

Summer 2021

THIS ISSUE

Smaller Space:
Bigger Lifestyle

Living Single
at Duncaster

Downsizing:
Where to Start

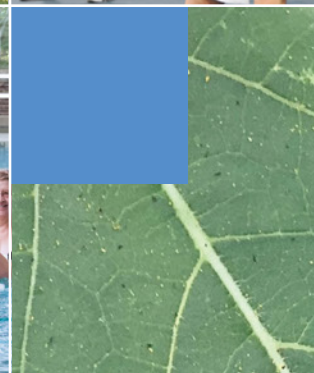
Take Your
Garden with You

Community
Connections

 Duncaster
is where to *live*.

Upsize YOUR *lifestyle!*

Capitalize on the current red hot
real estate market & live large at Duncaster.



Outlook

Smaller Space: BIGGER *Lifestyle*



Robert Gruskay proudly displays his opera memorabilia.

"I didn't want extra rooms that I didn't need that would make getting around more difficult for me later on, so a one-bedroom home was perfect."

 **Duncaster**
is where to *live*.

Rarely available, one-bedroom apartment homes are ready for immediate occupancy. Customize finishes to ensure the fit is just right for you!

A one-bedroom home at Duncaster offers you everything you want and nothing you don't. Gone are maintenance headaches and fall yard clean-ups. A short stroll outside your door opens a world of opportunities: the pool, therapy spa, exercise classes and gym at the Aquatic & Fitness Center, fine and casual dining, shopping, art classes, gardening, educational programming, a library, hair salon, woodworking shop, live music and social events—even a Windsor Federal Bank branch.

Continued...

Wondering if a one-bedroom is right for you? Duncaster residents Robert Gruskay and Ruthan Wein are one-bedroom believers. Robert resides in a Bloomfield-style floor plan and Ruthan in a Canton-style floor plan. Each enjoy the easy living that a more manageable home provides, while taking advantage of the many amenities found on the Duncaster campus.

A lifelong opera lover, Robert was excited to discover that he had plenty of room for his collection of opera memorabilia, including a life-sized cut-out of Luciano Pavarotti. He enjoys sharing his passion with others and conducts a monthly presentation and discussion group about opera for fellow residents.

The move to Duncaster has been a good one for Robert who says, "I enjoy meeting new people and being social, so I do most of my gathering outside my apartment where it's easy to meet cultured, well-traveled people with good stories."



*Ruthan Wein volunteers
five days a week in the
Commons Market.*

"My objective in coming here was to get out of my apartment and meet new people as I entered this next phase of life."

When it comes to living space, Ruthan jokes that she's "been there, done that" with a large home. The purpose of her move to Duncaster was to find a manageable space that didn't need her attention all the time. She wanted amenities that allowed her to live a lifestyle that was vibrant and fun while still keeping up with her very full calendar of activities.

Ruthan says that when she made the move to Duncaster, she downsized her space and upsized her life. She upgraded her home to make it feel just right and is now happier than she ever thought possible. "My kitchen is open, and my space is light and bright. No matter how big or small your apartment is, support from staff is always available. What more could you want?"

**To explore Duncaster's one-bedroom lifestyle, contact
Lisa Greene, Vice President of Sales & Marketing at (860) 560-1440.**



Residents, gardeners and friends Irmgard Klee (l) and Pieta Lair (r) in the sunflower garden.

TAKE YOUR GARDEN *with you!*

If you were blessed with a green thumb, a move to Duncaster means you won't have to give up your love of gardening.

Duncaster's resident gardens offer a lush space to continue to grow your horticultural passion. Each spring, the garden beds are conveniently prepared for planting by our grounds crew, and a nearby shed holds all the tools you could possibly need. Contact resident and Community Garden Coordinator Dale Richter to reserve your space, then get to planting! Helpful staff are available to assist if needed.

From gorgeous peonies to award winning tomatoes and everything in between, our gardens are a lovely place to connect with other gardeners and share growing tips. If you enjoy houseplants, our climate-controlled, indoor greenhouse makes gardening easy any time of year. Volunteer to help care for our many interesting specimen plants, like our night blooming Cereus, or contribute plants of your own for the enjoyment of the community.

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Making the Move – Step 1:

Downsizing

Sometimes, there's a fine line between keeping something because you've had it a long time and keeping it because it's important. Look at your belongings with your future in mind. Getting rid of things that don't matter saves space for things that do.



The following tips will help you downsize:

Follow the “one year” rule. A good way to tell if you'll use something is if you've used it within the past year. If a baking dish is collecting dust in the closet, it probably won't be needed. Note: This helps with common-use items, not keepsakes.

Keep memories, not clutter. Negatives, photos and videotapes take up a lot of space. Consider consolidating tapes into organized electronic files and only keeping digital copies of photographs. There are many services available that can convert photos and videos quickly and affordably.

