

Senior Living

THURSDAY, OCTOBER 18, 2018

ADVERTISING SUPPLEMENT TO THE MORNING JOURNAL

**RESIDENTS ARE TALKING
ABOUT WESLEYAN**
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**SENIORS BECOMING MORE
TECH-SAVVY**
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TAKE A FALL FOLIAGE HIKE

Wednesday, October 24, 3 pm - 4 pm.

Hike through French Creek Reservation to see some fall colors! French Creek Nature Center, 4530 Colorado Ave. Sheffield Village.

Visit Lorain County Metro Parks online for more programs and registration at www.MetroParks.cc

Residents Are Talking About Wesleyan

Life Plan Communities Wesleyan Village in Elyria and Wesleyan Meadows in Sheffield Village are earning residents' high praise. Both offer an independent lifestyle, plus assisted living, memory care, skilled nursing and rehabilitation at Wesleyan Village. But that's just the beginning.

"Our home surpassed all expectations. With two bedrooms and two full bathrooms, it's wonderful when our children come to visit. Plus, Dick has an office and I have a craft room. It's perfect," Wesleyan Meadows resident Eleanore Lehto says.

In addition to great residential options and community amenities, Wesleyan Meadows resident Judy McDonald likes the community's location and close proximity to highways, shopping and entertainment. And for her, "the nearby community college is a definite plus."

Wesleyan Village resident Marge Marshall speaks for many residents when she says, "I have been here for



over two years now, and I am ever so happy. There are so many activities to enjoy. Everyone is so caring, the food is delicious, and the staff is always ready to help and please us. I am grateful every day that I made the right decision."

For further information, call 440.284.9000 (Wesleyan Village) or 440.934.9400 (Wesleyan Meadows) or visit www.WesleyanLiving.org.



Christmas Shopping in Frankenmuth

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Memory care a component of assisted living

Aging brings about many changes, including some that may compromise seniors' ability to remain independent. In such instances, many families consider assisted living facilities for their aging relatives.

More than 835,000 Americans currently reside in assisted living communities, according to the National Center for Assisted Living. While communities and homes provide various services, one service in particular may be needed for seniors with Alzheimer's disease, other dementias or memory problems. Memory care units are separate facilities that cater to people with dementia or other memory issues.

According to the senior residence referral and resource guide *A Place for Mom*, memory care is a distinct form of long-term skilled nursing. Also called special care units, memory care facilities provide 24-hour supervised care for individuals. This care is often carried out in a separate wing or floor of a residential facility or community.

Memory care facilities aim to provide a safe and secure environment for residents. This means limiting entry or egress to other areas of the facility for those who may have trouble navigating and remembering where they started out. The Alzheimer's Association notes that six in 10 people with dementia

will wander and become disoriented. This is dangerous for the individual and others. Memory care units often have alarms and "wander guard" precautions in place to make sure residents cannot roam unsupervised and risk injury.

Another goal of memory care is to provide a stress-free, structured lifestyle that has set schedules and routines, states Brookdale Senior Living. This can help keep distress minimal and make for more comfortable and happy residents.

In addition, memory care units offer programs that help slow the progression of dementias and cultivate cognitive skills. Fitness exercises, games, specialty food programs, activities, and much more may be offered to make residents more comfortable. Memory care facilities include common spaces for socialization, meals and activities.

"Alzheimer's patients must maintain their activity, walking, interacting with music, and art," says Lory Bright-Long, MD, CMD, of the American Medical Directors Association. "We have to awaken the senses so that the memory can have a hook. This is accomplished in the memory care setting."

It is important for those considering assisted living and nursing home facilities to inquire about specific memory care units if a loved one requires this environment. Start the search at APlaceForMom.com.

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Firelands.com/WoundCare

Seniors becoming more tech-savvy

Technology is the future, and digital communication has opened many doors for people around the world. Although younger generations have grown up with technology at their fingers, Baby Boomers and older adults did not. But in spite of that, studies show that growing numbers of seniors are open to the idea of technology and even seeking ways to further their use and knowledge.

