhance your health and well-being—all at an affordable value.

DESIGNED FOR BEAUTIFUL LIVING

Choose from a portfolio of spacious one and two bedroom floor plans, each with a balcony or patio. Your new apartment home comes with modern features that are anything but standard, including granite countertops, DuraCeramic tile, and Energy Star appliances.

The on-site interior design experts can help you customize your new space with decorative molding, custom window treatments, built-in shelving, and much more.

FREEDOM FROM REPAIRS

At Avery Point, you can finally retire from the hassle and expense of house maintenance. The courteous, full-time maintenance staff handles any repairs in and around your home while the professional grounds crew tackles the mowing, raking, and shoveling. You'll enjoy beautiful views and a stunning landscape all year round!

AMENITIES TO INSPIRE YOU

With so many amenities and services just steps from your door, you may think you're living at a world-class resort! Dine at one of our on-site restaurants, stay active at the fitness

center and indoor swimming pool, meet your friends for a drink at the bar, or join one of our many clubs.

SERVICES TO HELP YOU THRIVE

Avery Point will feature an on-site medical center staffed by medical professionals who specialize in senior care. Additionally, the master development plan includes multiple levels of continuing care. Should your needs ever change, you can receive the care you need without leaving the community.

ALL IN THE PERFECT LOCATION

The private, 94-acre community will be located just two miles west of Short Pump Town Center at Route 288 and W. Broad Street, close to some of the regions' most vibrant shopping, dining, and entertainment.

Skip the traffic and crowded parking lots and enjoy regularly scheduled transportation to popular destinations along W. Broad Street—at no extra cost!

A SMART FINANCIAL DECISION

Avery Point bundles regular expenses like utilities, telephone, internet, cable TV, and reserved parking into a comprehensive Monthly Service Package that stays consistent all year long. But the value of this community goes far beyond predictable expenses.

Unlike many other senior living providers in the area, Avery Point is a fee-for-service community. Here, community members aren't required to pay for health care services they may never need. Instead, residents only pay for advanced care when and if it's required—an approach that could save you thousands of dollars for every year you remain healthy and independent.

**CONSTRUCTION IS NOW UNDERWAY AT AVERY POINT. CALL 1-800-210-7489
TO LEARN MORE OR REQUEST YOUR FREE BROCHURE.**

Construction is underway at Avery Point



Experience vibrant, maintenance-free living at the **NEW** Erickson Senior LivingSM community in Short Pump! It's the lifestyle you deserve in the ideal location.

- **Stylish apartment homes.** Choose from a portfolio of spacious and contemporary floor plans.
- **Resort-style amenities.** Enjoy the convenience of a pool, salon, restaurants, and more just steps from your door.
- **Services to enhance your well-being.** Stay healthy in mind and body with a fitness center and a variety of helpful programs.
- **Beautiful, green setting.** Enjoy the beauty of a private, 94-acre campus located two miles from Short Pump Town Center.

Dozens of your Richmond-area neighbors are claiming their spot on the Avery Point Priority List every month. Don't wait to secure your future at our dynamic senior living community.

Now is the time to learn more!

Call 1-800-210-7489 or visit AveryPointCommunity.com for your FREE brochure.


Avery Point
BY ERICKSON SENIOR LIVING™

Short Pump
AveryPointCommunity.com



MIDLIFE INSOMNIA:

How To Get More Sleep When You Are Menopausal

We have all heard about the hot flashes, weight gain, and mood swings that are associated with menopause. But one of the more persistent side effects of menopause is insomnia. According to the National Sleep Foundation, approximately 61% of menopausal women find it difficult fall asleep or stay asleep. Due to this widespread problem, many women either turn to sleep aid prescriptions or seek hormone therapy from their physicians. But sleep medications can become addictive, and hormone therapy can have its own side effects. So how can you get through menopause without being perpetually sleep deprived or dependent on drugs? Here are some tips to get you started.

Regular Exercise

Exercise is often good for mind, body, and soul. In relation to sleep, exercise can help make you drowsy enough to sleep. When you do aerobic exercise, your inner body temperature rises and so do your Cortisol levels. However, this exercise “high” is only temporary. As your body temperature decreases, and the cortisol diminishes, you become more relaxed and may even become drowsy enough to sleep. For the best results, it’s not advisable to exercise too close to bedtime or it can produce insomnia. Studies show exercise is more sleep-producing if is done more than a hour before bedtime.

Keep a Regular Sleep Schedule

Staying up late to watch a movie may not be your best move for getting a good night’s sleep. While it may make you sleepy enough to go to sleep, the quality of your rest may not be good. Irregular sleep hours, or waking up and going to sleep at inconsistent times, can prevent you from feeling rested. Getting up early during the week and sleeping in on the weekends doesn’t cut it either. The only way to get restful sleep is to keep a regular sleep schedule. Anything else will leave you feeling sleep deprived.

Warm Bath or Shower Before Bed

A warm bath or shower is very effective in helping you relax and wind down before you go to sleep. To enhance this experience you might try adding Epsom salts to your tub or aromatherapy products containing lavender.

A Comfortable Bed

This may sound like a no brainer but many women are sleeping on beds that are either too firm or too soft. While you may skimp on other household items, it is always a good investment to get a



quality mattress. Mattresses can range from the traditional coil mattresses to the gel and memory foam variety. The mattresses with the gel and memory foam may be somewhat better if you are menopausal because, they can tend to stay cooler than traditional mattresses. This can really be helpful if you suffer from hot flashes and night sweats.

But if you can’t find a good gel memory foam mattress or just prefer the coil variety, there are many pillows out there that contain gel too. The only caveat with the pillows are that they tend to be very firm. They can initially be somewhat uncomfortable but, soften up once they are broken in.

Another alternative is cooling packs that can be placed in your pillowcase. These packs are placed in your freezer during the day and help cool off your pillow at night. They may be a good alternative to the gel pillows if you prefer something a little softer.

Meditation or Relaxation Exercises

Listening to meditation or relaxation apps is a great way to deal with insomnia. These apps contain short sessions where a narrator gives you prompts to help you sleep, or there is a combination of prompts and soothing sounds. You can plug into a 10-20 minute relaxation app on your tablet or other mobile device. The apps are the most effective if they are used right before bed, or while you are in bed.

Leslie Smith is a lifestyle strategist and blogger who believes your second chapter in life can be the best yet. For more tips on living well over 50, check out her blog <http://www.reinventinggrandma.com>.



9 out of 10 patients
rate us **excellent**



BJ Ewell
Knee Replacement

With ratings as high as ours, why go anywhere else?

Our exclusive recovery program and culture of caring power exceptional recoveries with life-changing results in a total recovery environment that makes us the smartest choice for the most comprehensive recovery after an illness, injury or surgery.

Have questions? Wondering how we're keeping patients safe? Call to speak with our experts.

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& Rehabilitation Center**
200 Hioaks Rd | Richmond, VA 23225
(804) 277-2202 www.BeaufontHealthRehab.com

 **Hanover Health
& Rehabilitation Center**
8139 Lee Davis Rd | Mechanicsville, VA 23111
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 **Henrico Health
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