

TiNT Together in Transition

Opening the door for seniors in transition



Issue No. 3, Volume 1

April 30, 2009

Together in Transition Today



Dear Catherine,

It's hard to believe April is almost over. During April in Los Angeles, I love seeing my garden come alive with blooms, fragrances, bees and butterflies. It makes me remember how my parents and grandparents influenced my love of gardening and the outdoors. For example, my Grandpa Fritz always had big yellow tart grapefruits he'd pick off the tree in his Arizona backyard. The majority of his garden would be both a geologist's and botanist's delight, with all the varieties of stones, rocks and petrified wood picked up over many trips into the desert, as well as too many cactus' and succulent varieties to keep straight. My grandmother Clark had two big beautiful flowering trees in her yard: one with the fluffy pink mimosa blooms and the other a large magnolia with giant, fragrant blooms each spring. And, almost anywhere out on Texas highways and country areas, the bluebonnet season was the official reminder that spring had begun.

I'm not sure why I ended up loving gardening so much - was it

In This Issue

7 Most Important Things in Choosing a Senior Community: #3 - Financial Considerations



Quotes for the

Sage Agers

I'm very pleased with each advancing year. It stems back to when I was forty. I was a bit upset about reaching that milestone, but an older friend

part of my genetics, or just the straightforward pleasure I have in getting my hands in the soil, seeing living things that have been bare and dormant come back to life and enjoying the visual feast they provide for my eyes? In any case, I'm thankful for the opportunities to connect my past influences with the present and being grateful for these blessings.

Here's hoping you enjoy Spring and it's natural blessings, wherever you may be.

Sincerely,

Catherine Fritz
Senior Residential Transition Specialist

Featured Article

7 Most Important Things to Consider When Choosing a Senior Community

In the next 4 issues of the newsletter we'll be highlighting in detail the critical factors to be aware of when making a choice in a senior community.

The 7 factors to consider are:

1. Agreement about moving into a senior community
2. Level of mobility and cognitive awareness
3. Financial considerations
4. Location
5. Long-term requirements
6. Management and staff experience
7. Reality check on senior community

For this edition in April, we'll discuss issue #3:

FINANCIAL CONSIDERATIONS

consoled me. 'Don't complain about growing old - many, many people do not have that privilege'

----Earl Warren, Chief Justice (1891-1974)

Together in Transition Today News

Advisory Packages

One of the newest services offered by Together in Transition are Advisory/Consulting packages to Boomers and caregivers all over the U.S. If you or other friends/family are struggling with the decision around a loved one's transition into a senior community, Together in Transition can help! We currently offer individual packages on Residential Transition Planning for Mom and Dad, or other elderly loved ones. You can live anywhere in the U.S. and we will counsel and advise you through the process of completing your own or a loved one's residential transition into a great senior community. To see description, benefits and costs of our individual advisory packages, please click on: [Together In Transition Today](#) to access our package information.

In looking at the different factors involved in choosing a senior community, one of the more critical and most surprising to much of the population, is that of financial considerations when selecting a senior community. Questions that need to be discussed openly between parents and adult children can include "What is the budget for long-term residential care?", "Will the parent or the adult children pay for the residential care, or will it be covered by MediCare/MediCaid?", and "What plans have my parents made financially for their long-term care?"



This is one of the most delicate issues, but one that has to be openly discussed to ensure appropriate financial planning. At this stage, 95% of all independent and assisted-living communities are private pay, meaning either the senior or the adult children will cover the residential expenses. If the elderly family member has planned ahead, long-term care insurance may provide residential care benefits payments for the senior's residential expenses. Many independent and assisted-living senior communities are available on month-to-month rental agreements, which generally includes their meals, social activities and some transportation to doctors offices, shopping areas and/or senior community centers. Housekeeping, laundry and medical oversight are usually offered at additional monthly expenses.

If a family member chooses a CCRC (Continuing Care Residential Community) there is usually an additional option available called asset assignment, in which the individual assigns a minimum level of assets to the community, and the community will in turn care for your loved one through the end of their life, whether the assets last the lifetime or not. The asset amount is calculated using actuarial tables, current age, current and projected health conditions and current income levels. If the loved one dies before the assets are used, the remaining unused assets can be disposed of in different ways: 1) especially if the CCRC is a non-profit organization, the remaining assets will many

Also, [click this link](#) to register for a free subscription to our electronic newsletter **Together in Transition Today**. You'll receive free bonus information, including a **Worry-Free Report: "What Every Baby Boomer Needs to Know About The Six Major Types of Senior Residential Communities"** and a **Free Audio Interview: "Navigating the Confusing Differences Between Senior Residential Communities."**

Next Issue

FEATURE ARTICLE

7 Most Important Things in Choosing a Senior Community: Issue # 4 - Location

CAREGIVER AND SENIOR RESOURCES
Emergency - Disaster Planning

COMING SOON!

- **Launch of Together in Transition Today's blog, which will feature my thoughts and experiences working with caregivers or seniors**
- **Local Residential Transition Packages**

times become part of an endowment or capital for the community to continue maintaining their infrastructure, and to support lower income resident's needs, i.e charitable donation; or 2) the remaining assets are returned in part to the deceased family member's estate.

And finally for nursing homes or SNFs as they're known in the eldercare community (skilled nursing facilities), there are generally several options: private pay, Medicare, Medi/Medi (Medicare/Medicaid sharing costs) or Medicaid. It's best to inform yourself or consult a specialist in this subject area of the Medi/Medi or Medicaid qualifications as there are strict limitations on levels of income and asset values that an individual can maintain.

The most important thing is open discussion and planning in advance of long-term residential care needs.

Resources for Caregivers and Seniors

One of the issues that many senior family members living on their own in their own home or apartment are concerned about, especially in current financial times, is meeting all their living expenses on a fixed income. Although many seniors may be 'asset rich', having fully paid off their homes, they can still be 'cash poor' if living off of a limited income of Social Security, company pension, etc. Children of senior parents should be aware of some great INCOME ASSISTANCE programs that are offered through your local city, county and/or state agencies. This is true across the country, whether your loved one is in Los Angeles or Hoboken.

Typically the type of companies that offer low-cost programs to individuals in need include the traditional land-line phone companies and utility companies, The easiest way to learn what may be available in your elderly loved one's community is to either review monthly phone and utility bills, or call the toll-free numbers to be directed to their programs for low/limited income individuals. Many times the programs are referred to as "LifeLine" programs. Generally, the phone and utility companies can qualify the individual over the phone and will send out a letter to be filled out, signed and returned to the agency for their records. They generally don't require proof of income, i.e. tax returns, but ask that people use the program on an 'honor system'. Don't hesitate to access these programs if your loved one is feeling stretched economically - - these are subsidized by taxpayers and the federal government, for those in need of a helping hand.

in Los Angeles, CA

New Toll Free Number

1-877-500-5779



Together in Transition

About Us

Catherine Fritz, owner and founder of [Together in Transition](#), is a Certified Senior Advisor and expert in senior residential transition issues. She is experienced in resourcing new residences for seniors moving from their long-time homes into senior communities, in downsizing their household, in supervising the move and in creating a home-like setting in the new residence.

While observing her parents serve as caregivers for different elderly family members, Catherine became aware of the growing needs of our current and future senior population, and the challenges that they face during different transitional stages, and so Together in Transition was born.

Her skills and experience in leadership and communication, effective project management, avocation for others and attention to detail, combined with a compassionate kind nature, results in someone with unique abilities to opening doors for seniors in transition.