



The Gables of Germantown

Judi Wolters

Community Relations Manager

jwolters@capricommunities.com

N109 W17110 Ava Circle

Germantown, WI 53022

Phone: 262-345-1025

Fax: 262-345-1002

Website: www.capricommunities.com

Company Description: The Gables of Germantown, a Capri continuum of care senior community, has served area seniors for over a decade. Many of our residents have built their lives in the area and continue to be active in the community.

The decision to move to a senior community is complex and highly individualized. As your parents get older, chances are they're going to want to stay in their own homes, rather than move to a retirement community — most people do. But aging in place may not be a realistic option. There can be physical limitations such as stairs, an expansive yard, snow removal or basement laundry. Medical conditions that require oversight include diabetes, congestive heart failure, Parkinson's disease or memory concerns.

One major advantage of a retirement community is the ease of socializing. Seniors can make new friends and try out new activities, while they may end up isolated at home. The opportunity to share meals leads to proper nutrition and engaging conversations.

Many seniors are looking for purpose, a sense of belonging and new experiences. Senior communities today are not those of yesterday. Being prepared and visiting communities to narrow down where they want to live before a crisis is key to a good transition for seniors and their families.

The Gables of Germantown is presenting a monthly education series to help seniors and their families make an informed decision. For more information contact Jacki Hill at 262-345-1022 or jhill@capricommunities.com or view our educational offerings ***The Ways of Wellness & Happiness*** on our website.