



*A Salute To Those Who Sacrificed  
 For Our Freedom*

**ATTENTION:**  
**The Family Council  
 Meetings are the last  
 Thursday of each month  
 at the Corporate Office.**

*Your input, suggestions,  
 and comments are  
 appreciated.*

## Exchange an Old Annuity or Life Insurance for Long-Term Care Insurance

By: Thompson McMullan Law Firm, [www.t-mlaw.com](http://www.t-mlaw.com)

A new law makes the purchase of products that combine annuities or insurance policies with long-term care insurance more attractive. As [ElderLawAnswers previously reported](#), these "hybrid" products are gaining in popularity due to a law that went into effect January 1, 2010, making distributions from life insurance and annuities tax-free when used to pay for long-term care. The same law also allows owners of annuities or life insurance policies to exchange their old policies for long-term care insurance or hybrid policies without being taxed.

Section 1035 of the U.S. tax code allows holders of annuity or life insurance contracts to move to another annuity or life insurance contract without being taxed on the move. The new law extends the benefits of section 1035 to individuals who want to exchange an old annuity or life insurance policy for a long-term care insurance policy or a hybrid policy. The law applies only to "non-qualified"

annuities, which means annuities that were purchased with after-tax dollars.

If you have an old annuity or life insurance policy and want long-term care insurance, you have several options. You can either partially or fully exchange the old policy and use the proceeds to purchase a stand-alone long-term care insurance policy. Or you can fully exchange the old policy for a new hybrid insurance or annuity contract that also includes a long-term care insurance policy. You will then be able to withdraw money from the annuity or life insurance contract tax-free as long as it is being used to pay for long-term care.

Exchanges may not be beneficial for everyone. Before exchanging any policies, you should make sure your current policy doesn't have a death benefit or another benefit that you don't want to give up. Also, there may be surrender charges for exchanging an old annuity. Talk with your elder law attorney to determine if an exchange is the right move for you.

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The Aging In America show is sponsored & hosted by The Haven Assisted Living as a community service.

## Aging In America Radio Show...

Aging In America will be taking a hiatus for a period of time. If you would like to listen to any of the aired shows you can visit our web site at: [www.thehavenassistedliving.com](http://www.thehavenassistedliving.com) and click on the Aging In America link in the navigation bar. The shows are grouped by the month they aired.

# Powers Of Attorney Come In Different Flavors...

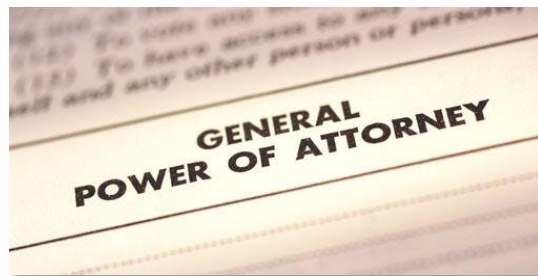
By: Thompson McMullan Law Firm, [www.t-mlaw.com](http://www.t-mlaw.com)

A power of attorney is a very important estate planning tool, but in fact there are several different kinds of powers of attorney that can be used for different purposes. Before executing this crucial document, it is important to understand what your options are.

A power of attorney allows a person you appoint -- your "attorney-in-fact" or agent -- to act in your place for financial or other purposes when and if you ever become incapacitated or if you can't act on your own behalf. There are four main types of powers of attorney.

**Limited.** A limited power of attorney gives someone else the power to act in your stead for a very limited purpose. For example, a limited power of attorney could give someone the right to sign a deed to property for you on a day when you are out of town. It usually ends at a time specified in the document.

**General.** A general power of attorney is comprehensive and gives your attorney-in-fact all the powers and rights that you have yourself. For example, a general power of attorney may give your attorney-in-fact the right to sign documents for you, pay your bills, and conduct financial transactions on your behalf. You could use a general power of attorney if you were not incapacitated, but still needed someone to help you with financial matters. A general power of attorney ends on your death or incapacitation unless you rescind it before then.



**Durable.** A durable power of attorney can be general or limited in scope, but it remains in effect after you become incapacitated. Without a durable power of attorney, if you become incapacitated, no one can represent you unless a court appoints a conservator or guardian. A durable power of attorney will remain in effect until your death unless you rescind it while you are not incapacitated.

**Springing.** Like a durable power of attorney, a springing power of attorney can allow your attorney-in-fact to act for you if you become incapacitated, but it does not become effective until you *are* incapacitated. If you are using a springing power of attorney, it is very important that the standard for determining incapacity and triggering the power of attorney be clearly laid out in the document itself.

