

Aging with Grace™

Your solution to eldercare stress

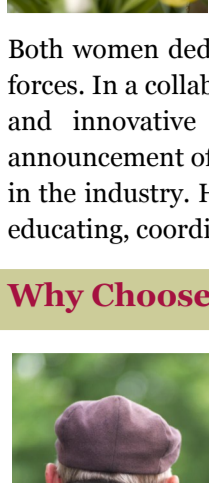
Our mission is to educate, coordinate and facilitate individualized eldercare options one family

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Welcome to Aging with Grace

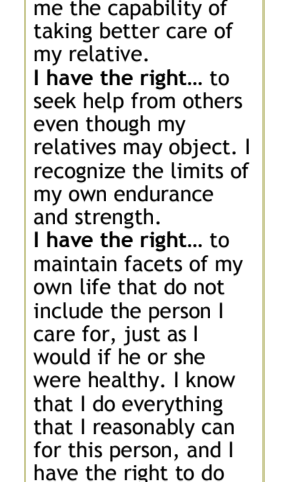
Several years ago, Patricia Grace recognized the needs of our aging population and their families. In an earnest effort to alleviate their stress, she founded Aging with Grace. With over 18 years in the senior health field, Patricia worked diligently to help families in time of crisis.



At the same time Rita Files had successfully started her own venture into the senior move management industry. Her nursing and assisted living background affords her 28 years of experience. It is only natural that Rita remains dedicated to helping families with her healing touch of patience, understanding, and knowledge.

Both women dedicated to the same cause, with complimentary businesses, decided to unite forces. In a collaborative effort, Patricia Grace and Rita Files joined together to develop a new and innovative approach to eldercare stress. It is not surprising, that the recent announcement of the new Aging with Grace™ network has been positively embraced by many in the industry. However, even with this success, they both hold steadfast to their mission of educating, coordinating and facilitating individualized eldercare options one family at a time.

Why Choose Aging with Grace?



We recognize that that eldercare issues are both emotionally and physically draining and planning for the current and future needs of your aging loved one takes time and money – both of which are often in short supply. For those members that would like more personalized assistance our Eldercare Specialists are only a phone call away. For members that would like to do research on their own we invite you to explore our website that offers a wealth of information on a wide variety of topics.

The annual cost of membership is only \$34.95

What are Value Added Programs?

Caregiver Bill of Rights

I have the right... to take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.

I have the right... to seek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.

I have the right... to maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.

I have the right... to get angry, be depressed, and express other difficult feelings occasionally.

I have the right... to reject any attempts by my relative (either conscious or unconscious) to manipulate me through guilt and/or depression.

I have the right... to receive consideration, affection, forgiveness, and acceptance from my loved one for what I do, for as long as I offer these qualities in return.

I have the right... to take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.

I have the right... to protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.

I have the right... to expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

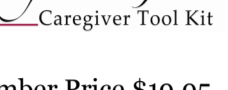
AUTHOR UNKNOWN

If you would like more information about any of these products or more information on becoming an Aging with Grace member, call

800-626-9440

Aging with Grace has taken your trust in our program seriously. Therefore, we have attempted to negotiate discounts for our members, so that your membership fee can be recovered many times over. Our Preferred Providers have been asked to extend to our members discounted rates for their appropriate services. In addition, we have enlisted specific companies to offer discounts for their products.

Some participants currently offering savings to our members are:



A Medical Information in Case of Emergency bracelet. MIICE™ allows medical professionals access to information that could save your life.



This FREE program takes a bite out of the Medicare Part D "donut hole". No enrollment necessary 20% – 70% savings that can be used at 54,000 participating pharmacies.



Senior Loan Program structured like a line of credit. It helps families borrow the money that's needed, when it's needed.

Sharing the Care

The *Aging with Grace* Caregiver Tool Kit

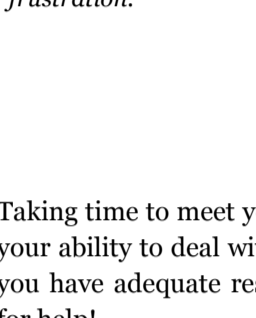
Member Price \$19.95



Our Caregiver Tool Kit Provides caregivers with a convenient system for organizing important information about their loved one and supports our returning military. AWG proudly donates \$5.00 from the sale of each Caregiver Tool Kit to ease the difficult passage into civilian life for military families, providing the best career opportunities, pay, and benefits to those who have earned the nation's support through their years of service. and sacrifice.

Caring for the Caregiver

Common signs of caregiver stress include the following:



•Feeling sad or moody and crying more often

•Having low energy level

•Feeling like you don't have any time to yourself

•Having trouble sleeping or not wanting to get out of bed

•Having trouble eating, or eating too much

•Seeing friends or relatives less often

•Losing interest in your hobbies or the things you used to do.

•Feeling angry at the person you are caring for or at other people.

Taking time to meet your needs has tremendous payoff in terms of your ability to deal with emotional stress. This means making sure you have adequate rest, nutrition, and exercise. Most of all, ask for help!

Aging with Grace™, LLC

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