Welcome to the second edition of Home Instead Senior Care’s quarterly newsletter, Quarterly Care...

We are involved in the communities we serve working closely together with the Alzheimer’s Association from our recent team participation in the Putnam County Memory Walk 2010 to the numerous, successful decluttering talks featuring the “Bring and Bless” sweeping Westchester County being met with enthusiasm and gratitude.

Committed to being a senior resource center, this quarter’s insert is a Caregiver Support Group list for Westchester and Putnam Counties, and please be sure to check out our Client Testimonials found on the back page.

Lastly, if you haven’t seen Mary Maxwell’s popular video - a heartwarming and humorous invocation about aging - that has received more than 3.5 million hits on YouTube, check it out on our website at HomelInstead.com/557.

Thank you for all the positive response to our first newsletter. Any questions or comments, please contact me by phone at 914.997.0400 or email at Roberta.velichko@homeinstead.com.

Serving with compassion, Roberta Velichko…
Community Relations Representative, Northern Westchester, Putnam, and Dutchess Counties

WEB SITE

Please visit our Web site at HomelInstead.com/557 to view:

• Our digital brochure including a coupon for “Two Hours of FREE Caregiving”
• Client Testimonials
• A Caregiver Support Group in your area …
• Senior Care Resources You Can Trust including links to:
  - Alzheimer’s Association, AARP, Lifeline
  - National Academy of Elder Law Attorneys
  - National Family Caregivers Association and American Society on Aging
• AND the Mary Maxwell Video - a heartwarming and humorous prayer by Mary Maxwell about the challenges we face as we grow older.
  This video has over 3.5 million views on YouTube!
HOME INSTEAD SENIOR CARE PARTNERS WITH ALZHEIMER’S ASSOCIATION

WORKING TOGETHER

The Alzheimer’s Association provides supportive programs and services to help people with Alzheimer’s and their caregivers deal with the disease and its impact on their lives. Each chapter in their nationwide network offers services which include care consultation, support groups, safety services, education, and referrals. That’s where we come in.

When a CAREGiver is needed on an hourly or live-in basis, HIS&C can help. We understand the stress upon families when caring for a loved one with Alzheimer’s disease. We will do everything we can to help starting with a FREE, no obligation assessment to create a plan of care. Our fully screened, insured, and bonded CAREGivers are specifically trained and experienced with Alzheimer’s care and typically can be placed within 24-48 hours.

Terry Kean, Special Events Manager, Rhonda Schreiber and Alice Feintuck, Care Consultant at the Annual Research Seminar presented by the Alzheimer’s Disease Assistance Center and Alzheimer’s Association of Hudson Valley

MEMORY WALK 2010

Since 2007, Home Instead Senior Care has partnered with the Alzheimer’s Association in the fight against Alzheimer’s disease. This year alone, Home Instead Senior Care franchises formed 233 teams raising over $200,000 across the country. This year for the first time, our office formed a team with 18 members raising over $1,100. Our team consisted of CAREGivers, clients, family and friends. Thank you to all whom participated.

“Our CAREGivers drive, but today we all walk.”

CAREGIVER SUPPORT GROUPS

Alzheimer’s and Non-Alzheimer’s Caregiver Support Groups in Westchester/Putnam

Adult children are often called the sandwich generation caring for their own children and aging parents being “sandwiched” in the middle of the two also with their own responsibilities of home and job. Being a family caregiver can be very stressful and demanding even with the help of a Home Instead Senior Care CAREGiver. The fellowship and support of a caregiver support group can help.

Committed to being a resource center for your seniors’ needs, this quarter’s insert is a list of Caregiver Support Groups in Westchester and Putnam Counties, including both Alzheimer’s and Non-Alzheimer’s Caregiver Support Groups. You can easily make additional copies for your clients/patients and/or find it online referring folks to our website at HomeInstead.com/557.

ALZHEIMER’S ASSOCIATION CONTACT INFORMATION

Westchester/Putnam Regional Office 914.253.6860
Putnam Point of Service 845.278.0343
Dutchess Regional Office 845.417-2655
1.800.872.0994
1.800.272.3900 (24 hour contact center)
Quarterly Care “We Care • We Connect”

www.alz.org (national website)
www.alz.org/hudsonvalley (chapter website)
info@alzhudsonvalley.org
Decluttering Talks featuring the “Bring and Bless”

In addition to offering nonmedical services to seniors specializing in assisting them to stay in their homes, HISC has a public education component to its business which includes top US experts in their fields extensively researching and sharing about senior care issues families face today.

In a warm and welcoming manner, Community Relations Representative Roberta Velichko is leading interactive talks on decluttering throughout Northern Westchester County encouraging seniors’ participation and open dialogue about why seniors hang onto stuff and ideas on how to get rid of the stuff. Arriving with items in tow ranging from pocketbooks, artificial flowers, old magazines, dessert plates, and a magazine rack, the afternoons are filled with fun and laughter. No senior is sure to fall asleep!

