



Why Did I Wait So Long To Move?

By Michelle Houriet, Executive Director
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“I wish I’d done this sooner...” This phrase is a commonly expressed sentiment among residents at Independence Hill Retirement Community. Whether it is just in passing, at a Newcomer’s Social or during a Family Event; over and over again we are told from residents and their families that if they had known what a great social life there was here, how many new friends they’d have and how much stress

relief there would be from not having to take care of a home; they would have joined our Independence Hill family much sooner.

So what is the big revelation? A longtime resident puts it best.

“I tried living with my kids but they eat dinner at 8:00 p.m.,” he said. “I just like living with people with similar interests and schedules. We have different interests than our kids do, so I had to ‘fit’ into what they were planning. Now I have neighbors all around me with similar interests. I keep busy each and every day doing things I like to do. Things that are geared for me and where I am in my life. So when I spend time with my family we are doing something special and fun for all.”

Several other residents have a similar story. Maybe they had lost a spouse, are new to town having moved to be closer to family, or their neighbors were younger and busy working during the day so they found themselves spending too much time alone. Once they made the move to Independence Hill, they quickly realized that they had been missing out on.

“The friendships I have made here are priceless,” another resident, Ms. Classen

shared. “I came from a home on three acres and while I had neighbors, I didn’t feel like I did. I did not know what I was missing until I moved to Independence Hill where I have close neighbors with whom I have so much in common. We look out for each other and there is always someone to do something fun with or to join you for dinner.”

Bottom line, people want to remain independent where they are free to do what they want when they want. “Independence” is the name (literally) of the game at Independence Hill Retirement Community. Everything possible is done to allow residents to remain independent, from providing a variety of fitness classes to stay fit, tons of social opportunities to stay stimulated and active and by making life just a little easier by providing services that allow the time to play.

Resident Mrs. Holmes sums it up beautifully.

“When someone asks me why I moved to Independence Hill, I say – ‘Why not?’ she explained. “Why live alone in a big house and have to depend on family or friends to



shuttle you to appointments, shopping or to run errands? Why not live where you will have friends, feel secure and have a blast! Why not live in a retirement community that has so many advantages – peace of mind for my family, and me, great neighbors, housekeeping services, excellent meals, transportation and a friendly staff?”

The only way to experience the Independence Hill way of life is to come by and see it for yourself. Don’t regret waiting another day. Call our Lifestyle Specialists at (210) 209-8956 to set up your personal tour.

Independence Hill Retirement Resort Community is located at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit www.independencehill.com.

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Will Your Child Survive Middle School Next Year?

By Leslie Jernigan, M.A.
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It’s past bedtime. You are tired, frustrated, and your child is not even close to being finished with homework. It often feels like YOU are the one going to school all over again. And this time, there are tears, tantrums and emotional fatigue when you see your obviously smart child struggling so much with homework.

Even though fifth grade is almost over, any feelings of relief are mitigated by nagging fears of what middle school will be like next year. If we’re struggling this much now, what will happen when he has to do all this by himself, and be accountable to five or more teachers next year?

The transition between elementary and middle school can be a difficult time for children and parents alike. For children, changing schools, changing teachers and their own changing bodies can create instability, moodiness and uncertainty. Academic struggles can add to the uncertainty and whittle away at self-esteem. For parents, schedules, book reports, projects and the fears of misguided decisions by their teens can make middle school years traumatic. It’s hard not to worry about the decisions that could endanger the child’s future.

The following are five critical skills that your child will need in order to be successful in middle school:

Study skills – Creating strategies to understand and retain course material

Writing skills – Being able to organize thoughts and putting them on paper clearly

and concisely.

Note taking skills – Identifying relevant information and organizing it in ways that make sense.

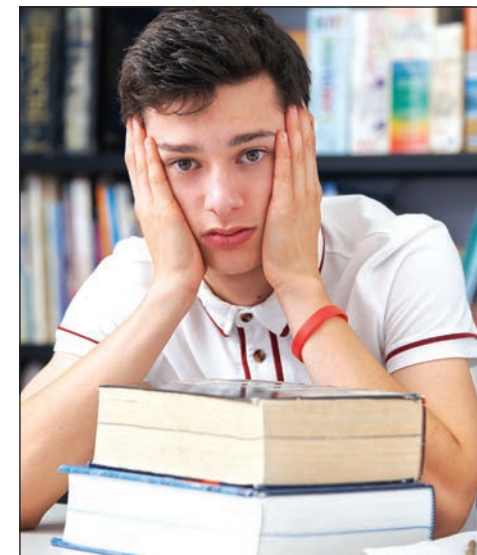
Organization skills – Managing and keeping schedules, planning ahead, organizing materials will keep you from having to drive back to school in the morning because he forgot his completed homework.

Social skills – Monitoring emotions and making smart choices while managing peer pressure can be THE defining factor when dealing as a teen. This will give you peace of mind that in knowing that your teen has strong values and will not be negatively influenced by social media, friends or classmates.

You might notice that intelligence isn’t on the list. Your child could be the smartest girl in school (and by middle school, she may ACT like she is), but if she doesn’t have these requisite skills, she may feel as if the ground is falling under her. And whatever tricks and compensations she’s relied on to get by in the past may no longer work.

These five skills make up your child’s executive function. As executive function develops throughout adolescence, young people are given more responsibilities and control in their own decision-making. They will be expected and will want to do more things independently. Executive function is the “inner CEO” that manages their decision-making process and helps them make smart choices.

The good news is that executive function



skills can be trained. Building a strong foundation in these skills over the summer can be the difference between being the parent of a middle-schooler and being the one who has returned to middle school yourself. Be proactive in strengthening your child’s executive function skills now, so you don’t have to worry about your teenager’s choices in the future.

If you would like to find out how to empower your child with strong executive function skills, please visit www.learningfoundations.com/free-parent-seminar to attend a free training session for parents.

Leslie Jernigan has a Masters Degree in School Psychology and is Director of Assessment at Learning Foundations Cognitive Training Center. If you have a child that is struggling in school, contact (210) 495-2626 or visit www.learningfoundations.com for more information on how to get help for your child.