



Summer Newsletter

Welcome to our fifth edition of the APA Quarterly Newsletter! We hope you enjoy the articles **written by your fellow members of the APA**, and maybe learn a thing or two in the process. And be sure to check out the events, announcements and happenings as well!

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There's an APA app!

Another APA benefit. Current members can access APA information on your phones!

Here's how:

- Download the "Wild Apricot for members" app from the Apple App Store or the Google Play Store. (See icon)
- Login by using the same username and password you use on the APA website.

The APA app lets you:

- See all upcoming APA events.
- Register for APA events from your phone.
- Add APA events to your online calendar.
- See which events you've registered to attend.
- Gold members can access the APA membership list and contact information of current members. You can even dial and email APA members right from the app!

Did you Know?



Wild Apricot for Members app



Want to get more out of your APA Membership? How about joining our Board of Directors, or helping out on one of our committees? We'd love your help! To get involved, email us at info@tristateapa.com!



WELCOME TO OUR NEW MEMBERS

- STEVE BENNETT, OHIO'S HOSPICE
- SHELBY BETTINGER, LIBERTY STATION HEALTH CAMPUS
- LYNDA BOCKRATH, OHIO'S HOSPICE
- AMANDA ECKSTEIN, ARTIS OF BRIDGETOWN
- JILL GRISSOM, QUEEN CITY HOSPICE
- ALEXIS GREY, TRUEHEARTS HOMECARE
- KIM MILLS, HOME INSTEAD
- BRENDA O'CONNOR, TRADITIONS OF DEERFIELD
- BRETT PARR, RESORT LIFESTYLE COMMUNITIES: DEERFIELD SPRINGS
- LUKE RAYBURN, PIVOT REALTY GROUP
- SARAH RHODES, ASSISTING HANDS
- KELLI ROBERTS, COMEY & SHEPHERD
- BROOKE SESHAR, TRADITIONS OF DEERFIELD
- KIM SHEPHERD LUST, NORTHGATE PARK SENIOR LIVING
- MELISSA WOLFERT, ROSS MEDIA SOLUTIONS
- SENIORS GUIDE



Creative Aging Artist's Career Spans Two Decades

*by Lisa Letgers,
Creative Aging Cincinnati*

A lifelong love of music and a desire to give back to the community prompted Dave Hawkins to become a Creative Aging artist. In 2002, Dave learned about the work of this organization (then referred to as the Arts and Humanities Resource Center) through a fellow musician. This impressive career is marked by the sharing of his talents with older adults in senior centers, retirement communities, memory care facilities and more.

Dave's style incorporates music across the 50's to 80's, but also blends his original works. A trademark of his performances is his story telling. Many of our contacts remark that he is a "favorite that they hope to have back." Dave's stories of his experiences reflect his kindness and sense of wanting to "pay it forward." His parents instilled in him the importance of sharing his talents to provide joy to others. He recalls that they spoke about the musicians who played at their local senior center. When asked what advice he could impart to others who may consider working with Creative Aging, he had this to say: "If you look into your heart and soul, you can imagine that the person you are playing for is someone's grandparent." He also noted that when he began singing for seniors, he was playing for his parents' generation, but now audiences are close to his age. Dave now incorporates songs he listened to when he was younger and expressed that "his music builds bridges across generations." Dave commented that it is an "honor and a thrill" to see someone who is unresponsive light up when a familiar song is played. He is a pleasure to work with and a dedicated and talented musician.

Creative Aging has partnered with a wide range of senior care members and diverse types of artists, such as Dave, in categories which include music, art, history and culture, wellness and more for over four decades. Our mission is to address the challenges of aging by presenting educational and enriching programs on site, thus promoting communication, interaction and a positive mindset vitally important for healthy aging.

Seniors benefit from quality, in-facility programs presented by the pre-screened local and professional artists that are designed to engage, educate, enrich and entertain. In addition to our outstanding list of artists, CAC collaborates with several arts organizations for additional programming opportunities. Outreach programs are sponsored which gather seniors from all over the community. These are large group events, with a feature artist hosted at one of our member facilities.

(Continued on Page 3)

Dave's generous sharing of time and talent has impacted countless lives over the years. His experiences in turn have helped him embrace aging. He and his wife Wendy live in Galloway, Ohio but he continues to schedule programs on a regular basis when in town.

