



# Together in Transition

Opening the door for seniors in transition



Issue No. 4, Volume 1

September 1, 2010

## Together in Transition Today



Dear Catherine,

We're coming to the end of our true summer days, with some parts of the country still sweltering through continuing record heat, while others like us on the west coast are experiencing one of the coolest summers that anyone can recall. Kids are reluctantly finishing their summer breaks and families are squeezing in final vacation time.

One of my favorite summer 'things' this year has been the abundance of free entertainment for evenings and weekends: music concerts, Shakespeare in the park, childrens' theater - too much to choose from! Even with the very challenging financial issues governments, organizations and individuals are continuing to experience, it's encouraging to me to see that these important art and cultural activities are still managing to flourish. I imagine in times like these, they probably have even more participation and attendance because so many more people are looking at how to enjoy nice activities that

### In This Issue

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



### Quotes for the Sage Agers

On turning 80,  
Bob Hope had  
this to say:

don't cost an arm and a leg. Some of my best memories growing up were packing a picnic and big blankets to enjoy Shakespeare in the Park with my family by the Trinity River in Fort Worth, TX. These days, I enjoy free concerts by the water in Marina del Rey, as well as the Children's Theater put on by Culver City Community Theatre (yes, even adults sans kids are encouraged). So, see who you can grab in the next few weeks before the official end of summer: a group of friends, your kids, your parents, some neighbors, etc. Take a basket of goodies, blankets/lawn chairs and forget the 'smart phone' for a few hours. I guarantee you'll be happy you did!

Here's hoping you enjoy the final days of our summer season and all it's opportunities to connect with family, friends and community.

Sincerely,

Catherine Fritz  
Senior Residential Transition Specialist

## Featured Article

# 7 Most Important Things to Consider When Choosing a Senior Community

In the next 3 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

"That's the time of your life when even your birthday suit needs pressing."

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

3. Financial considerations
4. Location
5. Long-term requirements
6. Management and staff experience
7. Reality check on senior community

For this edition in August, we'll discuss issue #4:

#### LOCATION



How important is a location close to the family for your loved one? Will you be visiting several times a week, on weekends or periodically as time allows? Are your parents still active and social, and eager to participate in activities with other residents or at a senior community center?

Your conversations together about these issues will help you find the best location for their needs first, not yours. There may be an ideal residential community for their needs and activities they're interested in, but a bit further away from you than ideal; however, if your parents are independent and able to integrate into social settings with enthusiasm, the better choice is one in which their primary needs and activities are best met. Who knows - - they may be so busy, they won't have so much free time to visit? On the other hand, if your mom or dad is shy, introverted or enjoys individual activities better, as well as depends on regular visits from you and your family, it will be very important to choose a convenient location that can meet the important factors in their residential needs as well as allow frequent visits together.

Depending on your proximity to any metropolitan area of a minimum size of approximately 15,000 people and with a hospital within close proximity, there will almost without fail

**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.**

**Also, [click this link](#) to register for a free subscription to our electronic**

be a Convalescent/ Skilled Nursing Facility and Assisted Living Communities. The latter are developing at a phenomenal pace, even with the housing crisis. If location is important so that family members can visit with regularity and convenience, there is usually some viable option to accommodate no matter where your loved one lives.

The most important thing is open discussion and planning in advance of long-term residential care needs. If your parents are still alert and able to make decisions, involve them directly in this process. Their input is critical for the best choice to be possible and to ensure their cooperation and enthusiasm.

## Resources for Caregivers and Seniors

Did you know that many metropolitan areas offer opportunities for seniors to enter or return to the job market? Through Federal Title V legislation, municipal agencies provide part-time on-the-job training for seniors. Through partnerships with non-profit community organizations, the Senior Community Service Employment Program (SCSEP) provides training to prepare participants for employment in a variety of industries, including finance and business services, health care, tourism, electronics manufacturing and retail distribution. The seniors earn a subsidized wage, as they work toward unsubsidized employment. Qualifications for the program include:

- Age 55 or older
- Resident of the City of LA (for example)
- Within Federal low-income guidelines
- Unemployed

For more information contact your local Department of Aging and ask for the Senior Community Service Employment Program contact. In Los Angeles, call (800)510-2020.



**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**  
**# 5 - Long-term**  
**requirements**

CAREGIVER

## 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.

## 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 and seniors**
- **Local Residential Transition Packages in Los Angeles, CA**