With the goal of getting seniors interested, engaged and purging, Roberta invites all to participate in the “Bring and Bless”. Seniors are encouraged to bring one item they no longer want, use or need to the event. After learning about the item, how the senior acquired it and why they were now ready to part with it, the group collectively decides where each item should go – in one of three large plastic bins labeled – Keep, Donate, or Trash. With the donors' permission, items are placed respectively in the bins.

Redefining success, the idea is to get the senior moving in the right direction parting with even a few items, and start small. Some helpful hints to continue decluttering at home include partnering with a friend, rewarding yourself with lunch at your favorite tearoom, and racing against time, with care and caution, to finish decluttering one shelf before Frank Sinatra’s “My Way” is over.

Liz Dieter, Director of Mt. Kisco Senior Center shared, “Everybody had a great time. Roberta was motivating and a ray of sunshine. Everyone learned a lot, felt lighter when they left. We got a lot of great hints. I received many compliments about the day.”

Community Relation Representatives Rhonda Schreiber and Roberta Velichko are available to speak with your group on a myriad of senior care issues families face today. Please contact us by phone or email to schedule an event.

1. Senior Group at North State Street in Briarcliff Manor hosted by Stacey Nielsen of Family Services Westchester and Hannah Gross of Livable Communities Center
2. St. Joseph's Seniors of Croton Falls
3. Director Liz Deiter and Seniors of Mt. Kisco Senior Center
4. Wilfred Pinna and John Correnti of Springdale Apartments Senior Group
Dear Roberta,

I would like to take this opportunity to thank you along with the Home Instead Agency for all the caring and thoughtfulness you have shown us while going through this difficult time with my mother who is very ill with Congestive Heart Failure.

The Office of the Aging suggested this agency and I could not have made a better choice. You helped me in ways that I could never have done on my own. Just your tender caring way from the first time I met with you made my decisions bearable.

I especially would like to thank the aides Joan, Annie and Laurie that you have sent to us to care for my mother. They have been caring and loving to my mother and because of that I could go to work knowing that she is in good hands.

I would especially like you to know just how wonderful Joan Arnold has been. She has gone way above the call of duty. I have seen her patience and kindness while caring for my mother since she has been in the hospital and rehab center. She sits with her and strokes her hand and talks so gently to her. At times she is the only one that can calm her down. Just watching her shows that Joan takes this more than just a job, it is very personal to her. I really feel that she is a wonderful asset to your agency and she should be commended for the outstanding job that she has done. Without her I don’t know what kind of condition my mother would be in. There are not enough words for me to thank her for all that she has done for my mother. To quote my son, “Joan is an angel for the way she takes care of my grandma.”

We will never forget the kindness, professionalism, and love that you have shown my family.

Thank you all for all you have done for us!!!!

Lynn D., Cold Spring, NY

- "We have been very pleased with the services provided by Home Instead. They have given our mother excellent care and us peace of mind. Everyone has been a pleasure to work with and most accommodating." Luann M., Putnam Valley, NY

- "Home Instead has always been great to my Mom. We count on them when I can’t be there. They are the best thing that ever happened to my family and I highly recommend them. Michael S., Yorktown Heights, NY

- "Daphne and I have a wonderful time together. She is wonderful and I am so grateful. I appreciate all that she does." Vivian S., White Plains, NY

- "Thank you for sending a very warm, caring companion. I am most grateful for her care and especially to know that I am not alone." Winfred G., Riverdale, NY

- "We wanted to thank you for the fine service that you supplied, and let you know again the Home Instead stood head and shoulders above the other agencies in the Westchester area that we had used. Consistency in the form of the same CAREGiver showing up each week, and the dependability that results from each of your CAREGivers having their own transportation are two of the main factors that set your agency apart from the rest. That certainly goes a long way toward making a difficult situation more bearable.

Rest assured that as a result of having such a positive experience with your agency, we will certainly be recommending Home Instead Senior Care to any friends and acquaintances that require this type of assistance. Again, thanks for all of your help." Pete D., New Rochelle, NY

- "You guys have been great. My Mom loves having somebody to come over to the house and keep her company. It’s been great having Home Instead involved in our lives. Thanks again." Joe C., Yonkers, NY

- "In today’s world, it’s difficult to find caregivers/companions who care, are concerned and truly enjoy what they do. I want you to know you have a “gem” of an employee in Dom Davis. He is delightful, caring, funny and truly dedicated. My husband is so happy on Monday and Wednesday when Dom is coming. They shoot pool, play cards, go to lunch and just talk about "guy" things. Dom is like a member of our family and we love him dearly. You should be proud to have such an employee and hope in some way he is rewarded for going "above and beyond." Very truly yours,"

Rosemary D., Somers, NY

- "Brian--Thanks for all of your help and consideration. I recommend Icema highly. She was my right hand during a very difficult time after surgery." Molly C., White Plains, NY