Perhaps you too have a talent to share? For more information on Creative Aging Cincinnati membership or artist opportunities please visit our website at <http://www.creativeagingcincinnati.org>.

**A great time was had by all at our May "Cinco de Mayo" Spring Networking Social at El Pueblo restaurant!
Many thanks to the Law Practice of Dennison Keller for hosting!**

**PARTY!
PARTY!
PARTY!**



Want to get in on the fun and host a future Networking or CE Event? We can't think of a better way to show off your facility or business to so many of your peers. If you're interested, drop us a line at info@tristateapa.com!

Speaking of showing off your facility...take a look at our upcoming events, and be sure to mark your calendars! See all events: tristateapa.com/events

Ethics CE Event

To Tell the Truth? Exploring the Ethics of Best Practices of Behavioral Management in Persons with Dementia
Thursday, July 20,
9:00 – 10:30 a.m.
Traditions of Deerfield

Coffee With Congress

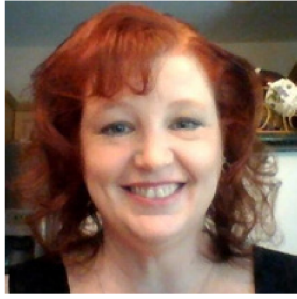
Rep. Greg Landsman
Wednesday, August 16,
11 a.m. – 12:30 p.m.
Seasons

Summer Networking Social

Thursday, August 24,
3:00 – 5:00 p.m.
The Wellington at North
Bend Crossing

Fall Networking Social

Thursday, October 19,
4:00 – 6:00 p.m.
Maple Knoll Village



Eliminate "The Competition"

*by Mary Mendel,
Family Bridges Home Care*

No, this article is not about how to actually eliminate your competition...It is about how and why you should eliminate the word "competition" from your vocabulary. Instead, think of those who offer similar services to you as "partners."

Since the pandemic, one way to keep the needs of the families we serve as our biggest priority, is to get to know and partner with companies who offer the same or similar services as your organization. With the employee shortage, costs rising and gas prices nearing \$4 a gallon, you may need to find partner companies to share cases. Can you staff adequately? Are there companies that offer different specialties? Are you able to cover outlying areas of town? These are all obstacles that can be managed by getting to know what your partners are doing, and how you can share clients or find them a better solution.

People often ask me, "Who are your best referral sources?" Since 2020, our best referral sources are other non-medical home care companies, and we are excellent referral sources to our partner companies as well. When a family calls us and we don't cover that area of town, offer the pricing they seek, accept their insurance, offer a special service they require or have that shift available, instead of saying, "No," we say, "We cannot help you with that, but I know several companies who can." The response is overwhelming. We have now set ourselves up as the home care company that cares about families, and not the almighty dollar. Plus, we are helping our partners and doing the right thing for those we serve.

I recommend getting together with your business **partners** and sharing ideas and take the time to brag about your specialties. Don't necessarily share proprietary information but instead share the areas you cover, special services you offer, what makes you stand out, insurances or payment plans you accept and contract information. Then, set up a grid in Excel so that you can be that one-stop-shop for families seeking help.

I love it when I tell someone, "I am so sorry, but we do not cover that part of town, but I have 6 **partners** who do. May I call them for you to see who can help you, or send you a list to call?" They always say, "Sure, but why would you do that?" I always respond, "Because, I want to make sure you get the help you need. It's what I do." They may not use our services, but they will likely remember me and tell a friend about how I helped.

Thank you to all of my **partners** out there. I am proud that we all work together.
There's enough business out there for all of us.



Sun Safety for Seniors and You!

*by Sylvia Dwertman,
Visiting Angels*

Don't let your favorite senior fool you. Just because they've made it this far without using sunscreen, and never used it as a kid, doesn't mean they don't need protection this summer. Lather them up and help them be safe out there in the sun. I hear more and more older people are getting pre-cancerous growths removed from their bodies. Don't wait until you see something suspicious. Find a dermatologist now and make an appointment for a full body inspection. You may be surprised to find it may take up to a year – yes, a year – to get an appointment. I encourage you to develop a relationship now so you can get in later much more easily.

