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It appears that a number of us have reached the Age of Migration-- downsizing to minimize household and yard maintenance, eliminating stairs, seeking a more compatible climate, relocating to where family or friends are nearby. The longer we've lived in one place, the more 'stuff' has been accumulated for sorting, giving, and tossing. Good luck to all of us in dealing with it!

Keeping with this theme and the benefits of making a planned move before it becomes a necessity, **Marian Strong Moore** sends the following update:

In January, we welcomed **Brenda Goulet Pfeiffer** to our CCRC (Continuing Care Retirement Community), Seabury, in Bloomfield, CT. She has settled in and is an asset to our community. I have said it before and do so again: choosing to move to our retirement community was one of the best decisions we ever made. I had no idea that just three years later my husband would be in skilled nursing, right upstairs and receiving excellent care.

Have you made such a change? How is it working out? If you have a story to share, tell us about it!