



THE HALLMARK
A LUXURY SENIOR LIVING COMMUNITY
In Houston's Galleria Area

Summer 2019 Newsletter

Greetings, Friends!

Thank you for subscribing to our newsletter. It's summer and time to learn about all the great things going on at The Hallmark!

We are gearing up for the next phase of The Hallmark, which will be an expansion of independent living residences on our campus. You'll be able to participate in the planning of this if you're interested in calling The Hallmark "home" in the future.

We have a number of newly upgraded and refinished apartments that are ready to go in a variety of floor plans and sizes to match with your preferences. Come by and take a tour, and remember, it only takes \$1,000 to reserve your residence as you go through the application process.

Finally, take a look at just a taste of the lifestyle The Hallmark has to offer this summer. So many events both on campus and off, make living here as busy as you want it to be.

Enjoy the summer edition of our newsletter and let us know if we can provide any assistance in planning your future retirement!

Sincerely,

Christine, Donna, Valerie, Kate
Your Hallmark Team



Focus Group Participation to Guide Future Expansion

The Hallmark is now in the concepting and master-planning stages of a proposed expansion to our current campus. This project will include additional apartments, improvements to the common areas including additional dining venues, state-of-the-art fitness center, and much more. If you are on our Future Resident list, or if you believe that you will one day make a move to The Hallmark, please join us for one of our focus group sessions (dates and times listed below) in which we will ask questions about your living preferences in order to help shape the vision of the new expansion. Since these sessions will be small groups and will fill quickly, please join us only if you consider The Hallmark a serious option for your future retirement plans.

Wednesday, August 28th:

Select 11:00am session or 2:30pm session

Thursday, August 29th:

Select 11:00am session or 2:30pm session

**Please RSVP to Valerie McMichael
at 713.624.5576.**

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713-624-5576

www.thehallmark.org

The Hallmark and its sister property, Brazos Towers at Bayou Manor, are the senior living communities of Brazos Presbyterian Homes, Inc. Brazos Presbyterian Homes, Inc. serves older adults of all faiths, regardless of race, color, sex, national origin, age or handicap, except as limited by state and federal law.



Research Indicates Retirement Community Living Results in Longer and Better Quality of Life.



Residents enjoy retirement community living at The Hallmark.

Living in a senior community offers access to many activities and ongoing opportunities to socialize, which has long been linked to longevity. One UK study found that retirement community residents not only enjoy life more, they actually stay healthier longer. Survey responses from current community residents compared to nonresidents were strikingly different. The residents reported a much higher sense of control, privacy and security in their lives, increased activity levels, and less loneliness. More than half of residents reported an improvement in their quality of life.

Other similar research found that community dwellers had greater emotional, social, physical, intellectual, and vocational wellness than non-community dwellers. The National Council on Aging states, “Almost 90% of residents at independent living communities feel very satisfied with their situation and a lot of that satisfaction can be linked back to socialization.”

As we age, isolation can become more prevalent, leading to loneliness and even depression. Remaining socially active can be more difficult due to changes in life circumstances. Community living creates scenarios to naturally encourage regular engagement, whether it’s dining with companions, sharing transportation, or even making new friendships.

Another report published by the National Institute on Aging (NIA) suggests a positive correlation between social interaction and health. NIA leads the federal government in conducting and supporting research on aging and the health and well-being of older people. The Institute seeks to understand the nature of aging and the aging process, and diseases and conditions associated with growing older, in order to extend the healthy, active years of life.

- Social relationships are consistently associated with biomarkers of health.
- Social isolation constitutes a major risk factor for morbidity and mortality, especially in older adults.
- Loneliness may have a physical as well as an emotional impact. For example, people who are lonely frequently have elevated systolic blood pressure.
- Loneliness is a unique risk factor for symptoms of depression, and loneliness and depression have a synergistic adverse effect on well-being in middle-aged and older adults.

Most communities offer common dining areas, daily outings, trips, dances, special social events, classes, and shopping excursions – all making it easy to join a network of seniors to share life experiences with.

To find out more about the benefits of retirement community living, contact The Hallmark at **713.624.5576** or visit **www.thehallmark.org**.

Meet Residents Eric and Sarah Young



Most familiar with our senior living community agree that one of the best things about The Hallmark is the people. Residents come from all different types of backgrounds, each with a unique story to tell. We interviewed the Youngs, one couple who make life more interesting here.

A little about Eric and Sarah Young.

Eric grew up in Vermont. He left there with a B.S. in mechanical engineering and went to work for one of the largest corporations in the world designing and developing gas turbine engines used in aircraft as jets and as power plants in a whole generation of U.S. Navy Destroyers and in pipeline pumping systems. A key focus in industry and retirement has been building teamwork across all boundaries -

organizational, political, cultural, and international. Other interests include reading, racing sailboats, community theatre, several arts including wood carving, and pursuit of philosophical and spiritual questions.

Sarah was born in Alabama, grew up in Houston and attended Jeff Davis High School and Massey Business College. Beginning as an administrative assistant at Arthur Young & Co., she then became the first female regional sales manager for Park Ave. Imports, a division of Seagram's. In 1970, she and her late husband established a manufacturers' representative agency for sales and service in the electrical and telecom industry. She retired as managing partner and corporate secretary in 1998. She remains active in marketing and administration for the Houston Strategy Forum. She has served on the boards of Houston Women and Minority Business Owners Council, The Houston Maritime Museum, Women of Rotary, Aggie Moms, and others.

