

# SENIOR ADULTS GROWING & EXPLORING

JANUARY 2016 NEWSLETTER

## Making a Choice

### SR. COMMUNITY LIVING vs. IN-HOME CARE

When caring for an aging loved one it's necessary to continually make an honest assessment of the situation. What works one week will change the next. As needs change the caregiver or family must face the situation of making decisions about the level of care that is provided and what is needed. Here are two suggestions; making the move to a senior community or bringing care to the home.

The most important first step is to begin this conversation before it becomes a necessity. Have a plan ready to go. Individual items can be adjusted, but be prepared to begin. This is difficult because it's hard to talk about. But for everyone involved, it should be done early.

#### **I. Senior Community Living**

The 'right' time to decide will vary. The decision may come after observing behavior changes. An unexpected hospital stay may trigger the conversation. Or everyone may be in agreement early-on to make the transition before a problem arises.

Most all retirement communities offer CCRC or continuing care options. These communities require a large entrance fee

and in some instances, an age entry limit and/or medical health requirements. These are all primary questions to ask.

Assisted living facilities might offer a one-time non-refundable fee which is lower. However, a monthly 'rent' may be assessed dependent on the amount of assistance required. Meals, activities and transportation are usually offered. Ask about other offerings, laundry, controlling meds etc.

Another possibility to help make a decision...ask about respite stays. Some facilities offer furnished rooms for potential residents to 'use' for a period of time. There's usually a minimum to maximum number of required days to stay. The 'day rate' could be from \$125-\$175 per day. Ask what the fee includes. It should be the same as a resident; meals, activities etc.

Respite stays are also an option if the family is traveling or out of town for a few days and there's not a care giver to stay with a loved one. Check with the facility well in advance to make arrangements.

#### **II. In-Home Care**

The first question to ask yourself before

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# News

## January 2016 News

2016 is the kick-off year for the revitalized senior outreach ministry at St. Monica; SAGE or Senior Adults Growing & Exploring. This newsletter will provide information concerning activities, volunteer opportunities, suggestions and IDEAS. The ideas and suggestions are from parishioners. When inspiration hits, go to SAGE ministry on the St. Monica website, [www.stmonicachurch.org](http://www.stmonicachurch.org) and give us your suggestion.

This newsletter will also supply information of interest to seniors, of all ages. If there's a specific topic you'd like to know about, send a message through SAGE on the St. Monica's web under ministries. Or email Elaine at [elaine.rwts@gmail.com](mailto:elaine.rwts@gmail.com) or call 904-305-7078.

In 2016 all regular SAGE activities will be held on the last Tuesday of each month from 7:00-8:00 in the Family Center Rm 109. Click the SAGE calendar to view upcoming events. In time, other senior events may be organized for a specific function at a different time, check the SAGE calendar of events and read the bulletin to stay 'in the know'.

## JANUARY ACTIVITY

The first event of the year will be Tuesday January 26, Begin to Organize Your Family History. Carol Kern and Martha Humphries, members of the Association of Personal Historians, will take the mystery out of where and how to begin. Learn how to organize what is important, what to do with all those pictures, print and digital. Consider all the options; produce a book or video, maybe a tribute book is best, plan a project with the kids and grandma. There's a lot to learn.

## TRANSPORTATION REQUESTS

SAGE provides transportation to doctor appointments, shopping and church events. To keep things efficient, transportation is

provided on Tuesdays and Thursdays. When making an appointment or other plans that require transportation and SAGE is going to help, make appointments on Tuesday or Thursday. Plans should be made at least two weeks in advance. Visit the SAGE section at [www.stmonicachurch.org](http://www.stmonicachurch.org) ministries and fill out the request form or call Elaine at 904-305-7078.

## SAGE VOLUNTEERS

To become part of SAGE volunteers, fill out the volunteer form at [www.stmonicachurch.org](http://www.stmonicachurch.org), go to ministries and SAGE or, call Elaine at 904-305-7078.

Presently volunteers for SAGE are 'on call'. If you are interested in helping with transportation the major requirement is to be available to drive on Tuesdays and Thursdays. If there are no requests, no one is called. Other than Tuesdays or Thursdays transportation could be requested for special parish event.

Other volunteer needs would be to help host the monthly SAGE event the last Tuesday of each month. This would require about 3-4 people. Need: arrive early to help set up, greet guests and stay to break down and clean up. About a two-hour commitment...maybe 2.5.

Going forward, if SAGE is sponsoring or helping with a large church event, a planning meeting would be called for those volunteers who want to give their time.

