



# Senior living community completes construction

WHITEFIELD — Summit by Morrison is a significant step closer to welcoming residents in just a few months. Fourteen Independent Living cottages, a key element of Summit's unique senior living community, are complete. Construction will now focus on finishing Summit House, the community's main building, which offers additional independent living, assisted living and memory care living options. The entire community is on schedule to open in April 2018.

"There is great excitement around Summit by Morrison's progress, and we are proud to have reached this major milestone," said Chad Dingman, executive director of the Morrison and Summit by Morrison. "Our team has given dozens of tours, and many units have already been reserved by prospective residents. Demand is very strong for our unique facility in the

White Mountains region."

Built on the reputation of its sister facility a few miles away, Morrison Assisted Living and Skilled Nursing Care, Summit by Morrison is a first-of-its-kind senior living community in the heart of New Hampshire's White Mountains region.

Unlike any other facility, Summit offers multiple housing options for seniors who wish to remain in one community as their need for assistance changes:

- 14 independent living cottages.
- 33 independent living



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apartments.

- 24 assisted living apartments.
- 12 apartments for residents who may need memory care.

The spacious, 1,400-square-foot Independent Living cottages are a short distance from Summit House and offer the

privacy of a home with full access to the services, activities and amenities of the Summit by Morrison community. The two-bedroom and two-bathroom cottages feature full kitchens, with plenty of closet and storage space, soundproof walls, radiant heat,

9-foot ceilings, carpeting and non-skid flooring. Each cottage has individual heating and cooling systems and an attached, oversized, one-car garage, with additional parking options available.

Summit House will also feature many amenities for residents to enjoy, including a

two-level, restaurant-style dining room, beauty salon, library and an auditorium to view movies and attend events. Area residents will also be invited to attend events hosted at Summit by Morrison. With spacious grounds, onsite activities, and close proximity to the region's attractions, dining, shopping, health care and other essential services, residents will enjoy an active lifestyle.

Tours are available of the completed independent living cottages and the independent living and assisted living apartments and memory care suites located in Summit House.

Those who are interested in learning about Summit by Morrison's residential options, touring the facility, or reserving a residence may contact Shannon Lynch, marketing director, at (603) 754-4004 or [info@summitbymorrison.org](mailto:info@summitbymorrison.org), or go to [summitbymorrison.org](http://summitbymorrison.org).

## Real Estate

# Time to get out and play in the snow

I'm playing hooky today! I'm writing this on Wednesday and with all the snow we've been getting, enough is enough. It is time to get out and play. I'm fortunate to work for myself so I don't have to come up with an excuse (or a sick voice) and "call in." Because of the beautiful snow and a fairly light workload right now, there is no better time to do it.

I have owned my own business for 6 years now. During the first few years I called on my mentor and close friend, Sean, for help, insight, advice and a shoulder to scream on. One of the best pieces of advice he ever gave me was when the workload is light, get out and hike. At least get out and do something you enjoy because the phone will start ringing again and the emails will start coming in. Enjoy the time when you can (or when you need it!).

This can be (note the lack of the word "is") a crazy-busy time of year. We've talked about guests coming and crashing at your house, work can tend to be busy at the end of the year, there are numerous parties to attend (and likely make something for) and your attention and energy can be pulled in a hundred different directions. But it doesn't always have to be this crazy.

One of the people I do work for runs

a small business of about 11 employees. He is the single most organized person I know. We share his calendar so I'm fortunate to be able to see his daily life laid out in digital form. He goes as far as to schedule the time he is driving to and from appointments, meals, dinner with his mom (adorable!), proposal writing time and even reading time. He is also very active in two local "pond hockey" leagues, teaches flying and attends track days with his newly purchased "hand-me-down" Porsche.

The thing I most admire about him is not that he schedules every minute of his day, but that he includes in that schedule the pieces that are important to him. Anyone looking in from the outside would assume that he simply works 10-12 hour days and crams everything in. But when you meet him, and especially if you have a meeting with him, you quickly see that you have all of his attention because he is comfortable in the fact that all of the other "to-dos" in his life also have their own timeslot.

For those of us who are not quite this organized, I encourage you to "play hooky" this season (or anytime you are feeling overwhelmed) to give yourself a much-deserved break. How many times

have you walked away from a stubborn project only to have the answer come to you while you are binge-watching Stranger Things? Our bodies and our minds NEED those breaks in order to reset and get working again. "Just taking a quick walk around the block to get some fresh air is almost always enough to settle my brain and get myself re-focused on whatever task I'm working on," notes Badger Realty agent, Debi Davis. "If that doesn't work, a slightly longer walk to include a cup of coffee and a small baked treat will do the trick!" she quipped.

Another great strategy for keeping your sanity is to say no. It took me years to learn this little trick and once I did I never looked back. There are some things that we are required to do or attend. Family dinners, work parties, kids' holiday concerts, etc. but for everything else you really need to prioritize what is important to you and your family and find that balance. Almost always the actual tasks associated with a "small favor" far outweigh what you originally had in mind. Try to quickly evaluate all that will be required of you before saying yes. Focus on your schedule and your peace of mind before signing up. You'll be much happier, less stressed and more

## Jason Robie



Jason Robie

importantly, like my mentor, you'll be more focused on the activities you actually attend.

Last but not least, this is a great time of year to delegate. Of course this goes for any time of year but really scrutinize the projects that are on your plate and see if you can pass a few of those off to someone else. This goes for the office and the home. There is no reason you need to be in charge of all the decorating, present wrapping, party planning, cooking, cleaning, bed making, etc. Unless you live alone, start to list your tasks out and then start to dole them out (like presents!). Much like saying "no", you will immediately find a sense of satisfaction with releasing these tasks and being able to focus on the ones that are still on your list.

That's enough from me. I'm heading out into the woods to play in the snow and to push the reset button on my brain. I encourage you to do the same thing as soon as you are able. Your body, brain, peace of mind and friends and family will all thank you.