

Duncaster / *life*



WINTER 2022

THIS YEAR
**STRESS
LESS!**

**10 Tax Deductions
and Credits**
you should know about.

Single Seniors:
Living the life.

Downsizing:
When do you
know it's time?

Can a Staycation be
more rejuvenating
than travel?

LESS MUST-DO.



MORE WANT-TO.

"Don't get me wrong—I *absolutely loved* my house. Lots of wonderful memories. But over the last few years those memories were taking a back seat to maintenance. On a whim, I looked into Duncan— the easy living lifestyle, wonderful amenities and opportunities to try new things and meet new people was so appealing—that I never looked back!"

– Al DeVito, Duncan Resident since 2011

“That’s why I *made my move* to Duncan.”

Is Aging in Your Home *Really* the Best Option?



Television regularly features ads about the value of staying in your home as you age. But is it really the best choice? If your spouse receives a complicated medical diagnosis, would you be able to schedule, manage, and monitor all the help you need while also taking care of yourself and maintaining a home? If a hired caregiver is unable to arrive as scheduled due to illness or severe weather, could you provide the care yourself?

A Life Plan community like Duncan is designed to support you and your spouse at every stage. If one partner needs more care, it's available—along with the promise that it will always be there. Plus, you have the security of knowing that LifeCare will keep your monthly living expenses stable and predictable.

Duncan provides the support you need, when you need it. **Read more about the benefits of a Life Plan community at [Duncan.org/BestOption](https://duncaster.org/BestOption)**

Let's talk *taxes*



TAX TIME

10 tax deductions & credits you should know about.

It'll soon be tax time again. While preparing your annual return is typically not a pleasurable activity, the IRS offers several tax deductions and credits specifically for older adults, including:

- Increased Standard Deduction
- Medical Expense Deduction
- Retirement Plan Contribution Benefits

We've compiled a list of the top 10 senior tax benefits and how you can take advantage of them.

To see them all, go to Duncaster.org/Taxes

Did you know?

LifeCare provides tax advantages as well.

LifeCare gives you guaranteed access to healthcare services at predictable costs if you ever need them. This means any related entry and monthly fees may be considered a pre-paid medical expense and eligible for a tax credit. Consult your tax advisor for more details.



On-site comprehensive primary care at Duncaster is provided by

Hartford HealthCare Medical Group



Better ways to
weather the

winter



Let go of the cold weather woes.

There is no better way to beat the winter blues than by making a move to Duncaster where neighbors are your friends and there is always something fun to do.

Don't worry about the weather:

We handle the snow, so you don't have to. Our emergency generator fully powers all areas of our campus, assuring an uninterrupted power supply to your apartment home.

Stay Social: Duncaster offers over 40 different resident-led committees and special-interest groups to keep you active and engaged.

Everything you need is just steps from your front door (no driving required!): Visit the Commons Market for a pound of dark roast coffee on your way to the Aquatic & Fitness Center for your morning workout. When you finish, stop by the Library to check out a book then meet a friend for lunch in the Terrace Dining Room. We even have a doctor's office right on campus.

If you are ready to say goodbye to your winter woes, call Lisa Greene, Vice President of Sales and Marketing, today at **(860) 792-5107** to begin a conversation.



Become a member of Duncaster's Aquatic & Fitness Center—you don't need to be a resident.

Call (860) 792-5107 to learn more.

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Visit an art museum



Take in a game

Vacation or *Staycation*?

Are you fantasizing about a tropical vacation? This year, with COVID-19 still very active, why not consider a "Staycation"?

It may sound boring, but a Staycation can be more relaxing and restorative than travel—and it can even save you money. It can also be the perfect opportunity to explore more of your town or state and have "closer to home" experiences that you've always wanted to try.

For great tips and fun Staycation ideas go to Duncaster.org/Staycation

Try a new restaurant or a new recipe



Staying healthy—and safe—all winter long.

Winter can be tough—freezing temperatures, ice on walkways, and even seasonal depression that can come from a lack of socialization. But, the long, cold months shouldn't keep you from enjoying healthy, engaged living. Having proper winter gear, eating healthy year round and staying connected to loved ones are just a few of the ways to keep yourself feeling good while you look forward to spring.

Learn more ways to keep yourself healthy and happy all winter long at Duncaster.org/WinterSafe



Single SENIORS: *Living the Life*

Retirement offers older singles new opportunities to meet people and form positive connections. It's a great time to develop new friendships or possibly a romantic partnership, while deepening your involvement in hobbies that bring you joy.



Duncaster has a campus trail loop and convenient access to walking trails at LaSalette Open Space.



Duncaster offers college courses right on campus through the University of Hartford's Presidents' College.

WHAT SINGLES ARE DOING:

Hiking, Camping or Biking: Join a local group and meet fellow outdoor enthusiasts or go it alone to enjoy the serenity of nature.

Taking College Classes: Community college's offer an inexpensive way to continue learning.

Volunteering: Giving back to the community is engaging and a great way to boost your overall well-being.

Taking Lessons: Explore a new skill at your own pace. Maybe a musical instrument, dancing, or even woodworking.