Many seniors think they don't need sun protection. A study from the CDC finds that less than half of older adults protect their skin from the sun when outside for an hour or more. Many say they've never used it. They didn't grow up with it. And they've never had problems, besides maybe a few more wrinkles than they wish. But that doesn't mean the sun's rays can't harm them, or bring out damage as they age.

Each year, more than 5 million people in the United States are treated for skin cancer, and most cases are found in people aged 65 or older. A major risk for skin cancer is too much exposure to the sun's UV rays. Adults are living longer, and as they age the rates of skin cancer are going up. So even if it didn't impact seniors when they were younger, it still can. And, don't think younger people can't be affected. Everyone needs to lather up! Encourage the men in your life too!

According to the Skin Cancer Foundation, most skin cancers result from sun damage over the course of many years, and seniors have lived longer; have had the most sun exposure and sustained the most damage from the UV rays. Not just sunburns, but also suntans can damage the skin's DNA, and break down tissues so that it ages before its time, and also produces genetic defects that can lead to skin cancer. The organization says suffering “just five sunburns over your lifetime more than doubles your chances of developing melanoma, and each successive tan or sunburn raises the risks further. We never know exactly how much damage will trigger skin cancer, but one bad burn in older age may be the straw that breaks the camel's back.”

Data shows that skin cancer is mainly a disease of the elderly, and that at least one in five Americans will develop skin cancer by the age of 70. The longer people live, the more likely they are to develop skin cancer, and the greater their chances of dying from it, the organization says.

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This doesn't mean seniors can't have fun in the summer sun, and enjoy this season that is upon us. There is plenty of fun to be had out there all summer long. Just, don't skip the sunscreen. Use an SPF of at least 15, but preferably 30, or even a 70. If seniors are headed into the water, choose a waterproof sunscreen. Sweat proof is also a great option. Other tips include staying out of the sun, or reducing sun exposure when the sun's rays are the strongest - between 10a.m. and 4p.m. If seniors are out and about at the sunniest times of the day, they can also wear other protection such as a hat and/or long-sleeve, loose fitting clothing, and sunglasses.

Stay cool, have fun and protect yourself from the sun this year and always! Make friends, I mean an appointment, with a dermatologist too!



Summer time!

Call MHFH
@513-291-3447
for information
on respite care



CAREGIVERS

While you take a much deserved break, we will provide love and personalized care, in our RN owned and operated residential care home. Let's schedule a long weekend, a 2 week self care break or anything in between.





COMING JULY^{9th}!!!
Family Bridges
Home Care
Presents:



Independence Support Calls

Family Bridges Home Care is proud to offer a new service to independent adults seeking support that will allow them to remain safe at home. Independence Support Calls are an inexpensive & easy way for families to receive reassurance that their loved one is safe and sound.

Independence Support Calls will benefit those who desire:

- ✓ Morning, Afternoon or Evening Check -in Conversations
 - ✓ Medication Reminders
- ✓ Encouragement for Activities of Daily Living
 - ✓ Meal and Hydration Mindfulness
- ✓ Peace of Mind Calls for Loved Ones

Clients receive pre-scheduled calls everyday from a **live & local** Family Bridges Home Care Representative. Our team will construct a customized response plan so that your wishes, and the wishes of your family and support system will benefit from knowing that all is well, or that further measures are warranted.

The Family Bridges Home Care team will enter notes and results in the WellSky App. These notes are available to any contact named on the simple plan of care.

THIS IS A DAILY REMINDER THAT OTHERS CARE ABOUT YOU!!!

Pricing & Packages:*

Monday- Friday: 1 call per day = \$5 / 2 calls = \$8 / 3 calls = \$10
 Saturday & Sunday: 1 call per day = \$7 / 2 calls = \$10 / 3 calls = \$12
 National Holidays: 1 call per day = \$10 / 2 calls = \$15 / 3 calls = \$20

**For more information, or to start services today, please call
 Family Bridges Home Care at 513 -531-9600
 or email michelle@familybridges.com**

*Calls are scheduled, by appointment, from 7 a.m. to 9 p.m. & billed in 46minute increments

*2 attempts will be made, in 10minute intervals, to reach the intended recipient

*After 2 attempts, Family Bridges will follow instructions on the customized response plan.

