



The Changing Tides of Long Term Care

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What does changing tides have to do with long term care? And why do we need to change our thinking about long-term care?

Because we must. The way Americans have

h a n d l e d long-term care needs and finances in the past can no longer meet the demands of the present, never mind the future. Most seniors believe Medicare pays for long term care. It doesn't (Medicare Handbook, 2001). And Medicaid will pay for long term care but only when you have spent down your assets and only at a nursing home that accepts Medicaid recipients.

The need for long-term care doesn't just affect the chronically ill individual. It affects the entire family. The mental and emotional effects of care giving leads to exhaustion, inadequate resources, burnout, stress and depression. The cost of long term care to a family in time, money, emotional and physical demands are very high. We need to begin to change our thinking about long-term care. We need to

(Continued on Pg 5)

Winter Months May Reveal Need for Senior Care

By:
AllenKuhn

Greater Monmouth County, New Jersey—Children of older adults may be in for a shock when they returned home for the winter holidays and see the declining condition of their aging parents or other family members. For many, the holidays are the first time people realize their senior-aged loved one needs some form of care. “This past long winter season can be a time when many adults are seeing their aging parents or family members.” said Allan Kuhn, President of Right at Home, a national home care company. “Even though a person talks to their parent or grandpar-

ents all the time on the phone, the holidays or helping out during this winter season can be a time when they see with their own eyes that their aging parent is having health problems, is struggling to maintain their home, or is generally not

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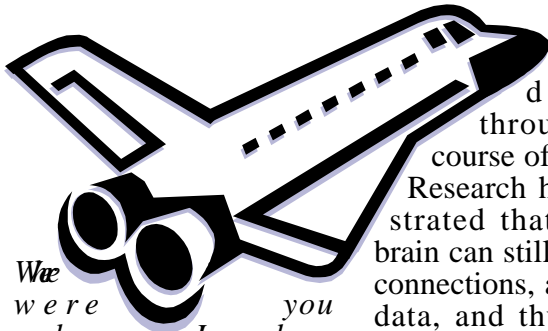
Inside this issue:

Space Travel	2
Barbara Rutan Speaks	2
New 2003 Senior Guide	3
Information and Referral Guide now available.	3
Installation of new Solutions For Seniors officers	4
Florence Bennett Speaks	5
Members Information and Referral Contacts	6-7
Mission Statement	8

SPACE TRAVEL, AGING AND WELLNESS

What Do They All Have In Common?

By John Rude, M.S.



Were you when John Glenn made his first orbital space flight around the planet? I still recall sitting in a classroom in Sioux Falls, South Dakota, listening to a scratchy radio broadcast provide details of the fiery re-entry of NASA's first space capsule. Who ever would have dreamed that four decades later, Senator John Glenn would return, at 77, to explore the correlation between human aging and weightlessness? His story has several powerful messages:

1) Contrary to popular thinking 'old dogs can learn new tricks.' Regardless of age, humans have the capacity to learn, grow, and

develop throughout the course of a lifetime! Research has demonstrated that the aged brain can still make new connections, absorb new data, and thus acquire new skills. On his first historic flight, Glenn was strapped into the tiny Friendship 7 capsule, alone, barely able to move, and with rather unsophisticated controls. In his recent shuttle journey, Glenn had to learn about the most complicated vehicle ever built, one with more than 800 control switches, 2,600 cargo items and 83 scientific experiments! To do this, Glenn had to go "back to school" and put in many exhausting 12-hour days. He did it, and accomplished both his, and the mission's objectives!

2) It's not the hand

you're dealt, but how you play your cards" As human age, genetics play less and less of a role. Scientists and physicians generally agree that following age 50, lifestyle becomes the most vital ingredient for successful aging.

For Glenn this held true because he entered his recent space flight training in remarkable physical conditions. During his mature years his lifestyle was to eat "light" and do daily jogging (most recently "power walking"). The lesson here is that our physical bodies are sophisticated machinery, much like computers—what we put in, is what we get out.

