

# Together in Transition

Opening the door for seniors in transition



## Together In Transition Today

Volume 2, Issue 1

**February 22, 2012**

Greetings!

Well - - without telling you exactly the number of years which I recently celebrated for my birthday, I'll give you a hint that I just received my invitation to join a popular seniors association known as AARP. Ha! It doesn't bother me a bit, as I'm a firm believer in we're only as old as we feel we are. I still remember vividly my days at college, graduate school, 1st - 2nd and 3rd jobs as if they were a few years back. So, I'm not worried too much...

I will share that I came up to a certain dilemma at this 'BIG' birthday, as everyone kept asking me "what BIG thing are you going to do for your \_\_\_th birthday? I struggled and struggled and really couldn't decide on a single 'thing' or event that I wanted to happen. So, I ended up sharing an awesome day with a girlfriend and my parents for brunch and afternoon of classical music at the Dallas Symphony. For those of you that knew me many moons ago, I was an avid violinist then, and hearing that style of music energizes me in a special way. In the end, I decided on two things for this BIG birthday: One is to follow my good friend Peter Getzoff's advice and celebrate my birthday for an entire month, and Second, is to start my cycling routine in order to build up to an Easter ride seeing the Texas bluebonnets. Now that'll be a celebration!

What did you do on your BIG birthdays? What are some of your favorite birthday memories from childhood? I'll begin sharing some of mine on my blog and would love for you to share your own



Catherine Fritz

Together In Transition



### Quotes for the Sage Agers

"The really frightening thing about middle age is the knowledge that you'll grow out of it."

-Doris Day, Actress

stories and comments!

As always, we are Together In Transition,



**Catherine Fritz**

Senior Transition Specialist  
Certified Senior Advisor  
www.togetherintransition.com

**California Contact Information:**

P.O. Box 661156, Los Angeles, CA 90066

**Texas Contact Information:**

1216 Medina Ct., Whitney, TX 76692

**Phone:** 310-745-2700

**Toll-free:** 888-533-8134

### Six Major Types of Senior Communities

Over the next five issues, I'm going to continue describing the different alternatives in ascending order of the level of care and support provided within that community, **starting with the one providing the minimum level of care and support and ending with the highest level.** The six types of Senior Communities I'll cover include:

1. Active Adult Community
2. Traditional Family Homes: NORCs & ECHOs
3. Continuing Care Residential Community
4. Board & Care Home
5. Assisted Living Facility
6. Skilled Nursing Facility

The first type of senior community that I want to talk about is called an **Active Adult Community**. These are the communities you probably are familiar with that are typically known as retirement communities. They are composed of single family homes, usually surrounded by high recreational opportunities like golf courses, tennis courts, swimming pools, and typically centered around a large community center. The community centers offer a place where residents can attend educational programs, craft classes, fitness programs and usually provide a restaurant/bar or place to come together for meals. If you've ever visited southern California or the southwest region of the country, you may be familiar with the Leisure World or SunCity-type of developments, where large

### News

#### Launch of Blog, WordPress Website and Social Media

On February 7, 2012, Together in Transition dove into the world of blogging and social media. We continuing to build a large community of like-minded adult children, caregivers, seniors, eldercare & health professionals on Facebook, LinkedIn & Twitter and we'll continue to use our blog and these avenues to deliver timely updates on news and resources relating to your needs. We've also expanded our website to reflect newly added services to support our client base. There are new links to all our newsletter archives, book recommendations for seniors & caregivers and a slide-show of our design & residential decor skills for past clients, among other changes. Come drop in for a quick visit to our expanded website here.

#### 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

retirement communities have developed and prospered.

So who are these communities designed for? Highly active, independent, mobile, mature adults that still prefer the prospect of single family home-style community, but with built-in opportunities for an active & outdoor lifestyle. There are generally age requirements (55+ years old) for home purchase/rental and young children as a rule are not allowed as permanent residents (except as visiting grandchildren of course!). People generally choose this option if they still drive, appreciate a higher degree of privacy and prefer not to get 'out into city traffic' since almost all their comfort needs for grocery, pharmacy, hair stylists, postal office, movies and more are all located adjacent to their neighborhood community. Keep in mind also, that these communities are designed for those that don't mind Homeowner Association bylaws for exterior design & upkeep, individual home maintenance and preparing/arranging all their meals.

The Active Adult Community is ideal for newly retired individuals who're looking for ready-made recreation and hobby opportunities in a country-club type atmosphere.

### 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.

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 view description, benefits and costs of our individual advisory packages, [click here](#)

#### Senior Talk Radio

Catherine Fritz featured on February 13, 2012. Click on the icon below to hear the full web radio podcast.

#### Together In Transition Today goes BIMONTHLY in March 2012!

Beginning next month we will publish two issues of our newsletter: our fabulous monthly issue plus a second issue by a guest writer on an important issue for seniors and caregivers. If you're interested in contributing something, see our 'Writers Wanted' block below!

**New Toll-free #:**  
888-531-8134

**Senior Talk Radio**  
interview with



## Together in Transition

**Catherine Fritz**, owner and founder of **Together in Transition**, is a Certified Senior Advisor and expert in senior 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. She also works with families to create interim 'Transition Plans' to help seniors remain independent in their homes, with the added support systems that are needed to do that safely and effectively.

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.

Adam Avery

LISTEN NOW



### Writers Wanted!

Are you interested in writing a guest article for **Together In Transition Today** newsletter? We are currently publishing our newsletter to over 1,500 subscribers and our Facebook 'Friends' and 'Like' status is just under 1,500 and growing daily. Your submission could gain your organization valuable exposure to a wide audience of caregivers, elder-care professionals, adult children and seniors.

[CLICK HERE](#) to review our guest article guidelines.

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