

PRIME TIME LIVING

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55+
LIFESTYLE



Art as we age

Creativity knows no limits

Atrium Village

Residents stay active

**Who wants to
live forever?**

Super Agers

Eye health

See your doctor regularly

Taking care of your family

Self-care is important



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RETIREMENT

Atrium Village welcomes you

Residents stay active thanks to helpful staff

By Margit B. Weisgal, Contributing Writer



Atrium Village, conveniently located just minutes from the Owings Mills Metro and easily accessible from Painters Mill Road, is a vibrant senior living community offering independent living, assisted living and memory care. The continuum of care ensures that, as needs change over time, the care you need is always available. Newly renovated with a modern, welcoming design, Atrium Village stands out for its warm atmosphere and the ease with which residents can transition into the community.

Independent living offers today's more active seniors the opportunity to enjoy the same freedom and independence they've always enjoyed without the daily hassles of home maintenance and other daily chores. The assisted living services are designed to help residents who may need a little help with what are known as "activities of daily living" to get the assistance they need, so they can continue to enjoy the healthy, active lifestyles they've grown to enjoy.

The community offers so many amenities and services. Included with your rent are three chef-prepared meals each day and your choice of the Café Bistro or the Dining Room, happy hour each after-

noon (and snacks on weekends), weekly housekeeping, utilities, internet, transportation and more. The culinary experience at Atrium Village is recognized as one of the most impressive senior dining offerings in the Owings Mills area.

Atrium Village's 260 apartments – ranging in size from a studio apartment to a two-bedroom, two bath layout – feature a full kitchen, large floor-to-ceiling windows with plenty of natural light and new, modern appliances. Many apartments include panoramic and scenic views, and pets are welcome. Many residents still work and drive (there's plenty of parking), and they have access to activities throughout the week. Holidays and birth-

days are celebrated. There is everything to make your life more enjoyable. It's like moving to a new neighborhood with warm, welcoming people, soon to be your friends.

Dena Schrier, events and adventures director, describes life at Atrium Village as similar to a cruise ship. "We have so many activities, you'll have a difficult time figuring out which one to choose. Where would you like to go? What do you want to participate in? Stay on the campus or take a trip to places like the Baltimore Museum of Art, or even Little Italy? You can join a crochet club, play mahjong, watch movies or shop. We bring in a variety of entertainers on weekends. It's a cliché, but true: There is something for everyone. If you want something different, we'll help with that, too."

Patty Potts, executive director, gives Dena credit for creativity. "Dena's creativity and dedication are truly inspiring," says Potts. "To honor our residents who proudly served in the U.S. Armed Forces, Dena developed a partnership with the Honor Flight Network, a remarkable program that brings veterans to Washington, D.C. to visit the memorials dedicated to

their service and sacrifice. Thanks to her efforts, our veterans will have the opportunity to participate in this meaningful experience this coming spring. We have residents who were in the U.S. Armed Forces. Honor Flight Network (www.honorflight.org) honors 'our nation's veterans by bringing them to Washington, D.C. to visit the memorials built to commemorate their service and sacrifice.' This coming spring, Dena is making sure our veterans participate in Honor Flight."

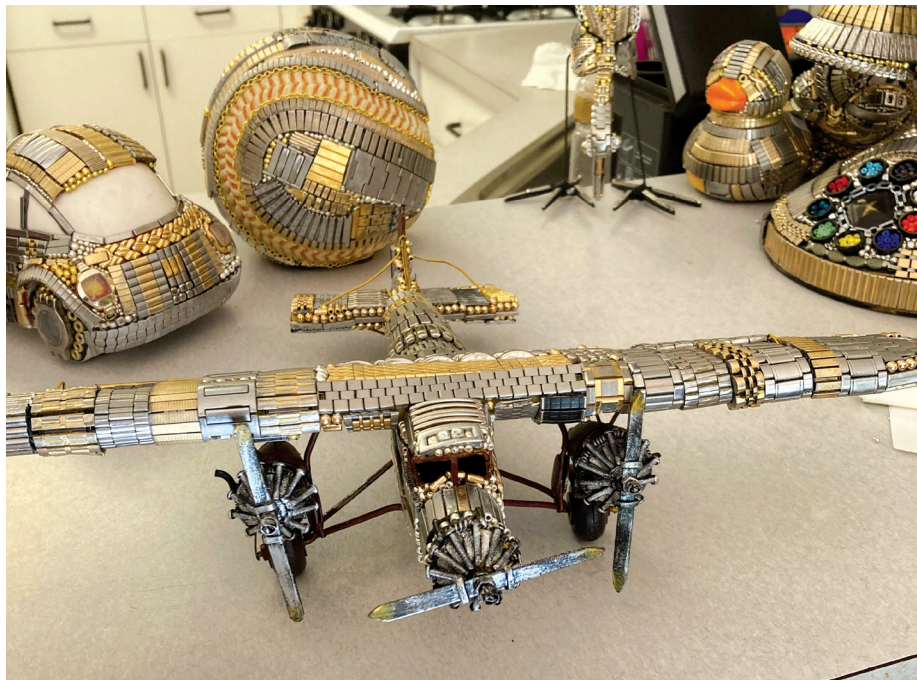
Yes, there are lots of activities. You can choose how much or how little you want to do. Many residents spend time in the library, the art center, game room, fitness center or watch a movie in the theater.

