



Senior Choice at Home®

NEWSLETTER

Fall 2022

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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?

Call us at 203-365-6491.

SeniorChoiceHome@jseniors.org
SeniorChoiceHome.org

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Summertime = Fun Time

Summer can be a busy time, with vacations, golf, hikes, walks and cookouts, to name a few. Senior Choice at Home was no different, with several events for Members throughout the season to help ensure continued activity and socializing.



Senior Choice Members enjoyed lunch at ECCO Italian Tapas & Wine Bar in Trumbull.

Summer kicked off with a Member luncheon at Gabriele's Ristorante Italiano in Orange. In addition to a tasty and filling meal, Members got to know each other better in a fun and unique way. A basket of "get to know you" questions were passed around and selected randomly. Each person read their question and answered accordingly aloud... and elaborated in some cases. Members shared their favorite colors, as well as their pets, favorite vacation spots, favorite movies, and favorite actors to name a few. Many laughs were shared and it was a great way to bond and get to learn more about each other.

During the Summer, a group of Senior Choice at Home Members also attended an afternoon performance of "4000 Miles" at the Westport Country Playhouse. Time Magazine was quoted as saying "...an inter-generational 'odd couple' – with laughs aplenty, and space for a few tears too" about the performance. As the pandemic shut down theater attendance for many over the past few years, this was a great opportunity and excuse for Members to take in a live performance once again. There is nothing quite like the excitement and experience of going to the theatre! Members also had the opportunity to get together at one of Trumbull's newest restaurants, ECCO Italian Tapas & Wine Bar, where another Member lunch was hosted. Once again, a great meal was accompanied by lively, interesting conversations, as well as a fun-filled round of trivia from the 30's to current times.

Senior Choice at Home staff also organized an online presentation and discussion for Members about the current Medicare landscape, what's new and different for 2023, and what they may want to consider for their plan coverage during the open enrollment period. The session was led by Mark Bentley from Health Directions, a small, Connecticut-based company specializing in health insurance planning.

On the slate for the end of 2022 is a Member luncheon in Norwalk, a genealogy workshop and lunch, and the Annual Holiday Lunch in December. We hope everyone has a wonderful Fall and look forward to finishing the year strong and healthy!

10 Tips for Getting Outside to Ease Your Mind



Physical activity and time outside are two wonderful gifts for your body and mind; they're proven to reduce stress and anxiety, and offer a greater sense of well-being. L.L.Bean recently partnered with Mental Health America to share 10 ways getting outside can boost your energy, mood and state of mind.

Set aside just 10 minutes.

Just 10 minutes of moderate or vigorous activity outdoors twice a day can significantly benefit your mind and body.

Set yourself up for success.

Plan for moments in the day when you typically have the most energy. If you enjoy morning walks, for example, set out everything you need the night before so you don't have to think about it in the morning.

Treat it as a treat.

Outdoor activity isn't a chore or an obligation; it's a well-deserved break in your day. You're treating

yourself to fresh air, more focus, a healthier body and a better mood.

Give yourself a goal.

Maybe your goal is to try a new yoga flow, walk a new trail or try a new style of workout. That's plenty to focus on for now. Just making this time for yourself counts as a win.

The outdoors is your playground.

Step outside and take in all the possibilities. Practice meditation or strength exercises right on your front step or in your backyard, or take a walk or jog around your neighborhood or local park.

Do what feels good.

"Moderate or vigorous activity" can mean a lot of things - it doesn't have to mean running a marathon or lifting heavy weights. Safely choose an activity you love and embrace the feeling.

Stay mindful.

One of the great benefits of time outside is that it arouses a feeling

of awe - a sensation of being in the presence of something bigger and more powerful than us. Savor that feeling and be present for the taste of air on your lips, the warmth of the sun on your skin and the feeling of the ground beneath your feet.

Notice the benefits.

As you cool down from your activity and get ready to head back inside, notice how you feel. Is your head clearer, your focus sharper? What about your mood - are you less stressed? Fully absorb the benefits of movement and think about what you need to do to make it most effective.

Change it up if you need to.

Do you find you are too tired at the end of the day to head outdoors? Next time, try it first thing in the morning. Are you having trouble staying focused or motivated? Team up with a friend so you can keep each other on track (and keep each other company).

Have patience with yourself.

According to Mental Health America, it takes an average of 66 days for a behavior to become automatic - so if it doesn't feel natural or routine for you right away, you're not alone. Every time you go outside, you're doing something good for yourself, and taking care of your physical and mental health.

This piece is brought to you through a partnership between L.L.Bean and Mental Health America aimed at helping more people to uncover the wellness benefits of time spent outside. To learn more about these efforts, visit llbean.com.

