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"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

-Mark Twain

"My Side of the Fence"

By: Ellie Tait



"I watched the video Sequoia Senior Solutions had on this blog last week and I was glad to see Pete Seeger, a young 92 year old, featured. I looked at other blog posts on this site and saw that all of them, except the poem by the Crabby Old Man, were aimed at caregivers. I felt inclined to give this blog some more information from my side of the fence. Surely, some of the people reading this will be the ones who need caregivers even if we are not all stricken with Alzheimer's Disease or at least are not so ill we cannot make decisions on our own. My baby sister takes care of me. I'm 68 and she is 62. After two car accidents and a family member who battered me, I became bed bound. Oh, I can get around a little on my own, but not far and not for long. I no longer drive, cook which was something I enjoyed, nor clean. I'd be glad if I could even do that now. I spend every day except Wednesdays and doctor visits in bed either sleeping or watching television. I do some exercises to keep my arms and legs in shape, but I have a tendency to fall backwards when I stand. I hate reading because my eyes are not what they used to be; and the

Where Am I?

"I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone. I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work. I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore. I have also

reading glasses I have, well, let's just say, they are best for reading clothing catalogs. Wednesdays are the high point of my week. After I had triple bypass surgery a year ago, I spent some time in a rehabilitation center/nursing home. I made a lot of friends there. Now my sister takes me back to get my hair done and to visit my friends weekly. I guess the worst problem I have, besides not being able to get up and be gainfully employed, is that I am lonely. My sister stays home and does for me what she can, but she works out of her home office. I only visit with her in the evenings. She is tired and

been in Doubt. That is a sad place to go, and I try not to visit there too often. I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm in Capable, and I go there more often as I'm getting older. One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get! I may have been in Continent, and I don't remember what country I was in. It's an age thing.

-Anonymous

I want to talk. I haven't talked to anyone all day while she just wants to be still and watch television. I feel guilty when I ask her to stop work and do something either with me or for me. She does the best she can as she is trying to support us both. I want all your readers to know that while I may not have the best life I could have, I am thankful for what I do have. I have a loving home, a sister's care and friends I get to visit. I have a comfortable bed, plenty to eat and I am alive. Thanks for hearing from my side of the fence."

(Photo courtesy of Wikipedia) Article retrieved from <<http://www.sequoiaseniorsolutionsblog.com/2012/03/26/elle-tait-my-side-of-the-fence/>> on 30 Mar 2012

What Lies Ahead?

As our population ages certain trends will emerge based on demand. It's human nature to want everything to be convenient, like locations of places you want to go to meet your basic needs. This is also true of our healthcare needs. So what lies ahead? For one, we will likely see the end of "big box" hospitals. People don't want to be lost in the system - they prefer individualized care and immediate attention. People in urgent care expect urgent care, not just waiting to be seen by the lone physician on staff. Smaller hospitals will become the norm. We will see the advent of village living, where housing, shops, entertainment, service providers, etc. coexist, much like The Villages in Florida. These will become widespread throughout the country. They will also include assisted living facilities and in-house physician services, as well as urgent care 24/7. These care pods will also be able to handle short stays for X-rays, CT scans, I.V. administration, wound care, medication management, etc., making most trips to the emergency room or hospitalization unnecessary. Why do I see this happening? The Boomers have arrived in force and will soon dictate what will be. They are an active group, and don't have the term "nursing home" in their vocabulary.

-Robert Griesemer, RN

Who or What is a Life Manager?

A time comes in our life's journey when we need a little help. Asking for this help is the hardest thing to do, and the most difficult thing to accept. Why is this? We view this issue as losing our independence, which we often cherish above all else. Does your situation have to be this way? Not at all. A Life Manager will actually help improve your quality of life. Isn't that what independence translates into? A Life Manager can help keep you in your own home for a long time, perhaps even through the end of your journey. Here's what a Life Manager can do for you:

Manage Household: Make out a maintenance schedule, and work with providers such as plumbers, handymen, snow re-

moval contractors or painters so that your house continues to meet your needs.



Manage Medical Regimen: Implement a plan of care as directed by your physician to help you attain your highest level of function and help prevent hospitalizations.

Manage Resources: Procure necessities to improve your state of wellness and protection. These could include medical items like grab bars in the bathroom, a toilet riser, a bill payer, etc.

Manage Medications: Set up and monitor medication compliance, and evaluate responses to medications to help prevent adverse drug reactions and hospitalizations.

(Photo courtesy of Aribaskara, <<http://www.aribaskara.com/canada-pharmacy-a-one-stop-solution-for-medications-at-very-low-prices/>>)

Manage Personal Needs: Set up programs and physical and cognitive (mental) stimulation exercises to improve physical and mental function and independence. Assess nutritional and hydration adequacy. Monitor your health and well-being to help prevent pneumonia and urinary tract infections. Work with physician to resolve anything outside of the basic body norms.

A Life Manager will do as much or as little as you deem necessary, and as your health or function improves you can resume your activities on your own.

To set up an appointment to see how a Life Manager can better your life, call: (262) 970-7102.

FEATURED BUSINESS OF THE MONTH

Tom Coleman

FirstPlan Financial Services, LLC

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Tom Coleman is owner of FirstPlan Financial Services LLC, a comprehensive financial services firm. The firm covers all areas of financial management, from investment and retirement planning to estate conservation. With 20 years of experience in personal financial planning, Tom believes that you must have a sound financial strategy made to fit each individual's unique needs. It is equally important to grow a client's portfolio and provide a lifetime distribution of income. With a Masters Degree in Business Administration, Tom knows how to monitor client's progress, paying watchful attention and making adjustments necessary for a continuously changing economic climate.

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Securities and Investment Advisory Services offered through KCD Financial Inc., De Pere, WI
Member FINRA and SIPC

About Prestige Home Health Care:

Robert Griesemer, RN, BSN, MS, has many years of experience helping seniors and elderly individuals stay in their own homes to enjoy a higher quality of life. As a **Professional Personal and Elder Care Manager**, Robert addresses and helps resolve many important issues: mobility problems, dehydration, medication errors, non-compliance, finding a new physician, frequent trips to the ER, frequent UTIs, falls, reclusiveness, and much more.



For a consultation call Robert at (262) 970-7102

Prestige Home Health Care
Personal Care and Elder Care Management

If you are in need of a trusted and experienced caregiver, call Robert. He will perform a head to toe assessment and recommend one of our caregivers.

Cares for Peace of Mind!

Prestige Home Health Care ~ 910 Elm Grove Road ~ Elm Grove, WI 53122 Ph: (262) 970-7102

www.prestigehomehealth.com