Traveling: Being single means having the freedom to take a trip across the state or around the world.

Single SENIORS: Living the Life

*Did you know?
34% of U.S. adults
over 65 are on
social media.*

*Duncaster offers
over 40 different
voluntary groups
and clubs to engage
your interest.*



HOW SINGLES ARE CONNECTING:

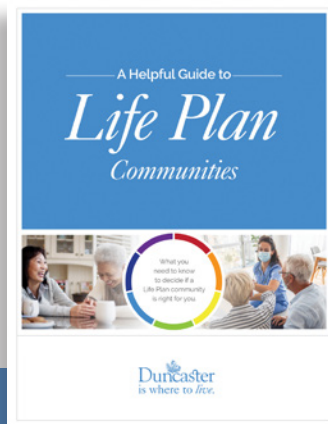
At Retirement Communities: You'll find friends who share your interests and plenty of ways to stay healthy and have fun.

With Family: Being retired gives you time to reconnect with those you lost touch with when life was more hectic.

On Facebook: Connect with other people your age who share your interests, or reconnect with old friends and classmates.

RETIREMENT IS WHAT YOU MAKE IT.

The most important take away is that you should be living your life to the fullest at any age, no matter your marital status. A Life Plan community like Duncaster can help you do that!



Get your FREE guide to Life Plan communities or schedule a Duncaster tour by calling **(860) 792-5107** or visiting **Duncaster.org/LifeWinter22**

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

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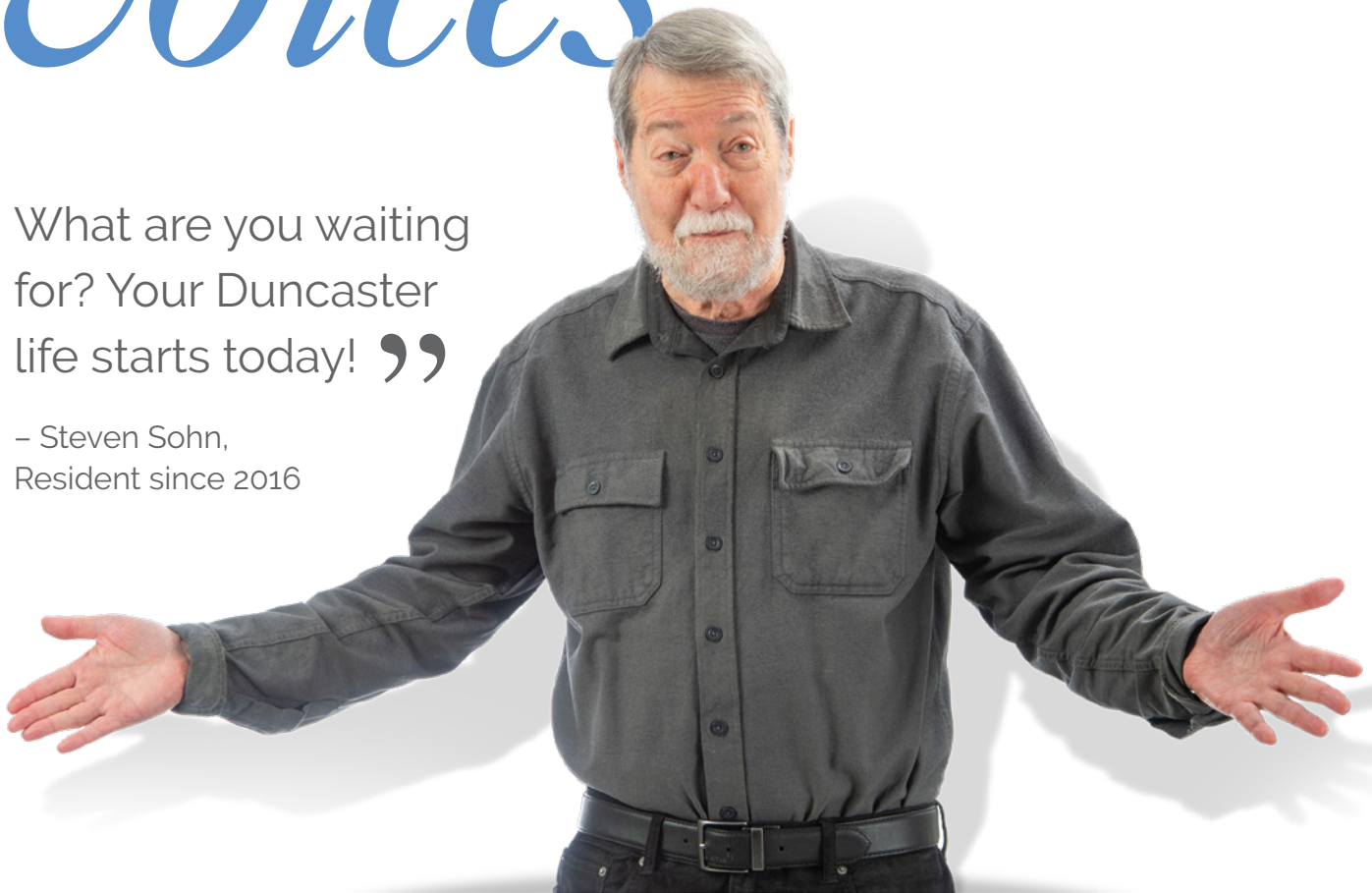


Duncaster

Voices

“What are you waiting for? Your Duncaster life starts today!”

