



Making House Selling and Buying Easier for Seniors



Rochelle "Rocky" Welkowitz
Mature Adult Relocation
Specialist

After living for so many years in their homes and collecting not only valuables but also memories, many older adults find the idea of moving to be frightening and overwhelming. Rochelle "Rocky" Welkowitz, Lancaster County's first Real Estate Specialist for mature adults (with Prudential Homesale Services Group) is making the entire process easier for seniors.

For many, it has been so long since they've bought or sold a house—often 20 to 50 years—they don't know where to begin. "I spend a great deal of time with my clients and listen very closely to what their needs and problems are. My goal is to identify how I can help them make the transition to a new lifestyle with as little stress and worry as possible. I've actually advised some individuals not to sell their home, but to hire a contractor and make some accommodating adjustments," she says. Rocky offers free in-home consultations to mature adults who are thinking of making a change.

Rocky is a fabulous resource for finding many services older adults might need before, during, and after moving. These include an interior designer to help select which furniture

to sell or keep and where to place it, buyout people, auctioneers, moving companies, estate planners, financial advisers, lawyers specializing in mature adult concerns, insurance advisers, a geriatric care consultant to help select a community which matches the client's budget and medical needs, and organizers who can pack, unpack, and resettle clients in their new homes. Rocky and her team are happy to put her clients in touch with those professionals who can deliver the services they need, or coordinate the entire process for her clients. They will even send out change-of-address notices for clients, if they so desire.

Many of her clients of the last 26 years are widows from a generation when men made all of the major decisions, and who now rely heavily on their

children to help. These children have their own family and business obligations and have expressed great appreciation for Rocky's services as the "missing link" in the moving process. They have peace of mind, much less stress, and know they and their mother are just a phone call away from an experienced Mature Adult Relocation Specialist they can trust to a successful conclusion.

"My clients are vibrant, enthusiastic, and valuable people; their standards are so much of what I knew growing up. Several of my clients have known me since I was six years old," she says. Rocky has spent most of her life in Lancaster County. She is more than just a realtor and move organizer; Rocky is a personal advocate working to make people's lives easier and more enjoyable.

Need a Speaker for Your Group?

Let Rocky Share Her 26 Years of Downsizing Experience.

Call
717/615-6507

See our ad page 41.

Heart Health Awareness Month

Heart disease is the leading cause of death among both men and women in the United States, killing 600,000 Americans per year. This year, ask yourself, are you doing enough to keep your heart healthy?

In celebration of the new year and February's Heart Health Awareness, it is time to refer to the experts for the safe, natural diet and lifestyle changes we can make to preserve wellness and maintain heart health.

Dr. Andrew Weil, (www.weilbeing.com) one of the nation's best-known physicians in medicine and wellness, promotes the natural path towards heart health:

Walking is the best form of exercise. It is what our bodies were designed for; you can walk anywhere and it requires

no special skill or equipment other than a properly fitting pair of walking shoes.

Women who spend at least 2 1/2hrs per week walking briskly (at a pace of 1 mile per 15mins) have a 30% lower risk of developing heart disease than those who rarely exercise.

Maintain Proper Levels of Blood Pressure. Consider calcium and magnesium as helpful minerals.

Maintain Healthy Levels of Cholesterol. Try making informed food choices with Weil's Anti-Inflammatory Diet tips and avoid refined, processed, and manufactured foods wherever possible. Walnuts are so healthy they can reverse the harmful effects of a bad diet.

Limit Alcohol Intake.

Stress Reduction. Practice any method of quieting the mind—breath, meditation, or mantram. Also, consider taking CoQ10, fish oil, and vitamin D and B Complex supplements to help manage emotions and mental well-being.

In addition, here is an expert's recommendations on how to maintain a heart healthy and active lifestyle, as healthy habits are harder to develop, but easier to live with, especially when they are pain-free and your body is properly supported.

Phil Vasyli of Vasyli Medical (www.orthaheelusa.com), podiatrist, innovator, and global consultant of foot health and pain prevention:

The Obvious: If our feet are in pain then this will inhibit our exercise regime and dramatically affect our wellbeing.

The Cause: The most common pain symptoms are a result of over-pronation from unsupportive shoes.

The Solution: Suggests tips on finding shoes that take a healing-oriented approach to provide a solid, supportive walking shoe that will help align your body, while you walk your way to heart health.

Vasyli's AMS Aided Motion System orthotic technology combines innovative and clinically proven technologies to maintain balance, energy, and comfort

Tri-Planar Motion Control system (three cardinal planes of motion: frontal, sagittal, and transverse) providing biomechanically designed support and stability to regain dynamic foot function and an active lifestyle.

1st Ray Flexor Zone: Assists fore-foot mobility and gait efficiency.



*To love someone deeply
gives you strength.
To be loved by someone
gives you courage.*

—Lao Tzu

Happy Valentine's Day

from Lancaster County
Woman