The age range of Atrium Village residents is late 60s to 100 with an average age of 81.

You can join other residents for morning exercise, attend a bible study class on Thursdays or Shabbat services on Fridays. You can visit the meditation room, go out with your friends, or stay home. It's all up to you.

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At that point, a friend mentioned some studio space at 3406 Chestnut Avenue in Hampden.

"I went over there, looked at the space, and thought to myself, 'This could be fun.' That was my business plan," Rosen recalls, laughing. "I started out thinking this was just more studio space for me. I wanted to carry the work of other artists too, and invited some women who made polymer clay jewelry, which can look very 'mosaic like.' After a while, I started making mosaic jewelry myself, smaller items. It added another price point to what I sold in the gallery, and people tend to buy jewelry more often than art for their walls. As I got into it, it was fun, too.

Gail's wife suggested the name for the gallery: "Andamento." The word is Italian; it means "movement" or "course" and refers to the way pieces are set in a mosaic in order to draw the eye. Gail also appreciates the "Andamento" of our lives – the movement or course that is sometime surprising. Since she opened Andamento (www.andamento-gallery.com), there has been time to work on her art and enough traffic to keep it interesting and social.

"I meet lots of people and make friends along the way. One person, for instance, wandered into my studio and I

'kept her.' We noticed how much we had in common and became friends. I also got involved with the Hampden Village Merchants Association and enjoyed meeting other proprietors.

"I still love what I do and really enjoy meeting other mosaic artists to see what they do," Rosen states. "There's joy in introducing the people who come to Andamento to new artists, styles, and materials. I have a section of the gallery for visiting artists. Their pieces stay up for three months and we have an opening reception where anyone can drop by and meet them. A newsletter goes out once a week to keep people informed, and I participate in First Fridays in Hampden when businesses stay open until 8 p.m. and there's wine and cheese and free parking."

Why Take Up Art?

Both women are among a growing number of older adults who want to add creativity to their schedule, something that they can do to stretch their minds, to learn something completely new and, eventually, become proficient or at least have fun!

There are classes throughout the Baltimore area for different art forms. Maybe you like gardening, an art form that involves physical exercise. The



Potters Guild and Baltimore Clayworks have classes in pottery making. Around the area, there are classes in jewelry making, drawing, beading, and more.

Visit Baltimore (baltimore.org), our convention and visitors' bureau, has listings for a variety of art classes. Check out the Creative Alliance (creativealliance.org) in Patterson Park for classes in writing, sewing, improvisation, and Pilates (not an art form, but worth including). Social Studio Art (socialstudioart.com) has instruction in different types of painting. And you can become a better cook at the Baltimore Chef Shop (www.baltimorechefshop.com). At Keswick's Wise & Well Center (chooseskeswick.org), you can learn American Sign Language (ASL) or learn how to do photography, drawing, oil painting, or to make felt animals.

The health benefits are huge. Learning new stuff – even art – keeps our brains functioning, building new pathways, and taking classes with others of all ages is a hedge against isolation. So, dive into something new, something that challenges you. If it's not art, learn a new language. Start a book club. Many classes start in January so start browsing options today and sign up. You may run into me at one of them.

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"Isolation is a very real danger with our older adults," says Potts. "That's why there are so many opportunities to interact with the other residents. For instance, one woman in memory care loves salad. She wanted to go out to lunch, so Dena found a restaurant with lots of delicious salads on the menu and took her there."

Potts said, "We talk with them, engage them, make them feel welcome and involved. One person was reluctant to engage, to get involved in activities; another resident got her to come to the crochet club and that broke the ice.

"The Goddard School for Early Childhood Development is close by, and our residents go there once a month and read to the students, a way to keep them integrated with other generations. The students came here to celebrate Halloween and loved trick or treating in their costumes. The residents savor these events.

"In December, we are having a big ball for every holiday: Jewish, African, Japanese, a multicultural mix with Klezmer and Christmas music. Kwanzaa, Santa, Hanukkah – we celebrate everything."

Atrium Village is a family of 172 residents. In addition to independent living, assisted living and memory care, Atrium Village also has furnished apartments available for respite care for short-term stays to give caregivers a break. When Bonnie Mott needed a place for her mother to stay while she traveled to upstate New York to visit her children, Atrium Village was the perfect solution.

Patty Potts and Dena Schrier invite you to their open house every Saturday 10 a.m.-2 p.m. for a walk-in tour of Atrium Village. No RSVP or appointment needed! They look forward to meeting you.