

Start the New Year with a Chance to Win in 2011

Enter Now!

Fill out the card below, drop it in the mail and be automatically entered in a drawing for one of the following:



- ◆ **Simplify it** - Free Downsizing Consultation
- ◆ **Share it** - Free Catered Meal
- ◆ **Savor it** - Free Family-Style Dinner
- ◆ **Live it** - Free Weekend Getaway

For more information on prize details, visit [www.therenaissance.org/newyear](http://www.therenaissance.org/newyear)

*(Renaissance residents, their families and employees are not eligible.)*

**savor** (verb) 1. to enjoy something unhurriedly. 2. to enjoy with appreciation; to relish.

You can savor a meal, a book, and a theatrical performance. You can savor a hard-won victory, time spent with a special friend, or the sweet smell of success. Today, more and more of us are savoring the fact that **we are living longer, and discovering a renewed vigor and zest for life along the way.**

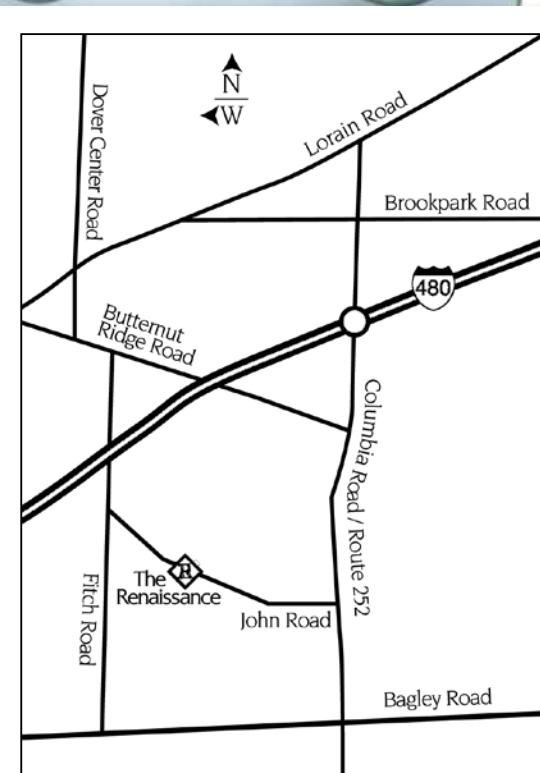
According to the 10-year-long MacArthur Foundation Study on Aging, how we age depends more on lifestyle, including where we live, than it does on our genetics. In *Successful Aging*, the authors of the MacArthur study, John Rowe, M.D. and Robert Kahn, Ph.D., state that it's never too late to make a significant difference in how we age, and that **successful aging is largely determined not by our genes, but by individual lifestyle choices in diet, exercise, pursuit of mental challenges, and involvement with other people.**

According to an excerpt from the book, "Not surprisingly, when asked their 'secret' to aging well, many of the 'successful agers' from the study echo the same refrain: 'Just keep on going.' It is this forward-looking, active engagement with life and with other human beings that is so critical to growing old well."

**It's never too late to bring meaning and joy into your life, no matter what your age.** As you make your way into 2011, embrace the idea of savoring every experience, and of relishing activities that spark your imagination and fill you with a sense of joy. When you open yourself to new possibilities and reach out to connect with others who share your interests, you'll find yourself greeting each day with renewed energy and enthusiasm. ◆



Savor it!



The Renaissance is just 10 minutes from Cleveland Hopkins International Airport, and 20 minutes from downtown Cleveland.

**Traveling West:** Take I-480 West to Exit 6A, Olmsted Falls (Route 252 South). Turn right onto John Road; the entrance is on the right.

**Traveling East:** Take I-480 East to Exit 6 (Great Northern Blvd South). Turn right onto John Road; the entrance is on the right.

Visit The Renaissance today!  
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see details inside

The Renaissance  
A Premier Senior Campus  
www.therenaissance.org

Winter 2011  
**the view**  
from The Renaissance



Each new year presents us with an opportunity to take a thoughtful look at the past, make note of what we've learned, and renew our best intentions for the upcoming year. Over the past year in *The View*, we've talked about **the many ways Renaissance residents simplify, savor, share, and live life** to the fullest. ◆  
As we move into the new year, we look forward to **sharing more about the ways our residents embrace life and all the opportunities it presents.** We extend our sincere wishes that 2011 brings you both happiness and fulfillment.

Happy New Year

A PREMIER SENIOR CAMPUS

Return this card for more information and enter to win!

Please enter me in the drawing to win:

- FREE Downsizing Consultation
- FREE Family-Style Dinner
- FREE Catered Meal
- FREE Weekend Getaway

Please send me more information about The Renaissance.

I am looking for:  myself  parent(s)  other

Mr.  Mrs.  Ms.  Mr. & Mrs.  Miss

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone ( \_\_\_\_\_ ) \_\_\_\_\_

Email \_\_\_\_\_

**simplify** (verb) 1. to make less complex or complicated. 2. to make plainer, clearer or easier.

You can simplify by eliminating the clutter in your front hall closet, your basement, your junk drawer, and your purse. You can simplify your wardrobe, your hairdo, your schedule, and your to-do list. As Henry David Thoreau stated so elegantly, "Our life is frittered away by detail. Simplify, simplify."