Regardless of what type of power of attorney you use, it is important to think carefully about who will be your attorney-in-fact. Your attorney-in-fact will have a lot of control over your finances, and it is crucial that you trust him or her completely. For more information on choosing an attorney-in-fact, [click here](#).

While many pre-packaged do-it-yourself power of attorney forms are available, it is a good idea to have an attorney draft the form specifically for you. There are many issues to consider and one size does not fit all.

Contact your elder law attorney to learn more.

# June 2010 Activities Calendar

- **Monday, June 14th, Senior Luncheon** at West End Assembly, 11 AM - 2 PM
- **Friday, June 18th**, In honor of Father's Day we'll be taking all the men fishing on a pontoon boat at the Lake from, **10 AM- 5 PM**
- **Tuesday, June 22nd, Smokey Pig Barbecue**, 11 AM - 1 PM
- **Wednesday, June 30th, Cold Harbor Park** strolling along the walkways, **1 PM - 5 PM**

## Special Thanks... --

### Heatherwood Home:

The Residents and Care Staff would like to say thank you to **Lois Benvenuti's** daughter and granddaughter, Susan & Angela Lily, for the new books and craft supplies.

Thanks to **Annie M. King's** family for the lovely dinners and deserts they brought to share with our family. And,

Thanks to **Evelyn Tabor's** and family for the delicious cake and sweets they blessed us with this month. All was greatly appreciated and enjoyed.

### Eleanor Home:

The Residents and Care Staff would like to thank **Hilda Walker's** daughter, Beverly Starnes, who brought cake, ice cream, soda and cookies for all the Residents on **Hilda's** 87<sup>th</sup> birthday. It occasion was full of laughter, cheers and a whole lot of fun!

Thanks to **Virginia Krueger's** daughter, Beth Housler, who brought a beautiful orchid arrangement and John Krueger brought brownies and doughnuts.

Thanks to **Ruth Raines'** son, Mark Raines, who brought a bouquet of tulips... absolutely gorgeous.

Thanks to **Fonde Adams** who brought sweet potato pie and an assortment of sugar free candy.

### Cold Harbor Home:

The Caregiver, Christine, would like to thank **Wally** for the doughnuts and **Wayne McConahy** for the flowers. And, thanks to everyone who sent flowers to their loved one on Mother's Day.

### Lakeway Home:

The Residents and Care Staff would like to give many thanks to **Betty Oakley's** daughter, Mary for bringing ice cream and flowers for all the Residents. Thank you so very much.

### Harborough Home:

The Residents and Care Staff would like to thank **Phereso Abernathy's** daughters for bringing beautiful, purple flowers to plant in planters outside.

**Rubye Turner's** daughter, Pat, brought a delicious spoon bread to share with everyone for Mother's day.

**Lillian Dudley's** daughter, Jaymi Ingle, brought cupcakes for everyone.

**Joyce Mitchell's** daughter, Christie, brought a Mother's Day cake.

**Shirling Rollings'** daughter, Ann, brought a variety of delicious cookies.

### Hebner Home:

The Residents and Care Staff would like to thank **Nancy Ruffin's** son, Russell and his wife, Jackie, brought in a huge Mother's Day cake.

**Margaret Dowdy's** daughter, Beth, brought in a strawberry jello desert for all to enjoy.

Thanks, also go out to everyone who sent cards to the Residents.



## New Residents - Welcome To Our Haven Family...

Annie Mae King – Heatherwood  
Ruby Regensburg – Sandy Valley  
Anne Pribble - Lakeway

## June 2010 Birthdays...

6<sup>th</sup> – Thelma Morris, 75 years  
16<sup>th</sup> – Doris Thompson, 82 years  
23<sup>rd</sup> – Esther Brodsky, 90 years



# Caregiver Kudos...

A Big "Welcome" to our New Caregivers:

**Nay Nixon**  
**Gail Boatwright**  
**Carolyn Jackson**  
**Pamela Doms**

We are so excited to have such professional, experienced, compassionate, understanding and flexible caregivers to join our Haven Family. Our love and respect go to them for being so dedicated and committed to the service they provide to our loved ones who need our love and assistance. **Many thanks to Natasha Goins, Kenya Sigh, Annie Cunningham, Kanasha McRae, Clarissa**

**Parris, and Alecia Patten** for providing such excellent, hands-on training to our new care-staff. Our new caregivers have learned from the "BEST!" We love our carestaff and all they do for our loved ones and to faithfully work hard to stay in compliance with the state regulations and to follow our company policy and procedures.

