



SENIOR RESOURCES INFO

Hours

Monday – Friday

8 a.m. – 4:30 p.m.

Phone

563-263-7292

888-667-2026

Fax

563-263-7257

Email

info@sr-resources.org

Website

muscatineseniorresources.com

Facebook

facebook.com/srmuscatine

Christmas Basket Program

Senior Resources' Christmas Basket Program will be providing Christmas Baskets to Seniors this holiday season. Our program is for 60+, low-income Seniors who have no family members to spend time with at Christmas.

Senior Resources is currently looking for businesses, families and individuals to sponsor the Seniors. You may sponsor a Senior by providing items on their "wish list" or donating the items that the agency will distribute. Some of the items that go into a basket include shampoo, toilet paper, paper towels, household items, cleaning supplies, socks, coats and stamps. Cash donations are also accepted. No donation is too small.

If you would like to become a sponsor please call Laura Vargas at 563-263-7292. **No donation is too small.**



When is Home and Community Services a better option than Nursing Home Placement?

Millions of Americans every year are put into the least enviable of any position; they are forced to seek services or even nursing home placement for their aged parents, spouses, or loved ones. Most likely at some point and time each and every one of them has asked, "What could I have done differently?" Even more are forced to struggle with issues of conscience, as they promised their loved ones that they'd never place them in a nursing home. Are there alternatives? Could different choices in the past impacted these hard choices today?

Aging is a part of the life cycle, and all of us at some time have to face that aspect of life. Millions of people worldwide have embraced aging like has never been done in the past. Aging isn't a disease, it's a badge of honor worn proudly. As we age, our minds and bodies change, requiring frequent maintenance and constant upkeep. Every person's threshold is different, but, for all of us, eventually we require assistance from others to complete activities of daily living. Such activities such as bathing, dressing, and shopping or meal preparation can become an incredible burden upon an aged person.

It is usually around this time that the senior citizen in question, as well as those within their circle, begin to seek help with these daily activities. Many times, if there is an absence of Home and Community Based Services within the community, the senior has no alternative but to seek or be placed within a nursing home. To the senior sincerely in need of constant nursing assistance, a nursing home can be a God-send. To the senior in need of a little assistance to get by, this loss of independence, called premature institutionalization, can be devastating, both physically and psychologically.

The challenge becomes determining when Home and Community Based Services (HCBS) are the course to take, and when nursing home placement is the correct course of action. While both can provide comparable services, a nursing home requires that you live within their facility, while HCBS requires that you receive services within your own home. Both nursing homes and HCBS can be paid for by Medicaid. Many people begin HCBS with Medicaid. Once you are on the Medicaid rolls you can remain as long as you like, or, until a time comes when your condition has improved to the point that you no longer need

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Adult Day Happenings & Activities

July

4th of July Party
Karaoke
Bingo and Lunch at the Y
Discovery Center Outing
Fair Days Carnival
Hot Fudge Sundae Party

August

Bowling at Rose Bowl
Polka Band program
Picnic at Discovery Park
Bingo
Western Days Program



September

June's Birthday
Karaoke
Polka Band
Art Museum Outing
Tori's Birthday
Discovery Center Outing



Did you know...

Our Adult Day Center has a **FREE** visit day!

Call today to schedule your visit and see what our Adult Day Center has to offer.

Welcome to our newest team member, Mike Harfst. Mike will be working in the Adult Day Center.

SHIP and Open Enrollment

Mark your calendar!!! Open enrollment for Medicare Part D is coming up!

October 15 thru December 7 is the time to choose, change or drop a Part D or Medicare Advantage plan for 2017. Your selection will be effective January 1, 2017.

If you have a plan now, watch for your Annual Notice of Change. You should receive it by September 30. It will explain plan changes for next year, premium, deductible, co-payments and drugs covered.

If you would like to schedule an appointment for open enrollment, please call Diane or Laura at (563) 263-7292 and we will give your info to one of our five SHIP counselors who will return your call to set up an appointment.



Consider Volunteering

The weather will soon be turning cold and the need to get a hot, nutritious meal to a senior in need will be even more important. We need more volunteers to help deliver these meals at this time.

Some of our current volunteers head south for the winter; lucky them! That leaves a void in people to deliver these meals that are so important to our loved ones health and well-being. There will be more seniors needing a meal delivered during the winter months as they cannot easily get out.

