



Helping Seniors maintain their independence and dignity while living in their own homes for as long as possible.

A Few Words From Our President.....

Summer is finally here! I hope everyone is enjoying the beautiful weather and sunshine.

Over the last several months we have created a new website which can be found at www.goodsamhomehealth.com.

We have discovered that the majority of families and friends of potential clients/patients have found us after doing a web search. It is our intention to create an easy to navigate website so people can get the information they need to make important decisions for the caregiving of their loved ones.

In July we will introduce several landing pages that will help people searching for specific types of assistance, such as Fall Prevention, and help with specific problems of aging such as Alzheimer's disease and dementia.

We continue to recruit for the best Home Health Aides and Personal Care Aides. Please let these certified professionals know we are hiring to fill new cases all the time. Applicants can apply on line at our website.

Are You Ready to Care for Your Aging Parents?

***Are you concerned about supporting your parents' in their retirement?
Have you had the discussion with them about caring for them in their elder years?***

Our nation's senior population is expected to double from 2012 to 2050. While some general health care costs will be covered by government programs, other living costs may fall largely on families. Yet, statistics show that nearly half of our population concerned about this need, are actually doing something about it.

A recent survey revealed that 42% of Americans with living parents have not discussed anything at all with their parents about their potential need for senior care.

The survey showed that just over one quarter (28%) of Americans with living parents either currently support, or feel they will need to support their parents financially in their senior years. As much as 86% of those people expressed concerns about their ability to do so according to a recent survey.

Don't be a part of the 42% of Americans who may be waiting until a life-changing, emotionally charged event before having to quickly learn about costs and care options for your parents.

- 1. Discuss With Family.** The first step in planning for your long-term care is an open and frank discussion with family about where they can find your parents' financial assets. Putting one's affairs in order is as simple as sharing information about legal documents, bank accounts, savings and investment and professional contacts who can help the family gain access to your parents' financial legacy.
- 2. Speak to a Senior Living Advisor.** Whether you are seeking long-term care or not, speaking to a Senior Living Advisor or geriatric care manager now will help you understand the type of living situation that you want to pursue when your loved one is ready. A proactive measure here can save a lot of time and energy that you'll need at a more critical period of decision making. [Read more ...](#)

How to tell if your parents would benefit from home care or assisted living.

***Do you cringe every time you see your mom or dad try to walk the stairs in their home?
Does it break your heart to know they are isolated now that they can no longer drive?
Do you worry about them being able to remember to take their medications?***

You might not have to worry about any of these again if they were to be assisted by a Home Health Aide or move into an assisted living facility. Here are some items to consider when making this decision:

- 1. Transportation:** Seniors who live alone and can't drive are isolated. Aides can provide transportation to doctor appointments, grocery shopping, pickup medications, errands or to visit friends. Seniors who live in assisted living facilities and can't drive typically have access to regular group transportation to and from shopping malls, community events and more. They can also arrange individual transportation for doctor appointments and other needs.
- 2. Worry-Free Living:** An Aide can maintain the household through light housekeeping, laundry and linen. An Aide can help identify needed repairs and make arrangements with trusted tradesmen through the Agency. Assisted living takes all the worry out of household management. Often, workers are available 24/7 to address maintenance issues, and staff coordinates all residential concerns so your parents never have to worry about calling a plumber or waiting for a technician to arrive. [Read more ...](#)

Call us today at 716.783.8124



TOMATO & WATERMELON SALAD



Fresh and juicy, this easy salad is bursting with quintessential summer flavors.

Ingredients:

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|---------------------------|-------------------|
| 2 tbsp. fresh lemon juice | 1 small jalapeño |
| 1 T. olive oil | ½ small red onion |
| ½ tsp. honey | 12 oz. watermelon |
| kosher salt | 2 c. baby arugula |
| pepper | ½ c. fresh basil |
| 8 oz. tomatoes | 2 oz. feta |

Directions:

1. In a large bowl, whisk together the lemon juice, oil, honey, ½ teaspoon salt, and ¼ teaspoon pepper.
2. Add the tomatoes, jalapeño, and red onion and toss to combine. Gently toss with the watermelon, arugula, and basil.
Serve with the feta.