*No contract, changes and cancellation of services available upon request

*Everyone listed on the Simple Plan of Care have access to the Family Bridges Resource Guide & Contacts



5 Ideas to Help Sundowning Syndrome

Artis Senior Living of Bridgetown

Sundowning, or sundown syndrome, is a common symptom of Alzheimer's disease and other forms of dementia that can affect your loved one's behavior during the transition from day to night. Symptoms of sundowning can include confusion and disorientation at nightfall, with behaviors that range from pacing to irritation and yelling. As a loved one, it can be difficult to watch someone you care about become distressed each night, but thankfully there are things you can do to help curb the symptoms of sundowning.

Take a look at Artis Senior Living Management's top five ways to help soothe the symptoms of sundowning.

1. Maintain Consistent Lighting

The transition between day and night is when sundowning symptoms can become most aggravated. For this reason, one of the best things you can do is create an environment for your loved one where there is limited exposure to dusk lighting. Make sure the lighting inside your home is bright, and be sure to turn on lights well before dusk. If you notice your lighting in specific rooms creates long shadows, consider switching out light bulbs for brighter ones and close blinds if possible.

2. Avoid Stimulants

Steering clear of stimulants in the afternoon is a great way to ensure that your loved one is set up for a restful night. By avoiding things like caffeine, sugar, alcohol, and smoking after noon, you can help reduce triggers that can lead to a stressful night for both you and your loved one.

3. Create a Relaxing Environment

Create a soothing area where your loved one can enjoy their nighttime routine. Choose activities and sounds that are calming, like reading a book together, watching their favorite television program, or listening to relaxing music. If they are still feeling overwhelmed, try engaging with them through conversation, a calming game, or singing. Sometimes providing a gentle distraction is enough to help soothe sundowning syndrome.


4. Daytime Activity & Nighttime Routine

A restless mind and body can lead to a higher chance of sundowning syndrome. If possible, try to add in activities into your loved one's everyday. Whether it's a few short walks, or an engaging puzzle, keeping stimulated is good for the mind and body. As the day transitions to night, it's important to stick to a routine in order to make your loved one feel secure in a time of day that can be otherwise distressing for them.

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5. Observe and Go Slow

The best thing you can do to better understand the effects of sundowning syndrome is observe your loved one's behaviors. Some people find that keeping a detailed log of their loved one's routine can help, as it can pinpoint triggers. You know your senior family members and loved ones better than anyone, and by watching their behaviors, you will be able to identify what can easily soothe them or what seems to set off their symptoms. Keep in mind that it's important to make changes to routine slowly to prevent further confusion and anxiety.



THE LAW PRACTICE OF
Dennison Keller, LLC
A FOCUS IN ELDER LAW

PRESENTS:

ELDER CARE SYMPOSIUM
FINDING SOLUTIONS FOR THE SANDWICH GENERATION

THURSDAY, SEPTEMBER 14
8:00 A.M. - 4:30 P.M.
OASIS CONFERENCE CENTER

Event Agenda

Keynote Presentation

- "Pouring From an Empty Cup" presented by Dr. Macie Smith, Ed.D., LSW, SW-G

Breakout Session #1 (attendees will choose one)

- "Unique Needs and Gifts of the Sandwich Generation" presented by Christy Yates, M.S., NCSP, LEP
- "Health Issues for Women Caregivers" presented by Dr. Mary Ann Barnes, MD
- "Recreational Music, Wellness, and Dementia" presented by Arlene de Dilva
- "The Top 10 Mistakes Made on the Elder Care Continuum" presented by R. Dennison Keller, Jr., Esq.

Plenary Session

- "Alzheimer's Disease: Current and Future Treatments" presented by Dr. Robert Keyes, MD, PhD

Breakout Session #2 (attendees will choose one)

- "Technology and Family Caregiving: Understanding the Options and Navigating Potential Pitfalls" presented by Steve Pelton, Mark Prohaska, Carrie Hayes, Jennifer Heston-Mullins, PhD, LISW
- "Dementia, Caregiving, and Addiction" presented by Meredith Pasco, LNHA, CDP
- "Mindful Self Care" presented by Christy Yates, M.S., NCSP, LEP
- "Financial Powers of Attorney and Starting the Conversation with Elders" presented by Eva M. Hager, Esq.

