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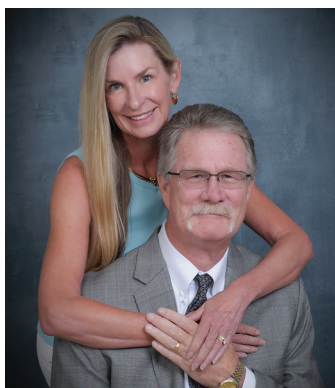
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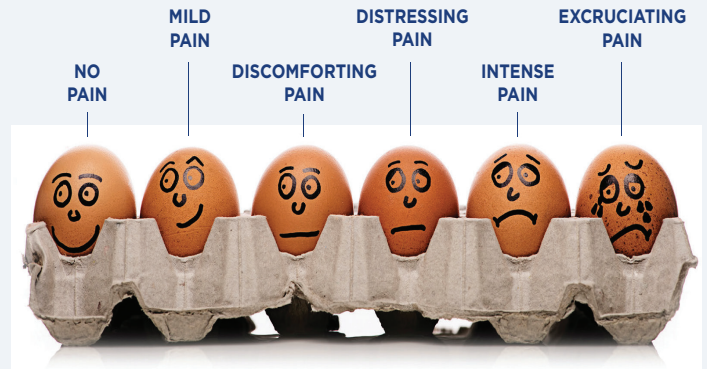
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Qualities to look for in a post-retirement job

The notion of relaxing on a beach all day in one's golden years is still a retirement dream for millions of adults across the globe. But many individuals also harbor a desire to keep working after retiring. Whether it's a volunteering gig or a part-time job retirees are looking for, certain qualities can make an opportunity uniquely suited to a post-retirement job.

- **Flexibility:** Retirees may be looking to contribute to their communities or simply earn a little spending money, but they will likely still want the freedom to travel or spend time with their families whenever they choose. So flexibility is something to look for in a post-retirement job. This is what makes consultant work so attractive to retirees. In-person hours may not be required of consultants, who can then offer their input while visiting their grandchildren or traveling the world.

- **Socialization:** Though the ability to work from home can make it easier for retirees to earn some extra money, some seniors

aren't concerned about their finances but want to work so they can get out of the house. In that case, look for a job that offers the opportunity to socialize and meet new people. Socializing as an older adult is a great way to fend off loneliness. In addition, one study published in 2007 in the journal of the American Public Health Association found that social support networks have a positive effect on cognition among older adults. So a post-retirement job that enables retirees to socialize could delay or reduce the severity of age-related cognitive decline.

- **Engagement:** A job seniors find engaging also is more likely to provide the types of benefits seniors are looking for in post-retirement work. For example, researchers at Boston College's Sloan Center on Aging and Work found that seniors who find a job or volunteering opportunity truly engaging are more likely to benefit psychologically from those experiences than those whose post-retirement work is not engaging. If seniors find themselves simply

going through the motions with their post-retirement work, they can look for opportunities that they can be more enthusiastic about.

- **Pressure-free:** Regardless of what retirees did for a living prior to calling it a career, chances are they dealt with work-related stress. In fact, the American Stress Institute reports that 83 percent of workers in the United States suffer from work-related stress, while Statistics Canada reports that 62 percent of Canadian workers say work is their main source of stress. After a lifetime of confronting work-related stress, individuals who want to work in retirement should look for pressure-free opportunities. This is an important quality, as the ASI indicates that stress has been linked to increased rates of heart attack, hypertension and other disorders.

The right post-retirement job may differ from what individuals looked for during their careers. Various qualities can combine to make for a post-retirement gig that benefits seniors in myriad ways.



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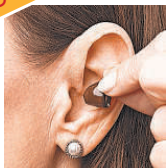
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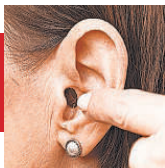


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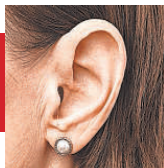
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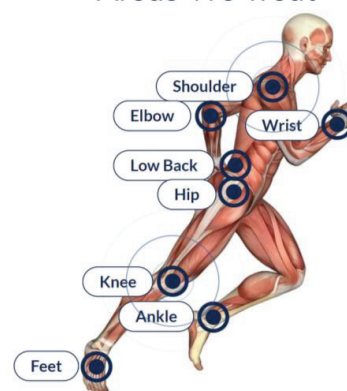
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While the equipment is available for the use of all residents or visitors staying with residents, the equipment must not be taken out of Sun City on a permanent basis. As a matter of control, equipment is loaned only to Sun City residents.

Records show that as the population of Sun City grew, so did use of our medical equipment. Savings for Sun City residents have been calculated periodically; in 2019, it was estimated that residents saved over two million dollars in cost of equipment for that year alone.

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- Providing long term quality care that meets your needs.
- Round the Clock Care.

OUR PROCESS

- We will meet with you and your loved ones in person or via online, so we are able to patiently and compassionately assess your loved ones needs. After narrowing down what homes we believe are the best fit, based on your needs, location and budget, we will personally tour each home with you.
- We take care of finding the best care possible for your loved one, so you can focus on your family.

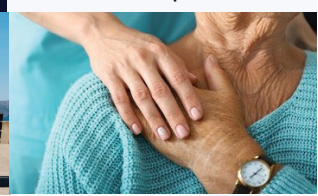
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All levels of care, ranging from limited assistance to dependent care. Assisted living homes are able to accommodate residents throughout all stages of their lives.

Including:

- Dementia
- Alzheimers
- Parkinsons
- Diabetes
- Specialized Diets
- Respite Care





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WHAT IS IN HOME CARE

- In our experience, there are some seniors that are capable and prefer to stay in the comfort of their own home, with the support and care of a 24 hour certified caregiver.
- Keeping their independence while being assisted with personal individualized care in their own home.
- Our goal is to set up a custom plan of care which allows each senior to live as comfortably and independently at home.

OUR CAREGIVER SERVICES

- PERSONAL CARE** - Round the Clock hands on care with bathing, oral care, dressing, walking, hair care, home cooked meals, grocery shopping, light housekeeping and laundry.
- COMPANION CARE** - Round The Clock care for your loved one with companionship, socialization, medication set up, transportation, light housekeeping, laundry and home cooked meals.
- IN HOME CARE** - Round the Clock care which also include, Personal Care & In Home Care for your loved one to ensure their safety and reduce fall risk and assist in all daily activities.

OUR CAREGIVERS

- Our caregivers are highly experienced and provide the right type of elderly care that will improve your loved ones quality of life at home.
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