

Aging with Grace Newsletter

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[The Aging with Grace VA Application Guide & Tool Kit](#)

(The "Cliff Notes" for the VA Aid & Attendance Benefit Process)



VA Benefit Application Guide & Tool Kit

[Learn more...](#)



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[Aging with Grace OnlineTalk Show](#)

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

[National Senior Care Examiner](#)



[Stretched to the limit - money for college tuition or a parent's elder care](#)

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Speaking with Grace



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

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From the Aging with Grace Staff



Take Time

Take time to laugh,
It is the music of the soul.

Take time to think,
It is the source of power.

Take time to play,
It is the source of perpetual youth.

Take time to read,
It is the fountain of wisdom.

Take time to pray,
It is the greatest power on earth.

Take time to love and be loved,
It is a God-given privilege.

Take time to be friendly,
It is the road to happiness.

Take time to give,
It is too short a day to be selfish.

Take time to work,
It is the price of success.

These "pearls of wisdom" were shared by Phil Levin, Esq. Mr. Levin works with clients to develop comprehensive estate and business succession plans designed to protect, preserve, and distribute his clients' property in accordance with their life and estate planning goals. To learn more about Mr. Levin - www.levinlawyer.com

Veterans can start the year off right

By Dale Midgley
Sanford News Guest Columnist

January 2011 is the month when all veterans should start the year off right by making sure all documents associated with their military service are in a secure location and accessible to family members when the need arises.

It is unfortunate that all too often veterans put their military papers in boxes or files and family members have no clue as to where to look to find them. [Read more...](#)

Bullies with gray hair

"Having worked for several years in assisted living I witnessed many episodes of bullying between residents. The first time I encountered it I was stunned that mature individuals would treat each other with such disrespect"...Patricia Grace, Aging with Grace

Bullying may be a concern for teenagers in schools and through Facebook, but young people online are not the only targets of verbal abuse and social ostracism. Residential facilities for the elderly are not immune to abuse either.

Doris Lor. a retired secretary living in a retirement community in Chandler, Ariz.. said

[of a parent's elder care](#)

Founding Member:



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Are you retired or nearing retirement? Are your health care, insurance, and/or income benefits changing?

[Click here to find out what your options and next steps are.](#)

NOW AVAILABLE

From Dr. Wayne T. Phillips

"Thinking Well: Drawing on thoughts that change behaviors".

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she has been the victim of intimidation from other residents since she bought her home in 2003.

Lor, 76, lives in Solera Chandler Active Adult Retirement Community, which has more than 1,100 residents 55 years and older. She said a group of about a dozen elderly residents have not allowed her to use the community "clubhouse," where residents gather for luncheons and to play card games like canasta. "They have a clique that's meaner than mean. They don't allow you to take part in anything," Lor said. "I know another resident who still goes to play, and she just keeps her mouth shut, plays the game and leaves."

Lor said she has complained to Solera's staff, even recording a confrontation with a resident who refused to allow her to sit at a card table, but the intimidation continued. Lor said the situation became so "humiliating" that she no longer visits the communal spaces.

Energize your Aging! with Dr. Wayne Phillips

I wanted to introduce AWG members to Father William and Mother Gillian, my two poetical exemplars of Successful Aging. I have been writing about these two characters for some years and have composed many lines in their honor. FYI the terms "Father" and "Mother" are not used in either a religious or parental context here (though my parents were also exemplars - both strong and active their whole lives). They are terms used long ago in the UK as an honorific signifying respect for the wisdom accumulated with age. You will see, I hope, that 'wisdom of action' in the following lines. In the spirit of the new year therefore may I offer you a lighthearted, "limerickal" of Energized Aging.



Dr. Wayne Phillips, Ph.D. FACSMM, Intrinsic Coach

You are grey Mother Gillian", the young girl said,

An oldie by any description

"yet you sing and you dance at the drop of a hat

No need of a doctor's prescription!

"You are old, Father William" the young girl said,

"and I can't believe all you can lift.

You're not frail or weak, though you're 90 years on

What is it that gives you this gift?"

Wayne T. Phillips, PhD, FACSMM, Intrinsic Coach®, is an internationally recognized author, consultant and speaker in the field of active aging, strength and health-related behavior change. A member of the Aging with Grace Expert Panel, Dr. Phillips is co-founder and chair of The STRIVE Wellness Corporation, a company whose mission is to improve the functional independence, health and quality of life of older adults. For more information about STRIVE visit www.strivealive.com. For more information about Dr. Phillips' work and research visit www.drwaynephillips.com. Have a question on this article, or a wellness topic you would like Dr. Phillips to write about in the column? [Email him](#).

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Happy Birthday Boomers!

According to U.S. Census projections, over 2.77 million people (including the 1st generation of Baby Boomers) will turn 65 this year. This significant event also marks a transition for many to Medicare. Unfortunately, not everyone knows that they have a limited window of time near their 65th birthday to enroll in a specific plan without going through underwriting questions.

2011 also brings about new Health Care changes, some which include: new costs for preventive services; new dates to change coverages; and possible different costs for Medicare premiums & deductibles.

To get all your Medicare Supplement Insurance Plan questions answered and to speak to a knowledgeable, licensed representative who will walk through multiple plans and carriers available in your area, call Medicare MarketPlace® now at 800-326-1298 or visit the [Medicare Market Place](#) on the AWG web site.

Book of the Month

The Long Hello

by Gailly Boudin



by Catnie Borrie

"An easy to read that hits the mark about the difficult challenges of caring for a loved one with Alzheimer's. Ms. Borrie writes about the issues of Alzheimer's caregiving with clarity, insight and humor." Patricia Grace

[Buy Now](#)

Everyone should Age with GraceSM