According to a 2014 study by Pew Research Center, 59 percent of seniors regularly use the internet — a 6 percent increase from the previous study conducted in 2012. Today, 67 percent of adults age 65 and older say they go online.

Pew also says that, although seniors consistently have lower rates of technology adoption than the general public, four in 10 seniors now own smartphones, which is more than double the amount that did in 2013. Seniors in Australia are especially tech savvy, as Deloitte's mobile consumer survey found 78 percent of Australian seniors aged 65 to 75 own a smartphone, up from 69 percent in 2016.

While stereotypes have long painted seniors as technologically inept, seniors are actually more socially and digitally engaged than ever before. Seniors use technology in many different ways. Some use mobile apps to manage medications and doctor's appointments and monitor their fitness regimens.

Some families employ 24/7 alert systems or smarthome

CONTINUED ON PAGE 8



Brain Health and Mental Well-Being: GCBH Recommendations on Feeling Good and Functioning Well
GlobalCouncilonBrainHealth.org • Contact: GCBH@aarp.org • For more brain health tips see stayingsharp.org
DOI: (<https://doi.org/10.26419/pia.00037.002>)

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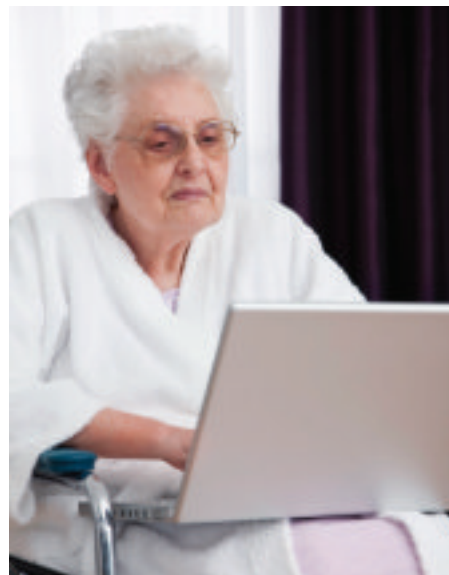
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TECH-SAVVY FROM PAGE 5



way for families to stay informed and provide assistance even if they are not nearby.

SilverSurfers, a senior-based information website, says other tech that seniors are embracing includes online dating; audio and digital books; online shopping, which is especially valuable to seniors who have mobility issues; and social media, which can keep seniors connected to others and feeling less lonely.

A study conducted by researchers from the University of California, San Francisco found 18 percent of American seniors live alone, and 43 percent report feeling lonely on a regular basis. Loneliness can increase death risk. Social media and internet connectivity can be an important tool in helping seniors feel like active members of society.

Technology is no longer just for teenagers or active workers. Seniors are increasingly embracing technology and becoming a fast-growing demographic for tech usage.

technology to keep seniors comfortable and safe at home for as long as possible. Noninvasive, "smart" technology can analyze factors such as whether or not doors are left open, if there has been movement in a home, or whether appliances/lights are on or off. This represents a great

"Wesleyan Meadows was a gift to our four children."

— Eleanore and Dick Lehto, Residents



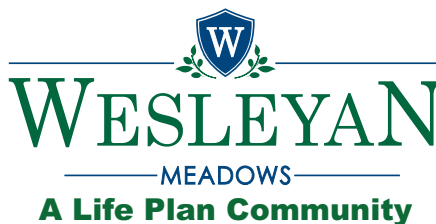
Choosing Wesleyan Meadows was an easy decision for Eleanore and Dick Lehto. Not only was it a great place to live, it meant their children would never have to worry about them.

The Lehtos have the independent lifestyle they want now at Wesleyan Meadows, plus access to a full continuum of care at Wesleyan Village should their health needs change.

That's a nice gift indeed.


Why not schedule a visit like Eleanore and Dick did?

Call 440.934.9400.