Source: Brandpoint

Member Spotlight: Señora Andy Kirkman

Senior Choice at Home Member Andrea “Andy” Kirkman was born in Queens, NY and at seven months old, her father was transferred to Cuba. Off they went to Miramar, a suburb of Havana, which they made their new home for the next 12 years. They settled in Miramar, a suburb of Havana.

Andy feels that growing up in Cuba at that time would have been similar to growing up in the U.S. Her family lived in a neighborhood consisting of Americans, British, and Cubans. Andy not only had to learn the English language, but also needed to learn Spanish, to which she took quite well. Her parents had a rule to have only Spanish speaking household staff



in the home, yet another means of developing skill with the language.

She attended private schools, where only Spanish was spoken. She was a quick learner and mastered Spanish. Her love of the language proved to be a stepping-stone in her career (more on that later).

Andy’s family belonged to the Havana Biltmore Yacht & Country Club in Havana, where she was highly active as a member of the club’s swim team. They competed regularly against other club swim teams in the area. Her second love was classical ballet lessons. Among her ballet instructors was the sister of prima ballerina assoluta and choreographer Alicia Alonso.

Upon returning to the United States, Andy attended and graduated from Wellesley College in Massachusetts, and, aside from majoring in Economics, she took courses in both Spanish and French. She went on to have a successful career in banking, working for the

(continued on back)

Items to Include in Your Emergency Kit

Weather-related disasters can happen at any time, which is why it is important to be prepared. Part of this preparedness includes having an emergency kit. After a disaster you may need to survive on your own for several days.

Items for your Emergency Kit include:

Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)

Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)

Manual Can Opener: your emergency kit is probably made up of canned food. If you don’t have power, you’ll need a way to open those cans.

Flashlight. Extra batteries for the flashlight are also a good idea. If your power is out and you have no way to charge your phone, you might need to rely on a flashlight to get around at night.

Battery-powered or Hand Cranked Radio: a radio will help you receive updates on the disaster and any known safety risks.

First Aid Kit: conditions during and after a disaster can vary dramatically. You may need to provide immediate care to an injured family member.

Local Maps: if you need to evacuate but have no power or access to the internet, you may need to rely on a paper map to find your way to safety.

Books, cards, games, puzzles, or other activities:

disasters can be stressful. If you have fun games or activities that you can do when the power is out, this

can help cope with the stress.

Wrench or pliers: tools can come in handy if you need to turn off utilities. Visit ready.gov/safety-skills to discover more valuable skills that can be useful in emergency situations.

Supplies for your pet: your pet is a member of your family. You will want to have enough of their supplies to several days, as well as favorite toys.



While it is important to have these supplies at home, you should also consider having a smaller emergency kit stored in your car or ready to grab if you are evacuated from your home and need to leave quickly.

Having an emergency kit can protect you and your family. Visit ready.gov to read more actions you can take to prepare for disasters.



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Senior Choice at Home®

It's Like Long-Term Care Insurance, Only Better.

Did you know there are potentially **significant tax saving benefits** available to you for 2022 if you become a Member by the end of the year? Your initial membership fee as well as the monthly fee for the Senior Choice at Home program are classified as pre-paid medical expenses and therefore qualify.* In addition, you have the option of paying the Membership Fee in installments in order to take advantage of tax savings in multiple years; a benefit that many of our Members appreciate.

*Many financial professionals, including certified public accountants, have recognized the fees associated with Senior Choice at Home as pre-paid medical expenses. We are not financial consultants and advise you to check with your tax professional for applicability to your situation.

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Member Spotlight: Kirkman *(continued from page 3)*

American Bankers Association until the birth of her three children, Karyn, Tom and Kim.

Andy's children were a bridge to the next chapter of her life, as their school was looking for a volunteer to work with students in Spanish. It was a natural fit for Andy, so at age 40 she decided to take it a step further and enroll in courses at Fairfield University to pursue a master's degree in teaching - a career that spanned 23 years, over which Andy estimates she taught well over 2,000 students at Greenwich High School. Not only did she teach in the classroom, but she also led several student group trips to Mexico and Spain.

Personally, Andy has traveled to numerous Spanish-speaking countries including Chile, Uruguay, Costa Rica, Spain, Argentina, and Puerto Rico to mention a few.

In the kitchen, Andy enjoys cooking the delicious meals she grew up eating in Cuba, such as Moros y Christianos (black beans and rice), Arroz con Pollo (a traditional dish of Latin America closely related to Paella), as well as the customary pork dishes for the Christmas holiday.

Andy is also a member of At Home in Greenwich where she keeps busy with telephoning and as a volunteer driver. Andy hosts Conversational Spanish sessions at her Greenwich home through *At Home in Greenwich* with students having a range of Spanish-speaking skills.

To say Andy's life has been a cultural kaleidoscope is an understatement. ¡Un trabajo bien hecho: felicitaciones! (A job well done, congratulations!)