

Residents Find Freedom at Fredericka Manor After Downsizing

When Didi Moore decided to move to Fredericka Manor she was faced with sorting through hundreds of belongings she accumulated in the 50 years she lived in her home.

"It was a little easier for me since I'm third generation Navy," said Didi. "Nevertheless I had a lot of stuff. But once I decided what to keep and get rid of I experienced a newfound freedom here at Fredericka."

Didi is just one of many Fredericka residents who traded in the responsibilities of homeownership for more time for friends, social opportunities and life enrichment.

"Folks should not be afraid to downsize," said

(DOWNSIZING continued on back page)



Linne Scott of Moving Solutions, specializes in helping seniors downsize and move to retirement communities.

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Security Supervisor Plays Many Roles at Fredericka Manor

Resident service is Tom McKievick's number one priority

While making his rounds each day at Fredericka Manor, you will find security supervisor Tom McKievick making sure no strangers wander onto campus, checking for any potential safety hazards, delivering a talk in the resident lounge about campus safety or making sure the campus is generally secure. You will often see Tom with his German Shepherd security dog Otis by his side. Ask staff and residents about Fredericka Manor's longest-tenured employee at 40 years and they will tell you that Tom is more than just their security guard.

"Because we have so few security incidents here, much of my job, as well as the rest of the security staff, is to help residents with various tasks," Tom said. "I love that part of my job. Fredericka Manor has always had a family atmosphere. It was like that 40 years ago and it's like that today."

"Tom is terrific," said resident Steve Connor. "He can solve all sorts of problems. He's a great guy to have around."

"I've known Tom for 30 years," said resident Maggie Arveson, who worked as a nurse at Fredericka Community Hospital before it was Fredericka Manor Care Center. "Tom used to help me years ago when I was



a nurse and he still helps me today. Around here, if something has to be done just call Tom."

On any given day, Tom could be escorting residents to the dining room, fixing their computer or TV, hanging a picture on their wall or just greeting them with a friendly wave and smiling face.

"There are no hard and fast rules about what my job description entails," Tom said. "I'm part of the Fredericka Manor family and the residents' needs come first. I'm happy to help any way I can."

According to Executive Director Craig Sumner, resident surveys consistently rate campus security as one of the community's highest scoring departments.

"I think that's because our duties are so broad," Tom said. "Residents know any time they need anything 24 hours a day, my security team and I are available to help." 🌸

Gary Prickett Loves Motorcycle Travel But Always Looks Forward to Returning Home to Fredericka Manor

His travels have taken him around the world from the Alaskan tundra to the Chilean deserts and Serengeti plains to the winding roads of the Alps. In fact, he's ridden his motorcycle in 40 countries on six continents traveling thousands of miles, helmet glistening in the sun, wet with rain and everything in between. But despite his adventurous travels, for motorcycling enthusiast Gary Prickett, one of his favorite places is his home at Fredericka Manor.

"Yes, I've been to quite a few places on my bike, but for now, this is where I'm most content, at Fredericka Manor," said Gary, a retired sales and marketing professional. "I'm probably more active now than I've ever been."

Having lived in a big house in Mission Viejo for 33 years with his wife, Gary said he found no reason to move, until his wife's death in 2012. "That changed everything. I was on my own," he said. "I didn't want to take care of the house anymore and it was too big for just me. I wasn't really making any new friends and my daughter encouraged me to move to a retirement community. I looked around and knew that apartment living was not for me. That's why I chose Fredericka. The cottages here are delightful and it was important to me to have multiple levels of care available in case my health

needs change."

After downsizing, Gary chose a two-bedroom cottage with a den and adjacent garage. It was just the right size to accommodate his belongings including his prized BMW F650GS motorcycle. "The downsizing was quite liberating. Fredericka Manor has a very Mid-western feeling," Gary said. "A friendliness that I didn't expect. I have made some good friends here, and any time I want, I take the bike out for a spin."

Gary began riding motorcycles at age 30 after being inspired by Steve McQueen in the movie *The Great Escape*. "I saw that movie and it looked like fun," he said. "I enjoy the physical aspect of riding and the challenge. There's nothing like the style and grace of riding on a long winding road. Between my bike and living at Fredericka Manor, I'm living the good life." 🌸



(DOWNSIZING continued from front page)

resident Kent Curl. "I was able to bring all of my belongings that were meaningful to me. The rest I donated or gave to family members. It was liberating."

To help residents downsize before making the move to Fredericka Manor, the retirement community refers residents to companies like Moving Solutions, which for a fee, specializes in helping seniors downsize and move to retirement communities.

"We have helped more than 100 Fredericka Manor residents move and arrange their furniture and other belongings in their new home," said Linne Scott, the company's principal. "We help residents decide what to take, what to donate, sell or give to family. We provide the options and the client decides."

Linne said her company not only helps future Fredericka Manor residents downsize but can help them unpack, create a floor plan, hang pictures and place items where they desire.

"Linne was great," said resident Gary Prickett. "I didn't have to worry about much when I moved in. We made a plan and by the time I moved in, everything was set up in my cottage just the way I wanted it."

Linne said the best way to get started downsizing is to work with a friend, family member or service like hers. "You need someone who is objective and who you can turn to if you are not sure if you want to keep something, donate it or sell it."

"I tell people, it's all just stuff," Didi said. "Once you get rid of what you don't need, you have time to enjoy life with friends and other priorities." 🌸



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