Eric and Sarah each have one daughter and two grandchildren. Two of them are Buckeyes with recent master's degrees, one is an Aggie senior, and one is a U.T. junior. They enjoy travel including road trips coast-to-coast and Gulf to the Great Lakes. They also spent five months and eight days going around the world on Heavy Lift Freighters. Their families, friends, arts, and theater are other enjoyments.

1. Please describe your thought process as you began looking for retirement living.

Looking for retirement living was driven by the need to downsize further from townhouse living and then, the ever-demanding presence of home maintenance, access to health care, and entertainment opportunities, etc. The availability of others at a similar point in life to share experiences, visions and lessons with. The support of staff in doing things that are becoming increasingly difficult.

2. What was the biggest reason you decided to move to a Life Plan Community?

All the above.

3. What made you choose The Hallmark over other options?

The Hallmark was available in the zip code we had lived in for 12 years, had open apartments, and was receptive to our ideas on how to best make the modifications to the apartment that we had envisioned.

4. What are some of your favorite things about The Hallmark?

The best thing about The Hallmark is the people. That includes our fellow residents from a wide range of backgrounds with friendly, open personalities. Also, the staff most of whom knew our names the second day we were here and jumped to provide any service that might be needed. The management personnel also seemed open to discussion of transition issues and eager to make it as smooth as they could.

5. What advice would you offer to other seniors deciding on where to live in their retirement years?

Look for the items mentioned above. Check also on how much the costs have risen over recent years compared with inflation rates. Understand the differences between for-profit and not-for-profit retirement communities and how systems with several communities under the same management group share costs.



Residents enjoy a variety of activities every month, both onsite and off.

Here are just a few events scheduled this summer:

- Let's Learn to Play Pool
- Line Dancing
- Tai Chi
- Movie Night
- Symphony Appreciation Concert (Jones Hall)
- Museum Tour (Houston Maritime Museum)
- Lecture Series

Uptown gets a major makeover with the redevelopment of Post Oak Boulevard.



Photos ©2019 The Boulevard Project by the Uptown District.

The Boulevard project brings even more excitement and livability to Uptown that rewards all Houstonians, especially those here at The Hallmark. Tree-lined streets, pedestrian lighting, flower gardens and widened sidewalks create Houston's friendliest pedestrian zone.

Uptown Houston is rebuilding Post Oak Boulevard into an exquisitely designed grand boulevard while preserving existing automobile access, substantially improving transit service and creating a beautifully landscaped pedestrian environment. The plan will:

- Preserve all six existing traffic lanes and protected left turns
- Relocate buses to dedicated express lanes
- Maintain current traffic signal operations
- Enhance the pedestrian experience
- Add 800 live oak trees, while preserving existing trees

Post Oak Boulevard's beloved flowers and landscaping will be enhanced, and the iconic stainless-steel rings and arches will be preserved as part of The Boulevard's transformation.

The completed Boulevard project encourages walkability in beautiful, welcoming surroundings. The new streetscape widens the sidewalks up to a generous 12 feet, making the experience more like a pedestrian mall. Extensive pedestrian lighting encourages increased foot traffic so more people can enjoy Uptown's unmatched dining and shopping attractions after sunset.

Find details on theboulevardproject.com/the-project.

Summer Move-In Specials

Save Up to \$55,000!

Begin your next journey with super savings! Now through September 21st, or sooner based on limited availability, place a deposit on your perfect apartment residence and receive from \$20,000 up to \$55,000 off the entrance fee.

Need some time to sell your current home? Take advantage of our entrance fee deferment plan that allows you up to six months to pay the full balance.

Bonus: Enjoy up to \$5,000 for expenses related to decluttering, moving and unpacking with our preferred experts!

One Bedroom / One Bath



Monthly Fee: \$3,461

- Open concept, loft-style apartment
- Custom built-ins in the living room and bedroom
- Granite countertops in the kitchen and bathroom
- Stainless steel appliances
- Floor-to-ceiling windows overlooking Uptown Park
- Bedroom with sitting area, walk-in closet, plus wall-to-wall closet

Entrance Fees: \$216,000-\$333,000

One Bedroom with Study/ Two Baths



Monthly Fee: \$5,369

- Beautiful parquet floors and a balcony
- Dining area with built-ins
- Updated kitchen with stainless steel appliances and granite countertops
- Master bedroom suite with large bathroom and open vanity
- Large walk-in closet with ample shelving
- Study/office with full length wall built-in desk

Entrance Fees: \$336,000-\$518,000

Two Bedroom / Two Baths



Monthly Fee: \$6,808

- Large two-bedroom with a study
- Open layout, walk-in closets
- Laundry room with Bosch washer and dryer
- Large master bedroom, attached bath with double vanity
- Floor-to-ceiling picture windows, view of Galleria area
- High ceilings

Entrance Fees: \$555,000-\$855,000

Entrance fees secure your residence in the community from Independent Living through all levels of care. Monthly fees include meals, housekeeping, apartment and grounds maintenance, and many other amenities.



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Double Occupancy:
Entrance Fee: \$21,000
Monthly Fee: \$800

Prices based on single occupancy and subject to change at any time.*Square Footage May Vary Due To Prior Apartment Modifications