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Millions of People with Medicare Are Getting New, More Secure Cards

(Family Features) Millions of people with Medicare will receive new, more secure Medicare cards in the mail in 2018. The new cards replace Social Security Number-based Medicare numbers with a new unique, personalized Medicare Number, known as the Medicare Beneficiary Identifier. Each person with Medicare will have his or her own number. The cards will be mailed automatically, free of charge, and there will be no changes to Medicare users' current benefits.

The new Medicare cards no longer contain a person's Social Security number, but rather a unique, randomly-assigned Medicare number that protects people's identity, helps reduce fraud and offers better safeguards of important health and financial information. Removing Social Security Numbers from Medicare cards is one of the ways the Centers for Medicare & Medicaid Services (CMS) is helping to protect the identities of people with Medicare. The unique Medicare Number not only increases protections from fraud for people with Medicare, it also makes it harder for criminals to use Social Security Numbers to falsely bill Medicare for care services and benefits that were never performed.

CMS is mailing the new Medicare cards in geo-



graphic waves. This means people with Medicare may not get their new card at the same time as their friends or neighbors. People with Medicare and their caregivers can visit medicare.gov/newcard to find out when cards will be mailed to their areas. They can also sign up for email notifications about the card-mailing and check the card-mailing status in their states. As soon as people receive their new Medicare cards, they should safely and securely destroy their old Medicare cards and start using their new cards right away.

AN OFFICIAL MESSAGE FROM MEDICARE

NEW MEDICARE CARDS ARE COMING!

Medicare is mailing millions of new cards with new numbers. Everyone with Medicare will get one. Your Medicare benefits stay the same.

NOTICE SOMETHING DIFFERENT?

Each new card will have a unique new Medicare number to help protect your identity.

SOCIAL SECURITY NUMBERS HAVE BEEN REMOVED!

ARRIVING AUTOMATICALLY BY MAIL.

Look out for scams. Don't pay for your new card—it's free. Guard your card like you would health insurance or credit cards.

FIND OUT WHEN YOUR CARD IS MAILING.

Sign up at medicare.gov/newcard to get emails that tell you when cards are being mailed to your area.

MY FRIEND GOT HER CARD. WHERE'S MINE?

It takes about a month for everyone in your mailing area to get their cards.

MY NEW CARD IS HERE. NOW WHAT?

When your new card arrives, destroy your old one. You can use your new card right away. Bring it to your next appointment.

DOT QUESTIONS? FIND OUT MORE HERE:

medicare.gov/newcard
1-800-MEDICARE

Information provided by the U.S. Department of Health & Human Services

10 Things to Remember About New Medicare Cards

Make note of these facts to help ensure a smooth transition to your new card.

1. Your card will have a new Medicare Number that's unique to you, instead of your Social Security Number. This can help protect your identity and keep your personal information more secure.
2. Your card will automatically come to you at no cost. You don't need to do anything as long as your address is up-to-date. If you need to update your address, visit socialsecurity.gov/myaccount.
3. You can find out when your card is mailing by signing up for email notifications at Medicare.gov/NewCard.
4. Your Medicare coverage and benefits will stay the same.
5. Mailing takes time, and Medicare will mail the new cards by April 2019. Your card may arrive at a different time than your friend's or neighbor's.
6. Once you get your new Medicare card, destroy your old Medicare card and start using your new one right away. Rather than simply throwing the old card away, shred it or cut it into small pieces.
7. Your card will be paper and not laminated, which makes it easier for many providers to use and copy for their records.
8. If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare. You should still keep and use it whenever you need care. However, you also may be asked



to show your new Medicare card, so you should carry this card, too.

9. Doctors, other health care providers and facilities know your new card is coming and will ask for your new Medicare card when you need care, so carry it with you.
10. Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers or people you trust to work with Medicare on your behalf. Treat your Medicare Number like you treat your credit card numbers. Medicare will never contact you uninvited to ask for personal information.



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