



Speaking with Grace

Our mission is to educate, coordinate, and facilitate individualized eldercare options one family at a time.

A Publication by Aging with Grace™, LLC
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The Twilight Wish Foundation is a 501(c) (3) non-profit charitable



organization whose mission is to honor and enrich the lives of deserving elders through individual wish granting events. Since its founding in 2003, Twilight Wish has granted nearly 1,015 individual wishes to deserving, low-income seniors, thanks to volunteers, corporate and community involvement, and donations.

Recent wishes granted were a hearing aid for a World War II veteran, a tombstone for a deceased son's grave, and the chance to dance with a Rockette for a once paralyzed resident.

You can make a difference. Volunteers are the backbone of The Twilight Wish Foundation. Only through the hard work and time commitment of volunteers on a local basis is the Foundation able to grant wishes and fund award celebrations to bring smiles to the seniors who brought smiles to us through the years.

For more information on volunteering or making a contribution to the Twilight Wish Foundation, please visit the website at www.twilightwish.org or call 1-215-230-8777.

Holiday Visits Give Opportunities For Senior Care Check-up

By Julie Northcutt



Do your parents live in another city, state or country from you? Do you only enjoy a lengthy visit with them at the year-end holidays? If this is the case, remember to take a complete assessment of their current care needs while you are visiting. This will allow you to prevent emergency senior care planning later and eliminate the added stress last minute planning can cause.

It is also a good time to assess the home for issues which may be a safety concern due to changing mobility and vision loss. The Centers for Disease Control and Prevention reports falls are the leading cause of injury and death for Americans age 65 years and older. Every year, about 35% to 40% of adults age 65 and older fall at least

December Observances

December 6-12 National Hand Washing Awareness Week

December 7 Pearl Harbor

December 21 Winter Begins

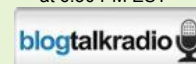
December 22 Happy Hanukkah

December 25 Christmas

December 26 Kwanzaa

Aging with Grace Online Talk Show

Join host **Patricia Grace**
Monday evenings
at 6:30 PM EST



Medication Safety and the Rx Guardian

1. Routinely checking the safety of your medications, screening for drug-drug and drug-disease interactions.
2. Alerting you and your doctor (optional) as important safety information arises for your medications.
3. Providing an easily accessible summary of your medications and conditions that you can share with your healthcare team.
4. Helping you learn and share treatment satisfaction and side effect information within our patient community.

Every year, about 35% to 40% of adults age 65 and older fall at least once. Keep an eye out on your visit home for any areas which might be made safer by making a small adjustment to furniture placement or by adding a safety device. Check on the following areas for any necessary updates so you will have good information to assist you in managing senior care from a distance.

Medical Conditions: Do you know all of their diagnosed medical conditions? Ask about the more common medical issues which can escalate as we age, such as high blood pressure, high cholesterol, hearing loss, weight gain, arthritis, forgetfulness. Remember that the earlier any medical condition is diagnosed, the better the chances of slowing the progression.

Medical Doctors: Do you know the names of all their medical doctors, along with their contact information? If they are not seeing a geriatric medical doctor, find out if their doctor has discussed age-related diseases with them and conducted a mini-mental exam in the past year.

Medications: Are the medications organized and are they taking them consistently? Taking medications at the proper time and as directed (with or without food) does impact the effectiveness of the medication. Find out if they have kept up on refills of all prescribed medications.

Home Safety: If mobility or hearing or vision losses are becoming issues, find out what products you can purchase to make their daily activities easier. Is it time for a telephone with larger numbers and a louder ring tone? Is it time for an emergency-response bracelet or necklace? Do they have proper grab bars for their bath and toilet? Assess what areas of the home are becoming a challenge and find solutions.

Driving: How is their driving ability? Ask the neighbors and take a ride with them yourself to find out.

Retirement Care Plan: Where do your parents want to receive care in the event they suffer a stroke, heart attack or fall? Usually Medicare will pay for short-term rehabilitation in a nursing home after a major hospitalization but find out if your senior parent would prefer to recover at home or in a facility. Guardians: Who has been assigned the Power of Attorney and the Power of Attorney for Health Care? Make sure everyone knows who will be in charge and where the family keeps these documents.

Resources: Learn what care providers are available in the area, from nursing homes to senior home care agencies to assisted living communities. This way you will be familiar with the choices.

Costs: What is the budget for senior care? Has a long-term care insurance policy been purchased? If not, what are the financial capabilities to pay for care privately?

Aging is not fun for anyone, but you can make the process better by planning ahead for senior care issues.

Senior Holiday Gift Ideas



We at Aging with Grace want you and your family to enjoy the holidays and make it a special time for our loved ones without feeling overwhelmed and drained. With this in mind, we are sharing suggestions for great senior gifts this holiday season:

1. Senior Fast Food Holiday Basket which contains food items which are quick and easy for the senior and also fast and nutritious.
2. Health and Beauty Basket: an assortment of the vitamins that they may take on a regular basis, Tylenol, soaps, hand creams, shampoo, etc.
3. Pre-pay telephone and or cable bill for a few months. The payment will go as a credit on their bill.
4. Large face clocks or telephone with oversized keypads and adjustable volume (pre-programmed of course by a family member with all the most



See The Rx Guardian on



Visit our Caregiver Blog



Connect with others who, like you, may be facing the same eldercare issues and challenges.

Do you have a specific question you would like answered?

