

Newsletter

Good Times...

Senior Choice at Home fosters great relationships, promotes camaraderie, and creates the space for joy and conversation among our Members. This happens during events such as delicious luncheons at select venues, cruises on the Sound or Connecticut River, excursions to museums and stimulating lectures, including those led by our own multi-talented and accomplished Members.



In May, Members joined together for late afternoon English tea at the Dere Street Restaurant near Newtown's famous 100-foot tall flagpole. Besides the always enjoyable camaraderie and conversation, this lovely change

of pace included a selection of finger sandwiches, scones with clotted cream and fruit preserves, cakes and teas.

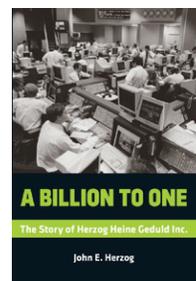
Our June events included an excursion to the Griswold Museum in Old Lyme, CT where Members were treated to a fascinating docent-led tour of Miss Florence Griswold's boardinghouse, which became America's most famous



summer art colony. Along with the history of the boardinghouse and its artist inhabitants, we also were able to view the exhibit: *Flora/Fauna: The Naturalist Impulse in American Art*. The afternoon was capped by a

wonderful lunch, dining al fresco on the veranda near the scenic banks of the Lieutenant River.

At one of the most recent Senior Choice at Home events, Members and guests were treated to an 'Author's Talk' as Member John Herzog discussed his newly published book



A Billion to One: The Story of Herzog, Heine and Geduld, Inc. Inspired by his father, John shared his route to building a securities trading behemoth that started modestly until its eventual sale to Merrill Lynch, providing the ultimate reward. The book tells, and John told, an unconventional story for what took place on Wall Street: "It's about integrity not greed, where wrongs are quickly

righted and fairness was never mistaken for generosity. For Herzog, the reward is sharing success with all who made it possible, and his story tells us how that happened."

The fun and adventures do not end here! Upcoming Senior Choice at Home Member Events include:

Upcoming Member Events

Lunch & a Movie (TBD)..... September 12

Connecticut River Cruise out of Haddam, CT September 28

Senior Choice at Home, a program of Jewish Senior Services®, is a comprehensive program that provides, coordinates and pays for long term care for older adults. It is designed to provide protection for independent individuals who wish to remain in their homes, ensure their care is paid for, and protect their assets as their healthcare needs evolve. Should one need to live in an assisted living community or receive nursing home care, the program will provide for these too.

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Nutrition Basics as We Age

By Laurie VanCleft, MS, RD, CSG, CPT

Director of Dining Services, Jewish Senior Services



Good nutrition follows us throughout our lifespan. How and what we consume has an impact on our physical and emotional health. The media can make sound nutrition decisions seem very difficult. Below are a few easy nutrition tips to keep us healthy

through our upcoming years.

1. Water. How much water does a person need? Surprisingly the answer is....no one really knows! The old belief of eight glasses of water may be wrong and may actually be harmful to older adults. A study conducted at the University of Wisconsin-Madison noted the following:

- Drink enough water to feel healthy
- Drink fluids with no calories, as added sugars and non-nutritive sweeteners can cause problems with weight control
- Consume additional fluids when it is hot outside or if exercising (working) in a hot climate.

2. Calories. As we age, we require fewer calories due to less activity and less muscle mass. With these changes, our metabolism declines. The challenge is to consume foods with more nutrient density. Foods with more nutrient density include fruits, vegetables, whole grains, nuts, beans, lean meats and lower fat dairy products. To avoid weight gain as we age, increase overall exercise and decrease intake of “empty” calories. Consult a Registered Dietitian if additional nutritional assistance is required.

3. Protein. Recent studies have shown that eating more protein is important to healthy aging. In addition to increasing protein intake is the need for lean protein sources or those sources that are not of animal origin. Examples include beans, nuts and high protein ancient grains (quinoa,

freakah, farro). Eggs are also excellent sources of protein. The American Heart Association guidelines have noted that eggs are no longer restricted in an average American diet.

4. Vitamins and Minerals. A few to be mindful of...

- B12 – As we age, we do not typically absorb as much Vitamin B12 from food. Consuming more fish, lean meat poultry and eggs will help to ensure adequate levels of Vitamin B12.
- Vitamin D – Deficiencies of Vitamin D in older adults are linked to increased falls. One can increase their intake of Vitamin D through Vitamin D fortified milk and milk products, salmon, tuna and eggs. Generally, a daily supplement of 2000 IU of Vitamin D is recommended, however ongoing studies indicate a possible need to increase this recommendation.
- Potassium – Consuming enough potassium can help keep bones strong as well as help reduce blood pressure. Many Americans do not consume enough potassium. Foods high in potassium such as bananas, potatoes, tomatoes, prunes, oranges and plums can help to ensure an adequate amount of potassium.
- Magnesium – Magnesium plays a crucial role in over 300 different physiological processes. Getting enough magnesium can help the immune system, maintain heart health and keep bones strong. Consume unprocessed foods such as fruits, vegetables, whole grains, beans and seeds to obtain enough magnesium daily.