We want the Kudos to come from us and you as well so, please feel free to email us at:

[tammywright@virginiaassistedliving.org](mailto:tammywright@virginiaassistedliving.org) with any Kudos you would like to send out to your loved one's caregiver.

## Fitness and the 45-plus Crowd

"Tracking the Fitness Movement--2009," a recent study from the Sporting Goods Manufacturers Association takes a snapshot of fitness activities among the 45-plus crowd. The group found that older adults "continue to drive the fitness movement, swelling the membership rolls of health clubs and purchasing billions of dollars worth of home exercise equipment."

The reasons: [Baby Boomers](#), in particular, according to the report, "are strongly motivated by both vanity and health to continue to exercise as they grow older."

All of which raises the questions: How often do you exercise? And what's your activity of choice?

In 1987, only 9% of all health club members were 55-plus but in 2008 that share increased to 24%. The percentage of individuals, by age, who said they are physically active on a daily basis for at least 30 minutes:

45 to 54 = 50%  
55 to 64 = 49%  
65-plus = 53%

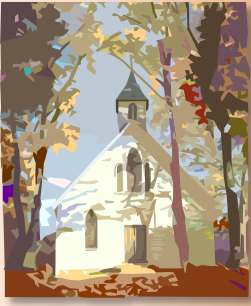
Source: The Wall Street Journal, May 15, 2010



## If You Can Read This...

If you can read this, you are one of 55 people out of 100 that can. I cdnuolt blveiee that I cluod aulacly uesdnatnrđ what I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in what oerdr the ltteres in a word are, the olny iproamtnt tihng is that the frsrit and last ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it whotuit a pboerlm. This is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the word as a wlohe. Azanmig huh? Yaeh and you awlyas tghuhot slpeling was ipmorantt!





## You Will Always be in Our Thoughts & Hearts...

We are thankful to have known each of the Haven Residents we've lost and for them enriching our lives with their smiles, laughter, and love. We pray that their family members and friends will gain strength and maintain faith from the everlasting memories they will hold dear in their hearts forever and beyond.

**George Ashley** – Rockhill

**Howard Cooper** – Sandy Valley

**Martha Morley** - Hebner

**Delma Price** - Lakeway

## Happy Belated Mother's Day...

*For those lucky enough to still be blessed with your Mom, this is beautiful. For those of us who aren't, this is even more beautiful. For those who are Moms, you'll love this.*

The young mother set her foot on the path of life. "Is this the long way?" she asked. And the guide said: "Yes, and the way is hard. And you will be old before you reach the end of it. But the end will be better than the beginning."

But the young mother was happy, and she would not believe that anything could be better than these years. So she played with her children, and gathered flowers for them along the way, and bathed them in the clear streams; and the sun shone on them, and the young Mother cried, "Nothing will ever be lovelier than this."

Then the night came, and the storm, and the path was dark, and the children shook with fear and cold, and the mother drew them close and covered them with her mantle, and the children said, "Mother, we are not afraid, for you are near, and no harm can come."

And the morning came, and there was a hill ahead, and the children climbed and grew weary, and the mother was weary. But at all times she said to the children, "A little patience and we are there." So the children climbed, and when they reached the top they said, "Mother, we would not have done it without you."

And the mother, when she lay down at night looked up at the stars and said, "This is a better day than the last, for my children have learned fortitude in the face of hardness. Yesterday I gave them courage. Today, I've given them strength."

And the next day came strange clouds which darkened the earth, clouds of war and hate and evil, and the children groped and stumbled, and the mother said: "Look up. Lift your eyes to the light." And the children looked and saw above the clouds an everlasting glory, and it guided them beyond the darkness. And that night the Mother said, "This is the best day of all, for I have shown my children God."



And the days went on, and the weeks and the months and the years, and the mother grew old and she was little and bent. But her children were tall and strong, and walked with courage. And when the way was rough, they lifted her, for she was as light as a feather; and at last they came to a hill, and beyond they could see a shining road and golden gates flung wide. And mother said, "I have reached the end of my journey. And now I know the end is better than the beginning, for my children can walk alone, and their children after them."

And the children said, "You will always walk with us, Mother, even when you have gone through the gates." And they stood and watched her as she went on alone, and the gates closed after her. And they said: "We cannot see her but she is with us still. A Mother like ours is more than a memory. She is a living presence..."