– Steven Sohn,
Resident since 2016



“As an Investment Advisor, I helped clients make decisions about their future. When making the decision to come to Duncaster, Sally and I used the same strategies for our future.”

– Sally & Dale Richter, Residents since 2020

A new resident.
A different arrival.

“ The beauty of the community
and the kindness of the staff
were beyond my expectations.

– Emily Becton, Resident since 2021

”

Mrs. Emily Becton moved to Duncaster from Florida in early July of 2021 to be closer to her daughter. Her story is a little different in that she arrived here on move-in day without ever having visited our campus due to travel complications and safety concerns related to COVID-19. Emily's daughter lives nearby and she worked with us and Emily to choose just the right finishes for her apartment home while Emily remained in Florida preparing for her move.

Read more of Emily's story at
Duncaster.org/Emily



*Emily Becton, right, with her
daughter Deborah.*



Hear and read
more of what
our residents
have to say at
Duncaster.org

Downsizing:

When do you know it's time?

- Do you pay to heat and cool rooms you never use?
- Have gardening and yard work gone from hobbies to chores?
- Do you procrastinate on getting home repairs done?

If yes, then it might be time to consider a move. Beginning the process can be difficult, but those who do it say they feel relieved and satisfied when they're done.



How do you make downsizing easier?

- Start small
- Get rid of duplicate items
- Be judicious about what you keep

Why is now an exceptionally good time to downsize?

Now's a great time to sell your home—available housing inventory is low and home sale prices are high!

Then what?

Enjoy maintenance-free living and exceptional amenities at Duncaster!



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Smaller space. Bigger lifestyle.

Duncaster offers everything you need to live a fulfilling next phase of life. Choose from over 20 different floor plan styles and enjoy a beautiful, well-equipped residence, exquisite chef-prepared dining and maintenance-free living.

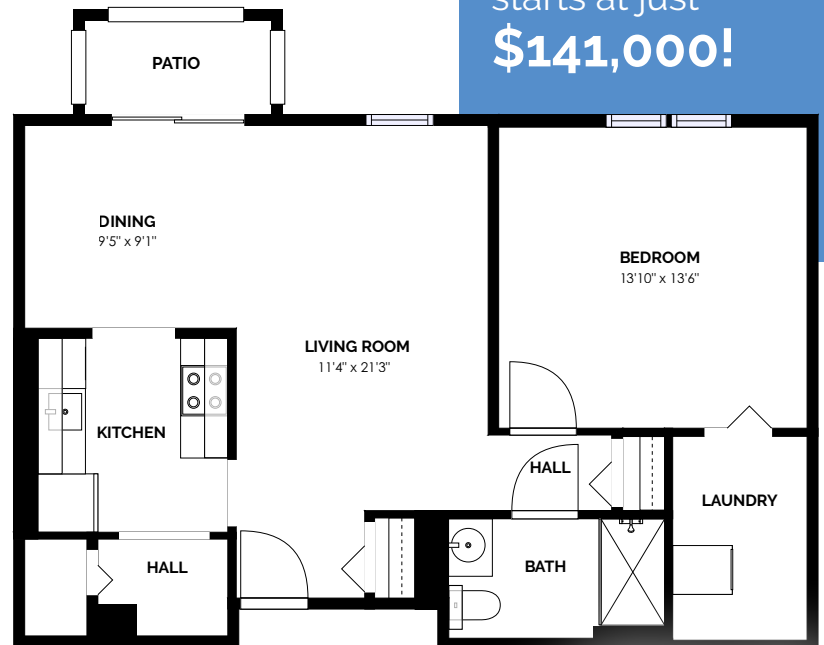
Enjoy exceptional amenities:

- Dine in the Terrace Dining Room, Courtyard Café or Town Green
- Pursue wellness at the Aquatic & Fitness Center
- Pamper yourself at the Spa
- Meet friends for happy hour in the Lounge
- Garden in the Greenhouse and Community Gardens
- Design and build in the Woodshop
- *And so much more!*

Call **(860) 792-5107** or visit **Duncaster.org/LifeWinter22** to schedule your personal tour!

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

Life with
LifeCare
at Duncaster
starts at just
\$141,000!



The Bloomfield
One-Bedroom / One-Bath

About LifeCare

Should your needs ever change, LifeCare gives you guaranteed access to health care right on campus. **Assisted Living, memory care, long-term care and rehabilitation** are available—all at predictable costs, ensuring financial security. If your health ever changes, you'll never pay the high cost of long-term care.



The Farmington
Two-Bedroom / Two-Bath

To learn more about Duncaster or to schedule a tour, contact Lisa Greene, Vice President of Sales and Marketing at (860) 792-5107.



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