

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.

Take Advantage of Our Special Offer Before the End of the Year!



Move into Fredericka Manor and receive up to a \$3,000 credit toward moving expenses. Offer expires December 31, 2016. Tours available seven days a week! Call us today at 619-205-4115.

Our community offers various garden homes and apartments on our 24-acre park-like setting. Monthly fees start at \$2,466 for a studio, \$3,305 for a one-bedroom and \$4,375 for a two-bedroom includes meal plans, housekeeping, utilities, on campus activities, linen service and more. Fredericka Manor requires no entrance fees. Availability is limited, so call today!

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." 🌸