Your Mother is always with you... She's the whisper of the leaves as you walk down the street; she's the smell of bleach in your freshly laundered socks; she's the cool hand on your brow when you're not well. Your Mother lives inside your laughter. And she's crystallized in every tear drop. She's the place you came from, your first home; and she's the map you follow with every step you take. She's your first love and your first heartbreak, and nothing on earth can separate you. Not time, not space... not even death!

*Taken from an email circulating the Internet.*

## From The President

It is against company policy for staff to request family members to perform personal tasks on behalf of the caregiver, this includes but is not limited to personal phone calls to family members, personal emails to family members, etc. All such correspondence must go through the Administrator. If you have any questions regarding this policy, please contact me at 804-779-4847.

**Bertica Cummins**  
President

# A Well-Seasoned Mind

From: Daniel G. Amen, M.D., AARP May & June 2010 Issue

New scientific research shows these five spices are good for your brain

## Turmeric

In India, where people eat curry almost every day, the Alzheimer's disease rate is one-fourth the U.S. rate. Now researchers think they may know why. A University of California, Los Angeles study in mice showed that curcumin—the active ingredient in turmeric, which gives curry that distinctive yellow color—broke up brain plaques of amyloid beta, the abnormal protein buildup that is a hallmark of Alzheimer's.

### Healthy way to dish it up

For a brain-boosting chicken salad, toss 2 teaspoons curry powder with 2 cups cubed chicken. Sauté in olive oil until cooked, then cool. Add raisins, diced apples, chopped almonds, chopped celery, and low-fat yogurt, to taste.

## Saffron

Got a case of the blues? Before popping an anti-depressant, try eating more of this pungent herb. A 2007 University of Tehran study discovered that a twice-daily dose of saffron works as well as Prozac in treating mild to moderate depression.

### Healthy way to dish it up

Add 1/2 teaspoon saffron to the water while cooking 2 cups rice.

## Ginger

A recent study found that more than 80 percent of migraine-prone patients with mild headaches who were treated with a combo of ginger and the herb feverfew staved off migraines. After two hours, 48 percent were pain free; for another 34 percent, the pain stayed mild. "If a headache doesn't go to full-blown migraine, that's success," says Roger



Cady, M.D., study author and director of the Headache Care Center in Springfield, Missouri.

### Healthy way to dish it up

Stir 3 teaspoons grated ginger into 1 cup boiling water; steep for 10 minutes, strain, and drink.

## Garlic

Long touted for its heart-healthy benefits, garlic may also fight brain cancer. A 2007 study in the journal *Cancer* noted that garlic compounds eliminated brain-cancer cells, leading some experts to predict that garlic-based treatments for brain cancer aren't far behind.

### Healthy way to dish it up

Mix 1/2 teaspoon garlic powder or 1 to 2 cloves fresh garlic with tomatoes and basil for a cancer-fighting marinara.

## Cinnamon

If you want to react faster during your next tennis game, chew cinnamon gum. Doing so, a recent study found, speeds the rate at which your brain processes visual cues. One reason the gum may help: cinnamon regulates blood-sugar levels, and this helps you stay focused.

### Healthy way to dish it up

Sprinkle 1 teaspoon cinnamon on oatmeal for a brain-healthy breakfast.

### Supermarket Guru's Spice Advice

Most spices will last 6 to 12 months—if they're stored properly. The longer they sit in the cupboard, the more likely they will lose their health benefits. So **always store spices in glass jars**, says Phil Lempert (aka the [Supermarket Guru](#))—and transfer those that come in plastic to glass.

# Many Alzheimer's Patients Find Comfort in Books

By: Milt Freudenheim

Familiar music can engage those with Alzheimer's when almost nothing else can, researchers have shown. Now it appears that books written for these patients may have a similar effect. Researchers have found in a number of studies that reading can improve a patient's quality of life. The meanings of written sentences can be understood by — and prompt cogent responses from — even those who have difficulty handling verbal exchanges.

Caregivers may be surprised to learn that reading ability is not always destroyed by Alzheimer's. "All of my research demonstrates that people who were literate maintain their ability to read until the end stages of dementia," said Michelle S. Bourgeois, a professor of speech and hearing science at Ohio State University.

At the earlier stages of Alzheimer's disease, many literate patients may still enjoy reading books themselves, said Dr. Barry Reisberg, a professor of psychiatry and director of the Fisher Alzheimer's program at New York University. Large-type reading materials can be used to assist later-stage Alzheimer's patients to continue reading.

