

Connecticut Care Planning Council



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Featured Board Member: Henry C Weatherby

In This Issue

[Expert Help Available For Seniors on The Move](#)

[Social Support Activities Lead To Better Quality Of Life As One Ages](#)

[\\$6 Billion vs. \\$478 Million](#)

[Earlier Medicare Part D Open Enrollment Date for 2011](#)

CT Care Planning Council

Advisory Board Members:



Weatherby & Associates, PC
Counselors at Law
Helping Families Preserve and Protect Assets and Values

Henry C. Weatherby
Denise F. Talbot



Don Kuerner



Michael Savenelli, Sr

Home
Sweet
Home
Realty, LLC



Elaine Pavasaris



John Carmon



Kristine Lajeunesse



Greg Czapiga



Offers & Info:
[Veterans Aid & Attendance Benefits](#)

Contact Us:
34 Jerome Avenue,
Suite 310
Bloomfield, CT 06002

(860)769-6938

The [Connecticut Care Planning Council](#) (CTCPC) lists companies and individual providers on our website who help families deal with the crisis and burden of long term care.

One purpose of the CTCPC is to educate the public on the need for care planning *before* a crisis occurs. A second purpose is to provide, in one place, all of the available government and private services for eldercare.

Finally, our ultimate mission is to offer a trusted listing service that the public will recognize and turn to for expert help in dealing with the challenges of long term care.

Call us at 860-769-6938

or click [here](#) to send an e-mail



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Exper Help Available For Seniors On The Move

Cheryl was in a panic trying to get her parents home sold in Florida and move them near her in Idaho. Seven years ago Max and Clara purchased their retirement home in Florida and moved there from Idaho. Max had a stroke recently and Clara can no longer care for him herself, so in order for Cheryl to help out they need to move back to Idaho. As is often the case, when elderly parents have health problems, the children are called on for help and support in major decisions. Unfortunately, Cheryl is not able to leave her job and family in Idaho to spend time selling the home in Florida nor find living

arrangements for her parents in Idaho.
“More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one.” Caregiving in the United States; National Alliance for Caregiving in collaboration with AARP; November 2009

The [AARP](#) estimates that over 25 million Americans struggle to balance work responsibilities with caring for a relative aged 50 or older. The National Association of Realtors recognized the specialized need of seniors and their families to sell an established home quickly and efficiently. They have established a designation for realtors called Seniors Real Estate Specialists® (SRES®). To earn the designation a realtor goes through a comprehensive program which qualifies them to know how to work with seniors in the 50+ real estate market.

Specialties characteristic to an SRES® designated agent would include:

- Knowledge of senior communities and housing restrictions
- Ability to work with seniors on sensitive issues when selling their property
- Understanding how real estate impacts Medicare and Medicaid laws
- Knowledge of retirement accounts such as 401K and IRA accounts in relationship to real estate purchases.
- Expertise in bringing in help with downsizing, packing, moving and relocation
- Resources to work as a team of realtors throughout the United States for relocation purposes.

Seth Owens of Albany New York says of working with an SRES® agent, “Jim worked with me in downsizing and preparing my home for the sale and then took care of all the details. I didn’t have to worry about a thing. He knew his business. The sale was made and Jim helped me find a condo in a senior community near by. He understood I wanted to be near my church, doctor and friends.”

With more of the senior population downsizing or

moving there has been a growing need for moving companies to specialize in the needs of seniors and their families. Some moving companies have added a department just for moving seniors.

Senior moving services may include:

- Organizing and packing items and unpacking at the new home.
- Downsizing by disposing of unneeded items
- Disconnecting electronics and reconnecting after the move.
- Placing furniture, rugs and household items.
- Personnel skilled to help with the emotional transition of seniors.

The past few years have seen new specialized companies developed that work directly with seniors in downsizing, moving or reorganizing their current home for “aging in place”.

The National Association of Senior Move Manager® ([NASMM](#)) is an organization of “move managers” whose mission is “to facilitate the physical and emotional aspects of relocation for older adults.” A [move manager](#) may oversee the complete move or reorganizing for seniors, making the senior transition less stressful from beginning to end.

[Placement Services](#) are another specialized business that has developed to fill the need of seniors to find appropriate living conditions. With many options available from independent living apartments, [retirement communities](#), care communities such as [assisted living](#), residential care homes and [nursing homes](#) the decision can be overwhelming. Those who do placement services have the expertise to assess the clinical needs, financial resources and family preferences to help seniors find the living situation that will meet their lifestyle and future needs.

The [National Care Planning Council](#) promotes many services for seniors. Find [relocation experts](#) in your area or obtain helpful information from [articles](#) and [books](#).

Social Support Activities Lead to Better Quality of Life As One

Ages

How important is social support as a person ages? This may seem like an easy question to answer. Most people would not choose isolation and loneliness versus spending time with companions. However, can lack of social support really hinder a person's overall quality of life?

Lack of social support is related to negative impacts on health and well being, especially for older people. Having a variety of positive social supports can contribute to psychological and physical wellness of elderly individuals. Support from others can be important in reducing stress, increasing physical health and defeating psychological problems such as depression and anxiety.