Visit our blog and [Ask an Expert](#)

	Cognitive impairments & geriatric-psychiatric disorders Jason Young, MS
	Insurance claims advocacy and daily money management Sheri L. Samotin, MBA
	Senior care funding alternatives and life settlements Chris Orestis, Pres. LCFG
	Communications consultant specializing in education about dementia Laura Bramly, Author
	Senior Mortgage Advisor Orisha Williams, MS
	Wellness Programs for Retirement & Senior Living Communities Individuals & groups Wayne T. Phillips, PhD, FACS

Our Canadian Connection



[Elder Caring](#) was created to meet a growing need in the community for a coordinated, professional and interdisciplinary approach to service delivery with a focus on the health and well-being of the older person and their family.



[Audrey Miller](#), the founder and Managing Director of Elder Caring Inc., is a Registered Social Worker, a Canadian Certified Rehabilitation Counsellor and a Canadian Certified

Life Care Planner and a member of the Professional Association of Geriatric Care Managers.



[Patricia Grace](#),
National Senior Care
Examiner

frequently called numbers.)

5. Gift certificates for the barber or hairdresser's, neighborhood grocery store.

6. Memory Box filled with pictures and mementos of significant events in the senior's life.

7. Home Safety Box with Batteries for smoke and carbon monoxide detectors, night lights with built in sensors and don't forget to include a supply of replacement bulbs.

8. Video tapes of old TV shows such as I Love Lucy, Carol Burnett, Golden Girls, Milton Berle or tapes of old movies. Lawrence Welk is always a big hit!

9. Dinner for One (or Two) Club: prepare several dinners complete with dessert, freeze and place in their freezer for their future use. Be sure to mark what is in each container.

10. Make a "Family Memory" video. This is a wonderful gift that reminds the receiver how much they mean to the family and a chance to thank them for all they have contributed over the years.

Of course the best gift we can give our loved ones (and ourselves) is meaningful time spent together. It only takes a moment to create a lasting memory.



Warning Signs of Frustration

With the hustle and bustle of the holidays, stress and frustration often go hand and hand. If you can recognize the warning signs of frustration, you can intervene and adjust your mood before you lose control.

Some of the common warning signs of frustration include:

Shortness of breath	Knot in the throat
Stomach cramps	Chest pains
Headache	Compulsive eating
Excessive alcohol consumption	Increased smoking
Lack of patience	Desire to strike out

Calming Down Physically... When you become aware of the warning signs of frustration, you can intervene with an immediate activity to help you calm down. This gives you time to look at the situation more objectively and to choose how to respond in a more controlled way.

- Try counting from one to ten slowly and taking a few deep breaths.
- If possible take a brief walk or go to another room and collect your thoughts. It is better to leave the situation, even for a moment, than to lose control or react in away you will regret. If you think someone may be offended when you leave the room, you can tell that person you need to go to the restroom.
- You can also try calling a friend, praying, meditating, singing, listening to music or taking a bath.

Try experimenting with different responses to find out what works best for you and the person you care for.

The regular practice of relaxation techniques can also help prepare you for frustrating circumstances. If possible, try the following relaxation exercise for at least ten minutes each day:

1. Sit in a comfortable position in a quiet place.
2. Take slow, deep breaths and relax the tension in your body.
3. While you continue to take slow, deep breaths, you may want to imagine a safe and restful place and repeat a calming word or phrase.

Learn the Lingo

Follow along each month to educate yourself on the definitions of terms and phrases frequently used in; eldercare, senior housing and geriatric medicine.

- **Psychotropic Drugs:** Antidepressants, anti-anxiety drugs, and anti-psychotic drugs used for delusions, extreme agitation, hallucinations or paranoia.
- **Registered Nurse (RN):** Graduate trained nurse who has both passed a state board examination and is licensed by a state agency to practice nursing. A minimum of two years of college is required in addition to passage of the state exams.
- **Rehabilitation:** Therapeutic care for persons requiring intensive physical, occupational or speech therapy in order to restore to the patient to a former capacity.
- **Residential Care Facility:** Group living arrangements that are designed to meet the needs of people who cannot live independently but do not require nursing facility services.
- **Resident Care Plan:** A written plan of care for nursing facility residents developed by an interdisciplinary team that specifies measurable objectives and timetables for services to be provided to meet a resident's medical, nursing, mental and psychosocial needs.
- **Respiratory Therapy:** Assists patients with breathing difficulties to reduce fatigue and increase tolerance in performing daily activities.

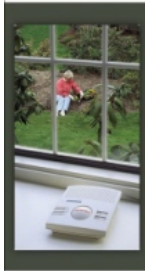


[Click image to learn more ...](#)

HAPPY HOLIDAYS



In keeping with "the spirit of giving" this holiday season, Aging with Grace, has made a donation to the Twilight Wish Foundation on behalf of all our colleagues, friends and clients in lieu of cards and gifts.



The affordable monthly support service that provides peace of mind that in an emergency you are not alone.

- No long-term contracts
- No cost for equipment

The moderate monthly monitoring fee includes membership in the **Aging with Grace Program** for help and support with non emergency related eldercare issues.

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Aging with Grace Red Carpet Program



Aging with Grace has proudly partnered with Holiday Retirement to offer our members exclusive added discounts through The Red Carpet Program.

To take advantage of the Red Carpet Program and experience The Holiday Touch!

Call 800.626.9440



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