Even at later stages of the disease, many patients are engaged by books read to them. Lydia Burdick, a businesswoman in New York, was able to get her mother to respond by reading to her even at a relatively late stage of Alzheimer's disease, although it had long been hard to get through to her.

One afternoon she persuaded her mother to read a sentence — "I love to feel the sunshine on my face" — and asked, "How does the sun feel?"

"Warm," her mother said, and both women smiled.

Ms. Burdick went on to write [three books for caregivers to read aloud](#) to, or with, "memory-challenged" adults.

Books published for children and young adults may be easy to read, but they can be off-putting for people with Alzheimer's. "If they see something as being childish, you have lost them," Dr. Reisberg said.

The illustrations in Ms. Burdick's books are based on realistic watercolors of white-haired men and women and their families, created by artist Jane Freeman, a friend of Ms. Burdick. The messages are clear and upbeat. "In November, I am thankful for so many things," she writes. "In December, I celebrate the holidays. Let's sing a song."

"It is not just reading anything," Ms. Burdick said. "It has to be personally relevant to the person, and the size of the print has to be big enough for them to see it." Suggestions for starting a conversation and appropriate songs for each page are listed at the end of two of the books.

"I used to buy children's books with big pictures, big words, about animals for my mother, who has advanced dementia," said Jill Eikenberry, a New York-based actress. "Now to be able to have a book with pictures and words with somebody her age sitting on a chair enjoying the sunset — it's a really inspired idea." Dr. Peter V. Rabins, director of geriatric psychiatric programs at Johns Hopkins School of Medicine, said, "Anything that helps make it easier for people to interact produces benefits in both directions — the family member with the disease and the caregiver. It gives the person with the disease a chance to interact with grandkids or younger children," he said. "It's positive both ways."



# Women And The Circle Of Caregiving

By: Janine Orr, Genworth Financial

We've all heard the expression a woman's work is never done. It's so true. Just as women cross the threshold into adulthood, many get married and have children. New mothers often agonize over the decision to stay home and be "Mom" full-time, or leave the children in someone else's care in order to pursue a career and earn that much-needed second income. For years, many women juggle careers, domestic responsibilities, and their children's extra curricular activities, all while trying to squeeze in some quality time with their spouse. Then, just as the children begin to grow up and become more self-sufficient, parents begin to age and gradually become more dependent.

In the 21st century, caregiving has become increasingly difficult. Many women must take a leave of absence or switch to a part-time schedule at work in order to meet the needs of a loved one. This can limit a woman's availability, which may hold her back professionally. What's more, income disruptions can interfere with a woman's ability to save money, plan for retirement, or attain financial security. Moreover, because women have a longer life expectancy than men, wives often end up caring for their elderly husbands, as well.

With just so many hours in a day to meet professional and personal obligations, it's no wonder women are seeking ways to minimize stress and anxiety, as well as financial hardship. If you're a woman and a baby boomer, these scenarios may sound all too familiar.

The good news is that there are ways to meet the needs of your loved one, while also minimizing stress, career disruptions, and financial hardship.

Consider the following tips:

Pursue a flexible career with a family-friendly employer. Or, talk with your employer about job-sharing, flexible scheduling, or working part-time. This can significantly reduce your stress level and allow you to meet your own needs, as well as those of your loved one and your employer.

If you have an Employee Assistance Program (EAP) through your employer, take advantage of it. Inquire about counseling and caregiving services in your area.

Talk to your loved one about having a plan for long term care, which can include long term care



insurance (LTCI). LTCI can increase options for care and minimize financial burden in the future. Remember, the best time to consider LTCI is before an illness or injury forces a hasty decision. Early planning will allow time to research the options and seek advice, as needed.

If possible, choose medical facilities and support services for your loved one that are close to your home or work. This can shorten your commute, save time, and make it easier to stop and check in, as needed. If living nearby is impossible or if you are a long-distance caregiver, investigate the possibility of hiring a private geriatric care manager, a home health aide, or a personal care attendant for your loved one. Such an individual may serve as your "eyes and ears," helping to ensure your loved one's safety and well-being.

Consider adult day care. This option may allow you the time to fulfill your own responsibilities, while providing your loved one the opportunity to socialize with peers. Adult day care centers are designed to accommodate the physical needs of older adults. Many centers provide personalized care, health and social programs adapted to the participants' needs, and nutritious meals.

It's true that you're older now, and perhaps a bit more tired, but the circle of caregiving continues. Just remember, there are ways to meet the needs of your loved one, while also minimizing stress, career disruptions, and financial hardship. Share what you learn with your friends and fellow caregivers. Who knows? One day, your own daughter may thank you for it.

