

Jewish Senior Services®  
The Harry and Jeanette Weinberg Campus  
4200 Park Avenue  
Bridgeport, CT 06604

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Permit #38



## Waves By Michael Greenfield, M.D., Senior Choice at Home member

Waves come roaring in  
crashing onto shore  
slathering over the beach  
smoothing it  
erasing footprints  
purifying it  
but at the same time  
strewn flotsam and jetsam onto its glistening sands  
leaving it dotted with the ever present stains of  
civilization  
then only  
to retreat again to the ocean  
drawing much of the refuse  
back to the bosom of the sea

Are the waves trying to cleanse the planet of man's  
droppings  
engaged in a never ending battle  
to purge the world of our lack of caring  
working day and night  
with only the moon the tides and the winds  
our eternal taskmasters  
deciding their hours of labor and rest  
Waves  
the oldest slaves in our universe  
have served us from the beginning of time  
and  
shall never be released from their bondage

  
*Senior Choice at Home*® Your Future. Guaranteed Care.

Fall 2021

# Newsletter

## Together Again!

Among the many benefits and services of the Senior Choice at Home® program are the social and wellness programs, which have certainly taken a different shape over the past several months.

As the weather warmed and the risk of contracting the Covid-19 virus was low, Senior Choice at Home members were able to gather together safely again... and was that ever overdue! After not seeing each other for nearly 18 months, members first gathered in June at The Harry and Jeanette Weinberg Campus at Park Avenue for a **lunch and lecture with author Andree Brooks**, where she gave an interesting talk on "Jewish Pirates of the Caribbean." Who knew? Later in the month, members got together for a

lovely **lunch at Via Sforza in Westport**, where they caught up with each other on family happenings, recent and planned travels, and new books they've read, to name a few of the discussed topics that could be heard.



Members listen to important information about medication safety in older adults, led by pharmacists from Main Street Pharmacy in Bridgeport.

In July and August, members gathered again for a delicious **lunch at Gallo Ristorante in Ridgefield** in the beautiful patio room, a relaxing tai chi class at The "J" Fitness Center at the Jewish Senior Services campus, and an interesting talk led by two local pharmacists about "**Medication Safety in Older Adults, Interaction/Adverse Reactions**", where lunch was also provided.



Senior Choice at Home members at lunch at Gallo Ristorante in Ridgefield.

It was wonderful to see the members together again; smiling at one another, sharing stories and catching up. Zoom and Facetime have been great, however nothing replaces seeing each other in person. In the coming months, we hope to be able to continue our in-person gatherings as long as it remains safe to do so.

**DID YOU KNOW** that Senior Choice at Home is portable? If you decide to move out of Connecticut permanently, or travel out-of-state for long periods of time, you can still have your care covered through your membership benefits. To learn how portability works, please call our office at 203-365-6491.

*Senior Choice at Home*, administered by Jewish Senior Services®, is a comprehensive membership-based program that provides, coordinates and pays for long term care for adults 55 and over for the rest of their lives. It is designed to provide protection for independent individuals or couples who wish to remain in their homes, ensure their care is paid for, and protect their assets as their healthcare needs evolve. Should a member need to live in an assisted living community or receive nursing home care, the program will provide for these too. **Interested in learning more? Please call us at 203-365-6491.**

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Jewish Senior Services®

The Jewish Home • Goldstein Rehabilitation Center • Assisted Living Residences • Friedman Home Care Agency  
Chaifetz Family Hospice • Outpatient Therapy • Home Together® • Institute on Aging • Private Physician Practice  
Senior Choice at Home® • The J Fitness Center • Grasmere on Park Adult Day Program

## Caring for Your Nutrition When Caregiving



**F**amily caregivers of people with illnesses, injuries or disabilities sometimes spend more time thinking about those they care for than themselves. It's important to remember that self-care is essential to providing good care to others and must include eating well.

Healthy eating can be especially challenging for caregivers who often have limited time to shop and cook. Fast food, snacks and comfort meals are tempting but usually lack healthy amounts of protein, fiber, vitamins and minerals.

In addition to preventing low energy, muscle loss, illnesses and unplanned weight change, a healthy diet may help reduce the stress and fatigue that can come with caring for a loved one.

These tips from the Administration for Community Living can help caregivers take steps toward better nutrition without adding to already full to-do lists:

**1.** Drink healthy beverages at each meal and 2-3 times between meals. Water, milk, juice (to replace missing fruits and vegetables) or non-sweetened drinks are all better-for-you options.

**2.** Get enough protein, a key nutrient that helps build and repair tissues. Consider these ideas for increasing your protein intake:

- Eat a high-protein food like fish, chicken or eggs at every meal
- Try plant proteins like nuts, peanut butter, beans and tofu
- Eat your protein first at meals
- Eat low- or non-fat dairy products and use Greek yogurt
- Opt for cheese at snack time
- Top your food with chopped nuts like almonds

**3.** Drink a liquid supplement, like a meal replacement or protein shake, if foods alone do not supply all the nutrients you need. A health care provider can make specific dietary suggestions based on your unique health needs, diet and conditions.

For more information and ideas, talk to your doctor or dietitian and visit [eatright.org](http://eatright.org).

*Photo courtesy of Getty Images • Sources: Family Features, Administration for Community Living*

## Why I joined Senior Choice at Home **By Richard Wurtzel**



*Richard Wurtzel with son Andrew, daughter-in-law Lauren, and grandchildren Sam and Zoey.*

**I** am a rather new member of Senior Choice at Home and at the time was the youngest member when I joined. What a wonderful opportunity to be connected with such a professional organization. I am still working full time as a Speech Language Pathologist in Private Practice. My specialty is Dysphagia (Swallowing Disorders) and High Functioning Adults on the Autism Spectrum. University Towers is a co-op in the center of downtown New Haven where I plan to continue to live. I have two sons, Jeffrey and Andrew, who are a plane ride away but are here when I need them.

I love visiting them frequently especially seeing my grandchildren.

As soon as I heard of Senior Choice at Home I called the next day. Other than my son, none of my friends or professional acquaintances – including my lawyer, accountant or financial advisor – ever heard of Senior Choice at Home (now I tell everyone and so do they). To me it seemed too good to be true and I was amazed that after much research it was just what I needed.

Financially through good planning I had plenty of money to keep up my lifestyle. The question was how long could I do this if I had serious medical issues. Joining Senior Choice at Home was a small investment and opportunity to live where I wanted and with the help I needed to stay in my home. This was life-changing to have this peace of mind.

I wanted to share with you what made me make the choice to join Senior Choice at Home. I knew others from Bridgeport where I grew up who worked at The Jewish Home, familiar names of Board Members, and residents. I took the tour of the building and saw the Shabbat candle room and knew I was home with others who cared about their community and residents. I am grateful to have discovered this opportunity.