



One Stop Shop News



Volume 4, Issue 29 | 90 Stillwater Ave Orono, ME 866-5690 | January 2016

It's Easy to Make Your Current Home Your Retirement Home

Generally speaking, homes aren't designed with the elderly in mind. Entrances are accessed with steps. Bedrooms and bathrooms are on the second floor. As Baby-Boomers reach retirement, they are starting to think about the future of their living arrangements. Moving isn't your only option. Your home can readily be remodeled to accommodate your needs so your retirement is that much easier. The cost of remodeling can be less expensive than a different living situation. Call One Stop Home Repair to make your home work for you during your retirement.

Regular house steps can be hard to climb. Shouldn't it be easy to enter your home? The steps up to your front door can easily be rebuilt to have layers, where there is a longer platform before each step or a gradual incline.

Does the interior of your home have an extra living room or dining room? You could easily have one or the other converted into a bedroom. Additionally, a first floor bathroom can be expanded to fit a walk-in shower or tub. A raised vanity can be added to relieve tension on your back. Lever faucets are easier to turn on and they are ideal for people with arthritis. Any door can be widened to allow for the passage of a walker or wheelchair where necessary. Lastly, grab bars offer good support.

As you age, kitchens may be more difficult to use because they require you to stand to cook and reach over your head to grab dishes and tools. As you notice it getting harder to use your kitchen, there are a number of modifications you can apply to make it easier use. Kitchen counters have variable heights, some allow you to work while seated. Fewer cabinets and more drawers can help eliminate the need to reach overhead for items.

Rugs and entry mats can be recessed into a floor to prevent tripping. Wood floors hold up well to wheelchairs and provide good friction while walking. Rather than bend down to reach outlets, reset them at least 18 inches off the floor.

Preparing your home for retirement is in your best interest because it will ensure that your home stays comfortable and accessible as you get older. Call One Stop Home Repair to make sure your home is meeting your changing needs.

New Construction - Townhouse Style Apartments



This historic apartment building burned and was considered a total loss. So, One Stop Home Repair tore it down and started over. The outside of the building will look like an updated version of the old one. The interior will have 2 identical, 1 bedroom apartments, 1 on each floor.



Green Energy

Electric

Remodeling

Plumbing

Handyman



90 Stillwater Ave
Orono, ME 04473
www.onestophomerepair.com

HAPPY★NEW★YEAR

PRSR STD
US POSTAGE PAID
PERMIT 46
BANGOR ME

"Where One Call Does It All!"

Return Service Requested



\$15 OFF any SERVICE CALL
when you mention you received
January's One Stop Shop News
Valid through January

\$300 OFF any HEAT PUMP
INSTALLATION
when you mention you received
January's One Stop Shop News
Valid through January

\$100 OFF any REMODEL of \$2,000+
when you mention you received
January's One Stop Shop News
Valid through January



CALL TODAY FOR A FREE REMODEL ESTIMATE



Photo of the Month



"What I try to do is the art of building, and the art of building is the art of construction; it is not only about forms and shapes and images."

- Peter Zumthor

January Checklist

- Put away holiday decorations.
- Keep shovels and snow blowers in areas that are easily accessible.

Ask Handy Howie

What are the best ways to keep your home warm and safe during winter's coldest month?

1. Your home's temperature should not be less than 55° Fahrenheit.
2. Keep paper and other flammables away from wood stoves and other heat sources.
3. To avoid freezing pipes when temperatures reach well below freezing, turn your faucets to a light trickle.
4. Avoiding letting your oil tank run dry. Keep as full as possible.
5. Keep ice dams under control to avoid severe injuries that can result as they melt and fall off the roof.
6. Keep a few flashlights and candles handy in case the electricity goes out.
7. Always ensure you have ample supplies to last through an imminent storm.



Go to facebook.com/
onestophomerepair

New photos are added often to Facebook. "Like" our page to see what our crew is doing. We could be working on something you didn't know we offer!



"Where One Call Does It All!"

Heat Pumps Now Available
DAIKIN

Photo: Daikin