These are volunteer opportunities. You will be notified about a need for volunteers and if you can help...thank you in advance, Elaine

## ST. MOINCA CHRISTMAS CONCERT

St. Monica's Fine Arts Christmas concert, Gloria was held Saturday December 5 at 7:30 pm. It was a full house and they received a full concert! The choirs, orchestra and handbells were conducted by Dr. Jeremy Wirths and Emmanuel Espiritu. They produced a delightful experience for the mind and heart. Not to



mention a few chills running up the spin.

The audience sang Christmas carols as well. An opportunity for everyone's voice to blend in and sound heavenly.

The adult choir's thrilling Rutter's Gloria captivated the audience. The depth of the bass singers coupled with the crisp sopranos was...moving. Add to that the precise percussion supporting the powerful brass orchestra ensemble...well, it was an attention grabber.

The levity changed as the youth choir filed into position to the music of Leroy Anderson's Sleigh Ride. The rhythmic jingling of sleigh bells with the percussionist clap of the whip kept the group moving. The children preformed beautifully, some songs being sung in polyphony. Well done kids!

The adult hand bells serenaded the crowd with Still, Still, Still and March, a piece from the

Nutcracker. Hand bells are beautiful to hear all year, but they add a special touch to the holiday season.

The finale included everyone, audience, choirs, orchestra and hand bells singing and playing a selection of hymns and holiday carols.

The Fine Arts department put on an inspiring holiday show. If you missed it this year. Be sure it's on the calendar next year.

### **TRANSPORTATION TO ATTEND A ST. MONICA PARISH EVENT**

If you would like to attend a church function but do not have transportation; fill out a request for transportation two (2) weeks in advance on the SAGE ministry page at [www.stmonicachurch.org](http://www.stmonicachurch.org) or call Elaine at 904-305-7078.

### **DINNER THEATER JANUARY 30TH**

The St. Monica Choir puts on a yearly theater musical. It's early this year, Saturday January 30, 2016. A matinee at 2:30 and a Dinner Theater at 6:00. The theme this year, When You Wish: A Popular Music Review. More details will be published after the holidays.

### **A HEADS UP TO FEBRUARY EVENTS**

It's not yet Christmas, but take a look at February and mark your calendars on the wall or in your phone. Tuesday February 23 from 7:00-8:00 pm the Alzheimer's Association will give a talk for the SAGE February Sr. Activity. Saturday, February 13, the St. Monica's Fine Arts will hold an Organ Concert featuring Richard Elliott. Organist for the Mormon Tabernacle Choir...here at St. Monica's! Get your tickets early. Watch for more details in January.





## CHOICE FROM PAGE 1

the decision to select In-Home care, Is the best level of care being provided at home? This decision is best answered by a care manager. Contact the Dallas Area Agency on Aging, 214-871-5065. They're located at 1349 Empire Central #400, Dallas 75247 in the 35N and Mockingbird Lane area.

This agency will answer questions about elder care and responsibilities. As well as all local senior services offered in the Dallas area from Meals on Wheels to Sr. Day Care.

A care manager will meet with the family and the individual at home to review and assess health issues, the home and the family's plan for care. Things to be considered, is the home capable of handling the individual's needs. Is the home 'patient friendly'? Besides ramps for wheelchairs, all scatter rugs should be put away. Can bath

needs be met, meal preparation, distribution of meds etc. The care manager will make an assessment and recommendations.

### Home Healthcare

Sometimes one parent is the caregiver for the other in their own home, but could use some assistance. Home Healthcare Agencies offer non-medical help in the home. When checking these agencies have a list of questions about their services, hours, rates (some require a four-hour minimum) as well as skill level and expectations of the hired caregiver. Request to interview the caregiver. A caregiver may have a CNA license. This level of care is usually a self-pay situation.

Agencies offering skilled assistance will have a higher rate but can provide skilled nursing which covers administration of meds, wound dressing and fulfilling doctor's orders. Depending on the service, skilled assistance is usually covered by insurance.

At times, an in-home situation may require skilled and non-skilled coverage. Nurses fulfill orders only. They do not provide further in-home care.

There are several care manager or life-care manager agencies in existence. They can be hired to make a single assessment or continue to make calls with the patient to assess how they are feeling, then relate those feelings to the family. It may be well worth the investment if there is any doubt as to 'what to do next'.

**Note: Marjorie Haba, besides being a St. Monica parishioner, her profession is an Independent in-home companion. She provides in home non-medical services for seniors. She can be reached for more information about her services and background at 214-352-2554.**