The purpose of this information is to be a guideline and conversation starter as you begin or continue to build an optimal nutrition plan. It is not meant to be a complete and comprehensive plan. We recommend that you talk with your physician, a registered dietitian or another healthcare professional that you trust, and who knows you well, about creating a nutrition plan that is best for you.

Our Decision to Select Senior Choice at Home

By Virginia Giuffre, Financial Professional



Planning for long-term care (LTC) is a challenging task, but represents an essential component of a comprehensive financial plan. Individual personal and financial circumstances are key considerations in choosing an appropriate product among available choices, including LTC insurance policies, membership in a Continuing Care Retirement Community (CCRC), various insurance and annuity products, and self-funding.

Probably anyone who has had to deal, either directly or indirectly, with family, relatives, or friends requiring LTC services can attest to the often overwhelming emotional and financial impact that all too frequently comes to pass.

As a financial professional focused on planning, I weighed all our available alternatives. Last year my husband and I became members of the Jewish Senior Services (JSS) Senior Choice at Home (SCAH) program.

JSS SCAH's key features that influenced our decision were:

- JSS's reputation and status within the community
- Opportunity to stay in our home as long as possible ("CCRC without walls")
- Asset protection
- Comparative affordability vs alternatives
- Portability Option
- Negligible paperwork required to activate and sustain services
- A single activities of daily living (ADL) deficit qualifies for services activation

The attractiveness of the JSS SCAH offering lies in its deep understanding of the nature of LTC issues, and its targeted features and services deployed to address them. Although, depending on individual personal needs and perspectives, current or prospective members may ascribe different comparative weights to those JSS SCAH features and services, they represent, in toto, a comprehensive approach to addressing a difficult problem set.

Individuals, governments at all levels, as well as public and private institutions, are struggling to find solutions to the growing socioeconomic impact posed by the current and growing LTC requirement.

My husband and I feel comfortable that we have made a good decision in choosing membership in the Jewish Senior Services Senior Choice at Home program.

New Partnership With At Home in Greenwich!

Greenwich residents, please join us for an information session about the partnership on Thursday, October 26 at 2pm at Cos Cob Library.

Senior Choice At Home is pleased to announce that it has formed a partnership with **At Home in Greenwich**.

At Home in Greenwich is a Village program that offers the practical means for older adults living in Greenwich to remain in the home they love, in the community they know. It provides its members access to support services, social connections, and events and information to enable them to live their lives to the fullest in their own homes as they grow older; however it does not pay for long term care. **Senior Choice at Home provides and pays for long term care for its members**, including home care and facility care (assisted living and nursing home). Being a member of both a Village program, such as At Home in Greenwich, and Senior Choice at Home gives the individual "a wider safety net."

The partnership between Senior Choice at Home and At Home in Greenwich centers around a financial arrangement as follows: **If any At Home in Greenwich member is also a member of Senior Choice at Home, then 50% of the person's At Home in Greenwich annual membership fee will be covered (paid for) by Senior Choice at Home as long as they remain a member of both programs.**

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New Partnership With At Home in Greenwich! (continued)

The result is a win-win for our joint Members, who are able to have access to two respected organizations that specialize in the well-being of seniors. The 50% fee savings is our way of supporting the person's decision to be a part of both programs.

For more information, please call Senior Choice at Home at 203-365-6491 or At Home in Greenwich at 203-422-2342.

Upcoming Lunch Presentations

If you would like to learn more about Senior Choice at Home and have not yet attended one of our private educational luncheons, or if you have attended one in the past but need a refresher, we encourage you to join us at one of the upcoming events. **Reservations are required as seating is limited.**

Wednesday, October 4
12:00pm
Gabriele's Italian Steakhouse
35 Church Street
Greenwich, CT

Tuesday, October 10
12:00pm
Terra Ristorante Italiano at the Hotel Zero Degrees
15 Milestone Road
Danbury, CT

Wednesday, October 11
12:00pm
Monty's River Grille at the Great River Golf Club
130 Coram Lane
Milford, CT

Sunday, October 15
10:30am (Brunch)
Jewish Senior Services
4200 Park Avenue
Bridgeport, CT

Tuesday, October 17
12:00pm
The Boathouse at Saugatuck Rowing Club
521 Riverside Avenue
Westport, CT

Please RSVP to Senior Choice at Home no fewer than 10 days prior to the event date by calling 203-365-6491, emailing SeniorChoiceHome@jseniors.org or registering online at www.SeniorChoiceHome.org.