Consolidate collections. Getting a new “Best Grandpa” mug each birthday takes up serious shelf space. Consider bringing the two that are most regularly used and photographing the others for a keepsake album.

Sentimental value is personal. Don't keep something just because you feel like you should. An old wedding gift may seem important, but a souvenir from a favorite trip might have more sentimental value. Bring what makes you happy.

JOIN US FOR



The local real estate market is red hot and there's never been a better time to sell. Professional Realtor and stager T. Dalton Faenza will show you how to best present your home for maximum appeal and profit:

August 11 & 31

To RSVP, call (860) 560-1440 or visit Duncaster.org/Design



THE REWARDING DUNCASTER LIFESTYLE—
with the security of LifeCare—STARTS AT JUST \$141,000!

**Apartment must be reserved by September 1 with move-in no later than December 31, 2021.*

Act now
and save an
**additional
\$3,000!***



LIVING SINGLE

in a retirement community.

Many people assume that Duncaster is built for couples. But, many residents are either single, divorced or widowed. We invite you to find out how living in a community like Duncaster could help singles live longer, healthier, happier lives.



According to Pew Research, almost 19 million Americans over the age of 60 live alone. This fact has led to volumes of research studying the effects of social isolation and loneliness, both of which are significant risk factors for conditions such as weakened immunity, heart disease, high blood pressure, obesity, anxiety, depression, cognitive decline and Alzheimer's disease.

Fortunately, other research by the National Institute on Aging has shown that people who engage in meaningful, productive activities with others tend to live longer, boost their mood, and have a sense of purpose. These activities can help with maintaining cognitive function and improving overall sense of well-being.

Continued...

WHEN YOU MOVE TO DUNCASTER THE BENEFITS ARE MANY!

■ FIND NEW FRIENDS

At Duncaster, you'll find a diverse group of people all at a similar stage of life and a monthly calendar of events and programs to help you stay as engaged as you want to be.



■ ENJOY PRIVACY & AUTONOMY

Your apartment home assures your privacy and independence. With so many different activities and interesting things to do, you'll create your own flexible schedule and enjoy all the alone-time you desire.

■ BRING YOUR FOUR-LEGGED FRIEND

Research shows there are many benefits to owning a pet. And your dog or cat are always welcome at Duncaster!



■ LIVE LARGER IN A SMALLER SPACE

Many of the things you needed a larger home to accommodate—a library or home gym—are now located just steps outside your door. You won't miss taking care of that larger space when you have a beautiful apartment with modern amenities in the heart of everything you need and enjoy.



■ HAVE PEACE OF MIND

Life Plan communities like Duncaster offer financial predictability and welcome peace of mind. If your needs ever change, your family and friends won't have to scramble to find care for you during a health crisis. You'll receive the care you need right here.

■ ENJOY A GREAT VALUE

At Duncaster, a one-bedroom apartment offers so much more than just square feet. In addition to the ability to renovate your space so it feels just right, a smaller footprint makes home-keeping easy. And, with so many engaging common areas like the Aquatic & Fitness Center, library, salon, art studio and dining venues, you can enjoy a large lifestyle and relax at home with no worry of upkeep.

■ ACCESS A BUILT-IN SUPPORT NETWORK

Whether you need a friend to talk to, a personal trainer to help you stay fit, a maintenance person to help change a light bulb, or even a nurse to visit if you don't feel well during the night, our full-service community caters to your needs.

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COMMUNITY. *Connections*

To promote the health and vibrancy of our region, Duncaster hosts a charitable golf tournament each year to support the delivery of programs, services and educational opportunities for residents and staff, as well as the greater Bloomfield community through our Community Outreach Committee.

Duncaster is proud to support:

The Foundation for West Hartford Public Schools, whose mission is to support educational projects, programs and initiatives that enhance and enliven the classroom experience for all West Hartford Public School students.

Charter Oak International Academy and American School for the Deaf — “No Limits: Balloon Adventure”

Together, the schools launched a weather balloon with a payload of fresh eggs. The goal was to see how high and far the balloon would travel and if the students could secure the eggs and assure their safe return to earth. Happily, the balloon and the unharmed eggs landed safely in Rhode Island.



“Harmony” will reside on the Duncaster campus after the conclusion of the Bear Fair.

West Hartford Bear Fair

Our Bear Fair partner is For All Ages, a not-for-profit working to build more cohesive communities by connecting generations and inspiring action to end loneliness, reduce ageism and improve health.

The theme of Duncaster’s sponsored bear is “Harmony” and speaks directly to the need for all ages, genders, denominations and races to coexist in a peaceful manner for the betterment of our society. The bear will be painted by Duncaster residents and students from Northwest Catholic High School with all proceeds from the Bear Fair benefiting For All Ages. The bears will be shown on the streets of West Hartford for the public to enjoy later this summer.

To learn more about Duncaster or to schedule a tour, contact Lisa Greene, Vice President of Sales and Marketing at (860) 560-1440.

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