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The Independent Connection[®]

*A Newsletter from Sensible Senior Homecare Agency,
The Independent Living People.*

“Five Wishes[®]” *Aging with Dignity*

Article Written by Janet Meservy, President of Sensible Senior Homecare Agency

I was attending a conference the other day and the speaker said that it's inconvenient to get old. I had never thought of old age in myself or my parents as an inconvenience. Having aging parents was an opportunity for my siblings and me. When I first accepted the fact that my parents were no longer able to do the things of a 50 year old could do, I was a bit intimidated.

Now, after 15+ years I can honestly look back and say “This was an opportunity”. I learned about them, about me, and about the world available to us at this time of life. Just as aging is an on-going process, so learning about this is on going. I plan to share with you my experiences and solutions to problems coming our way as we grow older.

The thing that exasperates me most is the number of opportunistic people and programs available to meet the needs of the individual business not necessarily the needs of the persons in need of assistance. When talking with children of the elderly I often ask “If you were your loved one, what would you want at this time?” Usually this question causes one to pause and reconsider the proposed solution. Being placed in a home is most often the quick solution. But very often not the wishes of the person being taken from their home.

No one wants to lose control of their life; to have someone else who may or may not know or care what is important to us making life decisions is not something anyone likes to imagine. We at Sensible Senior Homecare Agency purposefully align ourselves with like-minded organizations such as Aging With Dignity. They feel, as we do, that the opportunity and the right to age at home is available to everyone as long as we make our wishes, wants and needs known in a tangible way. It can be at

least as important as having a will to ensure your needs while living are being made known.

Aging with Dignity has prepared a legal document called “Five Wishes[®]” which allows you to list your wishes and desires as you grow older. It lets you say exactly how you want to be treated if you become seriously ill or frail. It was created with the assistance of The American Bar Association's Commission on Law and Aging, and the nation's leading experts in end-of-life care. The decisions you can specify are:

1. The person I want to make care decision for me when I can't.
2. The kind of medical treatment I want or don't want.
3. How comfortable I want to be.
4. How I want people to treat me.
5. What I want my loved ones to know.

It's easy to use. All you do is check boxes, circle directions, or write a few sentences. After you have completed the document with your signature and notarization, you may make copies for your physician, care provider, Health Care Agent, family members, or other loved ones.

Anyone concerned with end of life issues can receive a copy of “Five Wishes[®]” from www.agingwithdignity.org. We also have them available in our offices and can provide help in completing the document.

This is an important step in taking inconvenience out of growing old. We will be discussing more on this subject in future newsletters.

SPREADING HOLIDAY CHEER!

On November 11th, 2009, Boy Scout Troop 465, in conjunction with Sensible Senior Homecare, served a holiday lunch to over 100 seniors at the Upland Senior Center. Scout Leader Joel Morgan said, “This was a wonderful opportunity for us to come and serve the local seniors and allow these good young men the opportunity to serve and spend some time with the local seniors in the Upland Community.” Upland Senior Center Recreation Specialist Nance Blacksher stated, “Our Seniors haven't stopped talking about how much they enjoyed (and yes, would like to adopt some of the scouts!) and how wonderful you were with them”.

With budget cuts affecting so many aspects in the senior community we are pleased to help out where we can. If you are interested in having a similar experience for your center, please feel free to call Sensible Senior Homecare at (800) 288-5720, to schedule some of the free services and events.

QUOTE OF THE DAY

"A government big enough to give you everything you want, is strong enough to take everything you have."

Thomas Jefferson

2010 Census Cautions from the Better Business Bureau

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautions, so as not to become a victim of fraud or identity theft. The first phase of the of the 2010 U.S. Census is under way as workers have begun verifying the address of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

How do you tell the difference between a U.S. Census work and a con artist?

Census workers may contact you by telephone, mail, or in person at home. However, the Census Bureau will not contact you by Email. Never click on a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau.

If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. **However, you should never invite anyone you don't know into your home.**

Census workers are currently only knocking on doors to verify address information. **Do not give your social security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.**

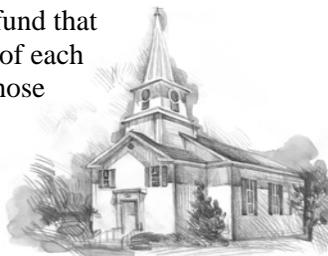
While the Census Bureau might ask for basic financial information, such as a salary range, **YOU DON'T HAVE TO ANSWER ANYTHING AT ALL ABOUT YOUR FINANCIAL SITUATION.**

Remember, no matter what they ask, you really only need to tell them how many people live at your address.

For more advice on avoiding identify theft and fraud, visit [ww.bbb.org](http://www.bbb.org)

Are you a Church member?

We have established a fund that will donate 15 minutes of each hour you use to assist those in your congregation needing help.



We encourage you to call the office to enroll in this program. 1-800-288-5720.

Do You Remember When:

- The average life expectancy was 47 years.
- Gasoline was sold only in drug stores.
- Only 14 percent of the homes had a bathtub.
- Only 8 percent of homes had a telephone.
- There were only 8,000 cars and only 144 miles of paved roads.
- The maximum speed limit in most cities was 10 mph.
- The tallest structure in the world was the Eiffel Tower!
- The average wage in 1909 was 22 cents per hour.
- The average worker made between \$200 and \$400 per year .
- A competent accountant could expect to earn \$2000 per year.
- A dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.
- More than 95 percent of all births took place at HOME.
- Ninety percent of all doctors had NO COLLEGE EDUCATION!
- Sugar cost four cents a pound.
- Eggs were fourteen cents a dozen.
- Coffee was fifteen cents a pound.
- Most women only washed their hair once a month, & used Borax or egg yolks for shampoo.
- The American flag had 45 stars.
- The population of Las Vegas, Nevada, was only 30!!!!
- Crossword puzzles, canned beer, and iced tea Hadn't been invented yet.
- There was no Mother's Day or Father's Day.
- Two out of every 10 adults couldn't read or write and only 6 percent of all Americans had graduated from high school.
- Eighteen percent of households had at least one full-time servant or domestic help.
- There were about 230 reported murders in the ENTIRE ! U.S.A.!

Try to imagine what it may be like in another 100 years.

HOW TO FIND US

Sensible Senior Homecare Agency • 1-800-288-5720 • <http://sensible seniorhomecare.com>

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