



Together in Transition

Opening the door for seniors in transition



Issue No. 7, Volume 1

February 27, 2011

Together in Transition Today



Dear Catherine,

Here in Southern California, we're preparing for another atypical cold front with lots of rain over the coming weekend. It seems there's been lots of harsh strange weather across the country this season, doesn't it?

I'm not sure if it's because of the off-and-on rain keeping me inside or just sick of looking at the piles of paper, but something has helped me finally start organizing and purging lots of paperwork, closets, boxes, etc. I think one reason I'm being more successful this time more than others is that I'm not trying to do it all in one or even two days. It's been fitted in between work, appointments and other

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Quotes for the Sage Agers

"Age is an issue of mind over matter. If you don't mind, it

routines. I'm not done yet, but the end is in sight. And, I have to say, it feels really, really good.

Hope your February ends with you feeling a sense of accomplishment over a particular task, goal or project!

Sincerely,



Catherine Fritz
Senior Residential Transition Specialist

Feature Article

7 Most Important Things to Consider When Choosing 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

In this final issue in the series, we'll be highlighting in detail the seventh critical factor to be aware of when making a choice in a senior community:

[Reality Checks: Varying Your Visits](#)

doesn't matter."

--- Mark Twain, author

Next Issue

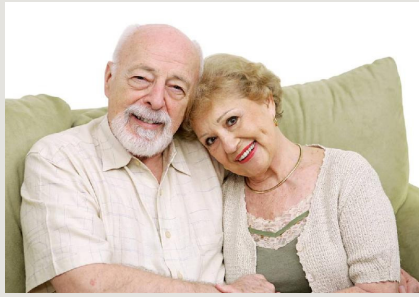
FEATURE ARTICLE

Understanding Categories and Options of Senior Communities: Issue # 1 - Active Adult and Independent Living Communities



CAREGIVER AND SENIOR RESOURCES

Telephone Topic Series for Isolated Seniors and Caregivers, featuring Family Care Partnership of Greater Hollywood



One of the most important decisions is how the location feels both during regular business hours as well as evenings and weekends. Before making a final decision about a senior community you're interested in, it's important to make unannounced visits, especially if they can be planned outside of traditional visiting times. Pay special attention to both the verbal and non-verbal interactions between staff and residents.

Staff and to some degree residents are on their best behavior trying to make the property look as positive as possible when a prospective new resident is touring the facility. Don't you wonder if it feels as comfortable, safe and welcoming when the administrator, executive director and sales staff aren't on duty? Here's a few suggestions for important things to observe:

- Do you see the same level of care, concern and support for residents during this time as when you made your first visit?
- Are there residents who appear 'alone', disengaged or unattended?
- Do you see any safety or service issues that would concern you for your family's well-being?

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

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,

- Do you notice a greater number of residents who are left alone in their rooms and not engaged in group social or health activities as on your first visit?
- Is there any change in attitude in how the staff interact with the residents when directors & supervisors aren't around? Do they appear genuinely interested, patient and compassionate in their interaction with residents?
- Do the residents behave in a calm, non-anxious manner with the staff and their peers?

There are many fine senior communities out there and any facility can have an 'off' day, when Murphy's law seems to reign. However, if this feeling of uneasiness happens more than once, I strongly recommend respecting your intuition and continuing your search. It's a big process to move into any new residence - - make sure the one you choose will meet as many of the social, health and well-being needs of your family member before making a big commitment.

Be aware of how you feel upon leaving the facility after these unannounced visits outside of regular hours. If your parent that is considering the community is visiting it with you, ask open-ended questions about their thoughts about the community after the visit. Did you both see the same level of care and concern when you visited in the evening or on the weekend, as when administrative staff may have accompanied you on a tour?

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 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."

As always, I'll emphasize that open discussion and planning in advance of long-term residential care needs is the ideal. 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

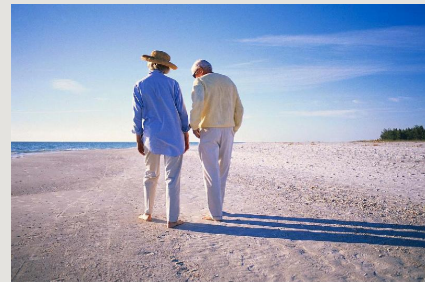
Are you familiar with a fantastic resource called Multipurpose Senior (or Community) Centers where you live? In major metropolitan areas, either city or county agencies generally fund fully-staffed community centers whose primary function is to provide community opportunities, especially to senior adults. They are typically in a centrally-located area of a city district and along major routes of transportation. The facilities have a variety of programs to meet the social, health and well-being of their older adults.

Some of the programming that is typically offered through the multipurpose senior centers include daily low-cost congregate meals, physical fitness areas or exercise classes to maintain health and mobility, educational lectures on a wide variety of topics, including legislation, entertainment, history, trivia and more. Additionally, agencies focusing on chronic diseases such as diabetes, cardiovascular disease, arthritis, etc. frequently establish series of classes at the MPCs for those interested in improving their quality of life through better healthy living choices.

One of the most beneficial aspects of the multipurpose senior centers is the ability to connect a loved one with a knowledgeable, licensed social worker who specializes in

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

evaluating seniors physical and psychological condition, and make recommendations on improving them. Monthly 'check-in' appointments are frequently established in order for an objective outside contact to report on the senior's continuing conditions.

Contact your local Area Agency on Aging, to learn where the closest multipurpose senior center is for you or a family member. Look on your city or county government's website and search for their Dept. of Aging, Senior Resources, etc. You should be able to eventually find a complete listing by area of the multipurpose senior citizens in your neighborhood. Here's some helpful links and phone #s to find yours in the metropolitan Los Angeles area: City of Los Angeles Dept. of Aging: <http://aging.lacity.org/program-services/multipurpose.cfm>

and their toll-free # for connecting to all senior services: [800-512-2020](tel:8005122020)

so **Together in Transition** was born.

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

**Together In Transition
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