By embracing an outwardly simple, inwardly rich philosophy of living, we can worry less and enjoy life more. But how do we find the focus we need to get started? Author Elaine St. James writes in *Simplify Your Life* that she and her husband started by moving to a smaller house and simply getting "rid of all the stuff we didn't use anymore." Next, they re-examined their priorities concerning the commitments, people and obligations that kept them from doing the things they really wanted to do. "Wise men and women in every major culture throughout history have found that the secret to happiness is not in getting more but in wanting less," she writes.

The start of a new year brings the opportunity to **make a fresh start and find ways to simplify your life.** As you examine which aspects of your life are working and what areas might warrant improvement, remember to keep in mind that **it is the sweet, simple pleasures that make life truly worthwhile.** ♦



**share** (verb) 1. to use, participate in, enjoy, or experience in common.

You can share a cab, a meal, a secret, and a smile. You can share the tab, share good news, and share the wealth. But, for many of us, it is the friendships we share that impact us the most. **No matter what our age, the moments we spend with friends enrich our lives in ways too numerous to count.** Friends encourage us to try new things and inspire us to be our best selves.

In a 10-year longevity study of people aged 70 and older, researchers at the Center for Aging Studies at Flinders University in Australia concluded that **a network of good friends is more likely to increase longevity in older people than close family relationships.** According to researcher Lynn Giles, "It looks as if friends are the most important in terms of survival." In fact, the study found that people with extensive networks of good friends and confidantes outlived those with the fewest friends by 22 percent.

Living in a community like The Renaissance presents all kinds of options for pursuing your interests, connecting with other people, and making new friends. With a complete range of social, spiritual, physical and intellectual programs to choose from, **Renaissance residents enjoy a wealth of opportunities for meeting new people, and turning new neighbors into fast friends.** ♦



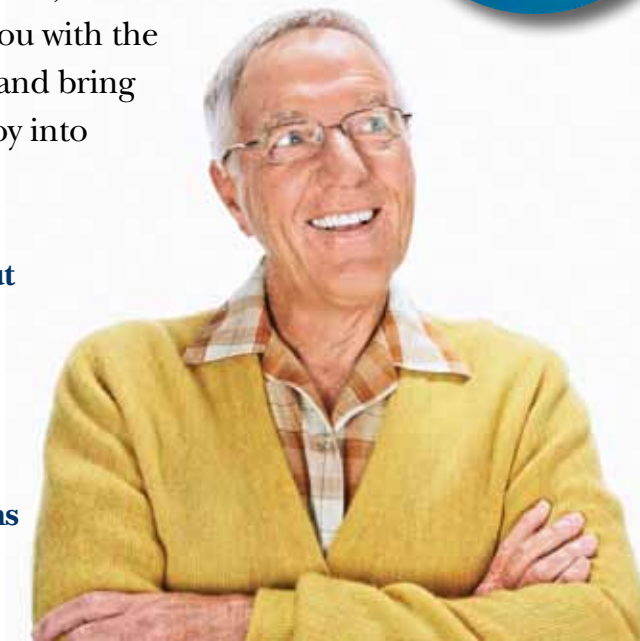
**live** (verb) 1. to have life; be alive; to experience or enjoy life to the fullest.

You can live it up or live it to the fullest. You can live it large, but you may risk never being able to live it down! No matter how you may have lived your life up to this moment, the New Year presents you with the chance to start fresh and bring more meaning and joy into your life.

Healthy aging is about much more than staying physically healthy, it's about taking the time to discover your passions and pursue your dreams. In *A Short Guide to a Happy Life*,

author Anna Quindlen reflects on what it takes to live deeply every day. "You are the only person alive who has sole custody of your life. Your particular life. Your entire life. Not just your life at a desk, or your life on the bus, or in the car, or at the computer. Not just the life of your mind, but the life of your heart. Not just your bank account, but your soul."

Ring in the New Year with a promise to **discover more about what's important to you...what ignites your passions and makes you feel alive.** And consider opening your world to the host of opportunities offered at The Renaissance, where residents make new discoveries and enjoy what delights them, every day of the year. ♦



## The Renaissance... Sharing A Proud Tradition of Exceptional Service

The Renaissance is proud to be a part of the renowned Eliza Jennings Senior Care Network, Cleveland's leader in senior care for more than a century. Since the founding of the original Eliza Jennings Home in 1888, our not-for-profit organization has built a proud legacy as one of the area's largest, most trusted senior care providers.

The Renaissance has been accredited by CARE-CCAC, the accrediting body for CCRCs, since 1995. Accreditation is given only to continuing care communities that demonstrate excellence in resident life, health and wellness, financial resources and transparency, governance and administration. ♦



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