

Together in Transition

Opening the door for seniors in transition



Issue No. 1 Volume 1

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Together in Transition Today



Dear Catherine,

Can you believe it's already February 2009? We've celebrated the New Year, recognized Dr. Martin Luther King's holiday and witnessed a new, historic presidential administration take office. And in 2009, at the same time at the start of a new year when we traditionally have hope, set goals and are excited about the future, our country is faced with a financial crisis the likes of which have not been experienced in decades.

It's precisely during these times that I see families drawing together, and trying to do their part in conserving resources and supporting each other. It makes me remember stories from my grandparents who lived in southern rural Texas during the Depression. America's elderly population that lived through that economic crisis can be a source of advice, information and uplifting stories on how they 'made it

In This Issue

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Quotes for the

Sage Agers

Like a morning dream, life becomes more and more bright the longer we live, and the reason for everything becomes more clear. What has puzzled us before seems

through'. If you have a loved one around that experienced the Depression or World War II, why not have a family night sharing their experiences, especially with those of us that may not understand the level of sacrifice that was made on a daily basis (Hint: ask about how they handled sugar and gas rationing)? I can guarantee it'll be both eye-opening and entertaining.

Sincerely,



Catherine Fritz
Senior Residential Transition Specialist

Featured Article

7 Most Important Things to Consider When Choosing a Senior Community

In the next 7 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

Agreement about moving into a senior community

Helping in the decision with an elderly loved one to move from their long-term home into a senior community is one of the most difficult during one's life. There may be denial, resistance and outright anger



less mysterious, and the crooked paths look straighter as we approach the end.

--Jean Paul Friedrich Richter

Together in Transition Today News

Coaching Packages

One of the newest services offered by Together in Transition are coaching 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 coaching 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 coaching 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

directed at you as the caregiver for your concern for their safety and well-being. But there are some things that you can prepare for through on-going conversations with mom and dad or Aunt Marie.

[More...](#)

Resources for Caregivers and Seniors

Did you know that every major metropolitan area has a fantastic resource for your elderly loved one to connect with others and stay active? They are known by different names in each community but may be called a senior Multi-Purpose Center, Senior Community Center, etc.

Counties and cities receive funding from the federal government to make these facilities available to seniors for many services. Some offer low-cost daily meals, educational lectures, social outings to community and cultural events, fitness centers and licensed certified social workers. The social workers are an incredible resource as they can serve as 'case managers' who maintain contact and relationship with the senior and can be aware of their health, mental and emotional conditions.



To find the senior community closest to you, try going to your local city or county website, and search under Services, Community and Senior Services and then look for

Community Centers.

Also, don't forget the wonderful private agencies/foundations that may offer additional support and services for seniors that you can access. We will highlight some of these in the future. Many of these offer services for seniors as well as support groups for caregivers.

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

7 Most Important Things in Choosing a Senior Community: Issue # 2 - Level of Mobility and Cognitive Awareness

LifeLine ID device for seniors living alone.

Launch of **Together in Transition Today's blog**, which will feature my thoughts and experiences working with caregivers and seniors.



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.