If you, or someone you know, would like to become a volunteer and help deliver these meals, please give Diane a call at (563) 263-7292 and she can give you more information. We truly appreciate all the volunteers who help deliver these meals.

Please consider helping with this wonderful program!



Is your home ready for winter?

If not, Senior Resources can help!

Our Home Repair Specialist can:

- ◆ Change Furnace Filters
- ◆ Remove Air Conditioners
- ◆ Put Plastic Over Windows
- ◆ And Much, Much More!!

Call Todd H. for an appointment today at (563) 263-7292.

Seniors are required to pay for all materials needed to complete the repairs. A sliding fee scale is used to calculate hourly labor rate. This program serves **ALL** of Muscatine County.

COUPON

One FREE Hour of Home Repair Service**

Customer must be age 60 or older. Seniors are required to pay for all materials needed to complete the repairs. **Coupon good for new customers only.

Phone (563) 263-7292

Dates to Remember

November 24 & 25

December 23 & 26

Senior Resources' office will be closed on these days, however, Meals on Wheels will be delivered. Please call to cancel your meal if you will not be home.

*DEDICATED TO SENIORS
COMMITTED TO CARING*

Our Mission

Senior Resources' mission is to promote and provide programs to enhance the quality of life of our 60+ seniors in Muscatine County.

Services provided by Senior Resources are fully funded, or funded in part by:

The Iowa Department of Health
Muscatine County

The City Muscatine

The United Way of Muscatine & Wilton

Donations

Fundraisers

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assistance. This makes transitioning to nursing home care easier. Medicaid is the payer for both services, you simply switch from HCBS to nursing home care.

To determine when HCBS is a better fit than a nursing home, it has been our experience that a team approach is often the best course of action. One of the team members should be the physician of the person needing assistance. If you or your loved one has not seen a physician in a while, and you believe you or they make need some assistance, please schedule a doctor's appointment and take their counsel seriously. Family and friends that are trusted members of the persons' "circle" should also be included.

Direct observation should be one of the top tools employed. Again, experience tells us that members of the generations that comprise the elderly in this country are generally resistant to assistance. They do not want to be seen as a "burden" or not being not capable of "carrying their own weight". An honest assessment of what the person can and cannot do to take care of themselves is essential to determining what service(s) is best for them. Can they manage their own money? Can they groom themselves appropriately? Can they maintain their home and property? Are they capable of operating a stove or oven without supervision?

Other questions to put forth about the person needing assistance is how much support around them do they have? Do they have involved family members local and accessible? Does someone they trust handle their lawn care? How are they getting lunch every day, does a family member stop by and help? Have they left home and became confused not knowing where they were? Can they drive? Are their living conditions in terms of cleanliness and maintenance acceptable? Would these conditions meet the standards of the person 10 years ago?

A person requiring extensive assistance with everything, having little support around them, is more often than not appropriate for nursing home placement. Minimal to no support for a person requiring extensive assistance is a recipe for disaster. While nursing homes are often seen as the least desirable of choices, they are necessary and are an important part of the healthcare delivery system.

A person requiring a little assistance is best served by Home and Community Based Services (HCBS). The effectiveness of these services is magnified if the individual has a strong support system behind them. Individuals who may be in great physical health, but require some supervision may benefit from an Adult Day Center (ADC). An ADC can provide the supervision needed while the family of the individual served works or tends to other business. Meals on Wheels can provide a hot meal to a person who may not be able to safely cook anymore. Most Meals on Wheels programs provide 1/3 of an individuals needed nutritional intake in one meal. A Chore program can manage home maintenance tasks such as cleaning, lawn care and snow removal. These tasks can be dangerous to a person who has had cardio vascular issues in the past.

In summary, when deciding to seek assistance for an individual, it is important to have as much information as possible. This information should come from direct observation as much as is practical or possible. Information about the person's environment and support system are critical aspects to of the decision making process. When all of the facts are assembled, the bottom line, the most essential of the questions asked is this; how much of this person's independence and dignity can be preserved while keeping them safe? Aging in place, meaning being allowed to age in the place of your choice with dignity, is the most commonly sought outcome for seniors. Home and Community Based services quite often prove to be the most appropriate and cost effective way to manage a person's care in the privacy of their own home.