Panel Discussion


- "Is the Sandwich Generation a Double Decker Generation?"

Plenary Session


- "Sometimes You Just Have to Laugh" presented by the Alphas improv group


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For More Information visit ElderLawCincinnati.com/Symposium2023.



THE LAW PRACTICE OF
Dennison Keller, LLC
A FOCUS IN ELDER LAW

PRESENTS:

ELDER CARE SYMPOSIUM
FINDING SOLUTIONS FOR THE SANDWICH GENERATION

THURSDAY, SEPTEMBER 14
OASIS CONFERENCE CENTER



Registration Open Now

The theme for this day-long symposium is "Finding Solutions for the Sandwich Generation." We will look at ways to thrive in the Sandwich Generation, examine how technology plays into caring for elders aging at home, hear the latest on new FDA approved medications for Alzheimer's, share tips for taking the best steps on how to start difficult but necessary conversations with our aging family members, and much more!

TICKET INFORMATION

Professionals: \$65 (includes CE credits)
General Admission: \$20

All tickets include a continental breakfast, hot buffet lunch, and snacks.

Our Keynote Speaker

DR. MACIE P. SMITH

- Licensed Social Worker & Gerontologist
- Co-Host to new series, *Dementia Divas*, with Teepa Snow and Lori La Bey
- Outstanding Educator of the Year (2017 - SC)
- Author of *A Dementia Caregiver's Guide to Care*

For more information visit ElderLawCincinnati.com/Symposium2023.



Self-Care in HealthCare: More Important Than Ever Before

Oasis Senior Advisors

As healthcare providers, it's critical to have open and honest conversations about healthcare costs with your senior patients who are looking for senior living options. For many seniors, the decision to move into a senior living community is a big one, and finances can play a major role in their decision-making process. We understand discussing financial options can be a challenging subject that requires patience, understanding and sensitivity.

Here are some tips on how to discuss financial options with your senior patient looking for senior living options:

Understand Their Financial Situation

Before you start discussing financial options with your senior patient, take the time to understand their current financial situation. This includes their income, expenses, assets, and any outstanding debts. For instance, do they own a home? If so, it's critical to understand if selling their home to pay for senior living is an option. Additionally, it's important to take into account any current savings, life insurance, investments or other sources of income. This will give you a good idea of what they can realistically afford when it comes to senior living options.

Explain the Costs of Senior Living

Many seniors are not aware of the costs associated with senior living communities. Take the time to explain to your patient that the costs can vary depending on the type of community and the level of care they require. Be sure to include all the costs, such as rent, food, utilities, and any additional services or care they may require. Senior living communities also offer different pricing plans. It is essential to discuss each of them with your patient. Some communities offer all-inclusive options that will cover everything, while others allow residents to pay for only the services they need. Discussing all financial options can assist the senior in fully understanding what they are able to afford.

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Discuss Financing Options

Once you have discussed the costs associated with senior living, it's important to discuss financing options with your patient. This could include options such as Medicaid, VA benefits, or other financial assistance programs that may be available to them. When it comes to finances and senior living, it's always a good idea to bring in financial advisors who can work in tandem with you to ensure that your patients are getting the proper advice they need. Finance professionals can provide insights and guidance on the financial side of senior living, ensuring your patient is as informed as possible.

Provide Resources

Senior living options can be overwhelming for many seniors. Provide your patient with resources such as brochures, websites, and contact information for senior living communities and financial assistance programs. If you have not brought in a finance professional yet, providing your patient with contact information could assist them when discussing their options with their families. Providing resources can help them make an informed decision and feel more confident in their choice.

Listen and Address Concerns

It's important to listen to your patient's concerns and address them accordingly. For many seniors, the cost of senior living can be a major concern. Try to find solutions and alternatives that will help ease their financial burden and ensure their comfort and safety. Discussing financial options with your senior patient looking for senior living options can be challenging, but it's an important conversation to have. By understanding their financial situation, explaining the costs associated with senior living, discussing financing options, providing resources, and listening to their concerns, you can help them make an informed decision that's right for them.



R.S.V.P. to Vicki Sizer, at vicki.sizer@atyourdoorhealthcare.com no later than July 20th. Questions? Call Nicole Zimmer at 513-275-8760

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