3) Dis-use is harmful to your health. Glenn's recent mission

focused on scientific experiments exploring the connection between weightlessness and human aging. Keep in mind, that astronauts go through an extensive and rigorous training program to condition their minds and bodies for space flight. They are perhaps the best-trained "athletes" in the world. However, even from the earliest days of space travel, it was noted that when astronauts returned to earth, they had significant loss of muscle and bone mass, weaker heart muscles, erratic sleep patterns and loss of balance—similar maladies to that of human aging!

4) Wellness is powerful medicine! The human organism is very 'plastic' and has the capacity to adapt, modify, change and even reverse many

(Continued on Pg 5)



Barbara Rutan, RN, MPA, Director of the Monmouth County Office On Aging, spoke to the 50 members in attendance at the February meeting of Solutions for Seniors, which was hosted by The Wexford Assisted Living, Spring Lake. Mrs. Rutan spoke on such issues as JACC; Jersey Assistance for Community Caregiving, CAP; Caregiver Assistance Program and NJ EASE which is a toll free help service for seniors. Some of the areas in which NJ EASE can assist seniors are: Healthcare, Insurance, Long Term Options, Home Care Services, Transportation, Social Activities, Nutrition and many more.

To get more information on these and other issues, please call the Monmouth County Office On Aging at 732-663-2260.



Winter Months May Reveal Need for Senior Care

(Continued from Pg 1)

able to care for themselves, like they once were. It produces fear and anxiety about that living independently.”

A growing number of families are turning to companies such as Right at Home to provide in-home care and assistance to older adults who need a helping hand. The service is designed for people who struggle with one or more everyday activities.

“A lot of what we see is that aging adults who live independently don’t tell their family about their declining in condition because they don’t want people to worry about them or don’t want to lose their independence “ said Allan Kuhn. “During holidays, the family members spend more time with their aging family member and see the signs that the person needs some assistance and care. It is the visit home for the holidays that begins the discussion of in-home care, assisted-living care or nursing home care”

“The demand for in-home senior care is growing as are result of more families needing to “parent” a parent. Allen Kuhn said as many as one in every four households are involved with caregiving for an aging parents or adults. However, families face their own growing time demands and many adults have moved a significant distance from their aging parents or family members.

“People want to care for their

parents, but with the demands of a job and their own families, finding the time an aging parent requires is difficult and stressful.”
Said Kuhn

“Today’s society also spreads families out across the country. With Right at Home care providers, adult children can still participate in their parents’ care, but on a more manageable level. Adults who live some distance from their parents can obtain a sense of security with in-home care. They know their parents are getting the help they need and that someone is looking after their well-being”.

In-home care, like that provided by Right at Home, may include many of the basics activities of daily living. Caregivers may prepare meals, provide medication reminders, perform household chores, provide transportation around town, do shopping, run errands, help with light exercise or offer companionship and conversation.

“Government figures have shown that millions of older Americans have difficulty carrying out one ore more daily or household activities” said Right at Home President Allen Kuhn. “By giving these individuals assistance in completing these tasks, they are able to maintain their lifestyle in their lifestyles in their homes. For most people, remaining in their home is a source of independence, comfort and security.

“The trend of in-home care has

been around for a little while, but it’s something the majority of the public is just beginning to realize exists,” Kuhn said. “More and more families are seeking out a level of car that provides an aging family member support in daily activities, without the requirement that they leave their home.”

Submitted by:

Allen Kuhn,

President of Right at Home
Board Member of Solutions for Seniors

732-566-6711

Our new 2003 Directories are here!!!!

Now in print and hot off the press:

2003

Solutions for Seniors Information and Referral Directory.

To obtain your FREE copy, please call our new information line, 732-449-5400 or contact any one of our members.

Installation of New Officers

At the December 2002 meeting of Solutions for Seniors which was held at Senior Care at Our House, Long Branch, the installation of new officers for 2003 took place. Finishing out her two-year tenure as an outstanding president and leader of Solutions for Seniors was Laurie Loughney, Continuing Care Communities, Belmar. Under Laurie's leadership, Solutions for Seniors saw its membership grow from the 7 original members to well over 70 current members along with other numerous accomplishments, programs, seminars and events held during her reign as president. In an emotional presentation, the membership presented Laurie with a plaque and a lovely Waterford Crystal Vase for her outstanding, timeless, and unending dedication to Solutions for Seniors.

