

Bev Keough

INDEPENDENT LIVING



There are so many reasons seniors love living at Hamlet, and we'd like to introduce you to a few of the folks who've found their ideal home here.

Bev Keough

Bev Keough has spent much of her life caring for others — she worked as an ophthalmic assistant, took care of her husband who had multiple sclerosis and has helped as a caregiver with one of Hamlet's partner organizations since 2008. "Right now, I'm helping take care of a good friend of mine who just moved to Hamlet. I feel very privileged that I'm 84 years old and still get to do this kind of thing."

She credits the activities at the community for helping her stay young at heart. "Our daily exercise is awesome so I try to do that at least three times a week. The best advice I can give to anybody is to get out there and do things — you will make a lot of friends just by staying active."

As an avid knitter, Bev embraced the opportunity to teach a knitting class at the community where residents get together as much to chat as they do to knit. In between her active schedule, Bev enjoys retreating to her apartment with her latest knitting project as she watches the birds visit her birdfeeder. "I have the most beautiful view and it truly feels like I'm living in a treehouse."

HAMLET

— AT CHAGRIN FALLS —

*Feel at home at Hamlet. Call **440-252-1336** to learn more about life at Hamlet.*