When considering who provides social support for an elderly individual our first thoughts are of family members. While it is true that most support does come from family members, there are many circumstances in which family members cannot be supportive (stress due to responsibilities, illness, death, financial problems, job relocation). In the United States the fastest growing age group of individuals are those 85 years and older. Due to this fact, family supports will inevitably decrease for these older individuals. A need for community-based services is more important now than ever before. Community-based services can be extremely useful for elderly individuals. Services for older persons can encompass many areas, but one of the most important areas as discussed previously is social support. Support for elderly persons can be found in many places including: senior centers, [assisted living facilities](#), meal delivery, religious affiliations, [adult day care centers](#), etc. These services can provide positive social supports that can help older persons defeat loneliness and isolation. However, social support must encompass more than physical presence or conversation. Studies have shown that social support services should contain quality activities. These activities should promote positive self-awareness. Self-awareness is key to a person's overall quality of life and satisfaction. Many leisure social activities can

be used to help increase an individual's self-awareness. Activities for elderly individuals may include reminiscence groups, journal writing, readings of favorite book passages, group exercise, singing groups, etc. Individuals may also feel more self-satisfied if they are part of the planning of social activities that take place.

Two of these community-based service centers that provide quality social support services for elderly individuals are discussed below.

Senior Citizen Centers

Today, there are estimated to be about 15,000 senior centers across the United States. Senior centers act as a focal point for older Americans to receive many aging services. The most common services offered at a senior center include health programs (including Zumba and Yoga), arts/humanities activities, intergenerational programs, employment assistance, community action opportunities, transportation services, volunteer opportunities, education opportunities, financial assistance, senior rights counseling/legal services, travel programs and meal programs. These programs and activities can help promote positive self-awareness.

Lori Beckle describes how participating in her local senior citizens center has given her the independence and life satisfaction she thought was lost when her husband died in 2009. "I was devastated and so frightened for my future without Ed. He was my only friend and the one I turned to when I felt alone. My daughter invited me to attend our local senior center where a bereavement group was being held for those who had lost a loved one. I met Phyllis during the group and now I have a new friend I call when I become afraid. Phyllis has helped me develop the skills to get through the tough times and focus on my immediate happiness."

Adult Day Care Centers

According to the National Adult Day Services Association (NADSA), there are currently more than 4,600 adult day care centers nationwide. Adult day care is a program in which activities are provided to promote social support and health services to an older adult during the daytime. Most centers operate

Monday through Friday during daytime hours. Social support services at an adult day care can consist of musical entertainment and singing groups, group games such as cards, gentle exercise, discussion groups (books, films, current events), holiday/birthday celebrations and local outings. Not only are these social activities provided, but participants of the program can also develop lasting relationships with staff and other participants. Adult day care centers also provide meals and health services. Adult day care centers differ from other programs for elderly individuals, because they allow the participants to develop and increase self-awareness by encouraging independence.

Amanda describes her experience as a volunteer at her local adult day care center. She stated, “ I was involved in planning the activities for Thursday afternoons. I wasn’t sure what kind of activities my older friends would enjoy so I had them share their favorite activities they participated in when they were my age (23). I soon realized that I was hearing the most fascinating stories of hopping trains, college dances, swimming in the lake, etc We decided Thursday afternoons would be spotlights of each individuals’ lives as a twenty-something. One of the participants told me that Thursdays became a highlight for her week.”

[Adult Day Care Centers](#) and [Senior Citizen Centers](#) help to provide an elderly individual the opportunity to participate in social support activities. Social support activities found in these programs can be beneficial to a person’s quality of life and overall satisfaction. With a higher self-awareness and quality of life an individual can reduce the risks of mental and physical health problems as they age.

\$6 Billion vs. \$478 Million

It is predicted that more than 13 million Americans will suffer from Alzheimer’s disease by the year 2050. Cancer receives \$6 billion research dollars, cardiovascular disease receives \$4 billion research dollars and H.I.B. and AIDS receives \$3 billion research dollars.

Yet, only \$478 million is spent yearly on

Alzheimer's disease research.

In December, Congress passed the National Alzheimer's Project Act. A committee to study the issues is headed by Mayo Clinic neurologist Dr. Ronald Peterson who is joined by, among others, David Hyde Pierce (Niles, from Frasier) who experienced Alzheimer's disease firsthand in his family.

The committee wants to hear from the public with any comments or suggestions they may have. You can email to NAPA@hhs.gov or you can write to:

Helen Lamont, Ph.D.
H.H.S. Office of the Assistant Secretary for Planning
and Evaluation
Room 424E, Humphrey Building
200 Independence Avenue, SW

The committee is on the fast track, with an initial draft report due by December, 2011.

Earlier Medicare Part D Open Enrollment Date for 2011

Medicare Open Enrollment

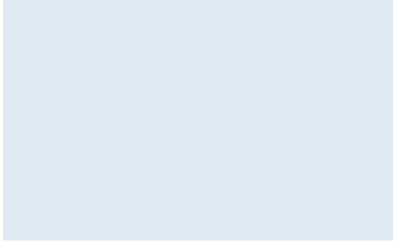
Medicare Part D, which helps pay for prescription drugs, is holding their open enrollment period sooner this year than last.

The new Open Enrollment dates are October 15 through December 7. At this time, anyone can join, switch or drop a Medicare drug plan. Any changes you make will take effect on January 1, 2012, provided that the Medicare Part D plan you choose receives your request by December 7, 2011.

For detailed information, go to <http://medicare.gov> or, call 1-800-MEDICARE (633-42273)

Wisdom from the Web

"You are as young as your faith, as old as



**your doubt; as young as your self-
confidence, as old as your fear; as young as
your hope, as old as your despair."
~Douglas MacArthur**