Janine Orr is a licensed long term care insurance agent with an office in Richmond, Virginia and can be reached at 804-364-3194 or [jorr@genworthlhc.com](mailto:jorr@genworthlhc.com).

## Happenings at Cold Harbor...



**Ellen wanted to sweep the porch off... you go Ellen!**



**There's nothing better than lunch outside on a beautiful spring day.**



**Thelma and her family chilling on the front porch**

## Lakeway Challenge...

**“Mums” the WORD for this challenging game of Scrabble . Caution before you ask to join the game... the players take it seriously.. they have an official Scrabble dictionary!**



## Echo Park In The Spring...



Everyone had a great time and determined that Echo Park was for the birds... but they were very willing to share their home with The Haven Family.



Do we say "Cheers" with these or "bottoms up"? Wait a minute I believe it's... "You scream I scream, we all scream for ice cream."

Meanwhile back at the Farm... Clarisa is wondering if she can take the chicks to Echo Park for a swim...



# A Joyous Time at Harborough



Along with having a pot-luck dinner, friends of Doris' daughter, Laurie Huizenga, came to sing for the Residents. They are: Darrell & Donna Shires, Tammy Akers, Janet Hazlegrove, Lisa Murrell.



## Welcome to Martin's...



While checking out the new “digs” at Martin’s (formerly Ukrops) Phereso and Lucille discovered that there are a lot of new, really neat products and **WHEW**, the prices have increased over the years!

## Here We Come Micky D's...



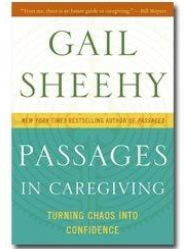
You know... sometimes there is nothing like a juicy Big Mac and crispy fries to put a smile on your face.



Looks like Dean is trying to negotiate increasing his quantity of fries with Sarah... stand strong Sarah and hold on to those fries!



## **Passages in Caregiving** By: Gail Sheehy



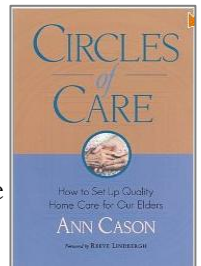
Courtesy of HarperCollins

Thrust into the daunting and unexpected role of caregiver when her husband, editor Clay Felker, was diagnosed with cancer, Sheehy was dismayed to find herself lost in the labyrinthine, illogical, and often contradictory world of health care. When second opinions gave way to thirds, and innumerable insurance forms were completed only to have the claims rejected, Sheehy realized she needed answers, assistance, and attitude.

For a tenacious reporter like Sheehy, getting answers was second nature but finding competent help and learning how to put things into perspective weren't as easy. Sheehy reports on her interviews with professionals in traditional and alternative medicine, registered nurses and home health aides, and diverse individuals who also found themselves overwhelmed by caring for an ailing loved one, and she distills the process into eight stages, from the shock of the first diagnosis to the delicacy of saying good-bye, bringing her inimitable, analytical approach to a situation no one wants to face.

Supportive and reassuring, Sheehy provides encouraging and practical information for both patient and caregiver in one of the most comprehensive and trustworthy resources a family can ask for when facing one of life's most disheartening challenges. --Carol Haggas, amazon.com

## **Circles of Care: How to Set Up Quality Home Care for Our Elders**, By: Ann Cason



Most seniors, when given a choice, would prefer to remain at home instead of go to a nursing home. *Circles of Care* explains how to provide quality care for seniors in their own homes.

Drawing on 20 years of experience as a caregiving coordinator and consultant, author Ann Cason focuses on how to relate to and understand what a senior is going through in order to provide the best help. According to Cason, it is necessary to enter the elder's world in order to assess the elder's needs. She addresses many of the challenging behaviors that can typically arise, such as moodiness, combativeness, confusion and memory loss, and offers sensitive strategies for dealing with them. Cason explains how to determine when help is needed and what caregiving services are available. She also provides detailed information on caregiving, including an explanation on how to give a bed bath and sample menu suggestions.

Other chapters describe how to build a caregiving team, create daily schedules and routines, enrich the elder's environment, help the elder let go, work with difficult behaviors, and care for a dying loved one. Recognizing that sometimes a nursing home is necessary, Cason includes a chapter on finding a good facility. *Circles of Care* incorporates case studies and stories that provide real-world examples as well as lots of practical tips. This wise book is a valuable resource for both family members and professional caregivers.