At the close of the meeting the installation of new officers and board members took place. The new officers and board members for 2003 are as follows:



Pauline Miller
President
Patient Care Associates

2003 Officers



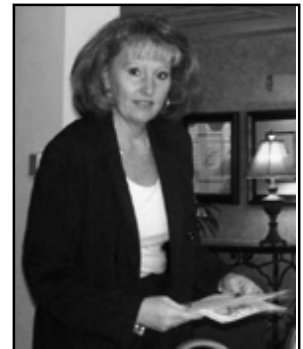
Candace Conklin
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Forestview Care Center



Andrew Krantz
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and Krantz

Board Members

John Callinan, Elder Care Attorney
Dr. Bruce Cooperman, Podiatrist
Karen Flaherty, Ideal Health
James Gallagher, Wells Fargo Reverse Mortgages
Allen Harberg
Allen Kuhn, Right at Home
Laurie Loughney, Continuing Care Communities
Allison Nikola, Memorial Properties



Dana Perkins
Secretary
Gateway Care Center

At a board meeting held in January 2003, **Mr. Allen Harberg, founder of Solutions for Seniors**, was elected by the Board of Directors as an honorary lifetime board member.

We congratulate all our officers and board members.

Mrs. Florence Bennett, Senior Advocate for Monmouth County spoke at the January 2003 meeting of Solutions for Seniors which was hosted by HealthSouth, Tinton Falls.

Mrs. Bennett addressed the membership regarding issues of interest to the senior population. Included in her presentation was a large packet of informational brochures and handouts regarding such issues as senior transportation, AARP, Monmouth County Surrogates Office and a wonderful brochure with phone numbers for state programs such as Medicare, Medicaid, and Social Security to name just a few. One of the most popular and necessary items were cards everyone, not just seniors should carry in their cars, and also keep at home. These cards have information regarding passengers in your car, medications you are on, and any medical conditions emergency care personnel should be aware of.

For more information on these and other issues, or to contact Mrs. Bennett, please call:
732-863-1644

The Changing Tides of Long Term Care

(Continued from Pg 1)

recognize that long-term care is not only costly in monetary terms but in human and family terms too.

Years ago when a family member was ill, the family pitched in and helped out. Everyone took a turn at care giving. Today, that is not always the case. Today's families are different in structure. No longer do children grow up, marry and settle in the same town as their parents. Many children move away to follow careers. Daughters, who used to be thought as the primary caretakers, are as likely to have their own careers as do sons. In some cases, parents decide to move away from their children to areas with

SPACE TRAVEL, AGING AND WELLNESS

(Continued from Pg 1)

biomarkers of age. That's why approaching health from a preventive model has the power to head off morbidity (disease) before it arises. Regardless of chronological age, when one chooses to become more active results occur very quickly. **Bottom line—use it or lose it!**

John Glenn was a pioneer in space travel and, once again, he is pioneering new studies that will tell us more about the human aging experience and how we can optimize our quality of life.

Lakeside Landing at Jackson's New Vigor Wellness Center and programs has been designed by John Rude. For more information on Living Well at Lakeside Landing, please call Bonnie Easterling at 732-280-8980.

better climates and a more retirement community atmosphere. Distance between families has created greater challenges when it comes to long-term care. Without the available support system of the past, aging Americans need to rethink their plans for meeting long-term care needs.

For more information regarding long-term care please call Alice Campbell.
1-888-418-8600.

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Elaine Costello
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John Sherwood
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Assisted Living

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Dawn Lauoic
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Real Estate

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Mission Statement

“Solutions For Seniors”

Solutions For Seniors is a diverse group of health care providers and professionals serving as a resource for challenges confronting seniors; referring and supporting the endeavors of fellow members while improving the lives of seniors.

Solutions For Seniors is a nonprofit organization providing free information and referral services for seniors in Monmouth and Ocean Counties.

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Pauline Miller

Vice President

Candace Conklin

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Andrew Krantz

Secretary

Dana Perkins

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