



Hello {First Name},

Playing with the proverb that 'What's old is new again' our newsletter has a new look this month. We've also added a couple infographics below that we hope you'll find useful; this month, some exercises for seniors and a selection from Susan's *The Downsized Gourmet*.

What doesn't change is the inclusion of information we've shared with families we're helping navigate senior living and care, in the hopes that others will find it valuable as well.

Front of mind for many currently is the FDA's approval of Leqembi for treating dementia. Evaluating drugs is a very complicated and confusing process, and one that is well beyond my capacity. I did find, however, this article in the NY Times that I found [a reasoned and helpful overview](#) look at Leqembi.

What may be more immediately impactful for many is that as part of the unwinding of the Medicaid Continuous Enrollment Provision, Medicaid is now rechecking applicants' eligibility and has begun disenrolling those who are not eligible.

Connecticut began disenrolling people in May and New York started this month. Many will need to reapply or be in jeopardy of losing their coverage and any of the benefits it may be providing. Even people who are qualified may need to re-enroll.

Re-enrollment is taking upwards of 4 months due to huge amount of people re-applying and staffing issues at DSS. Here's [a good piece explaining what's going on](#) and what you or a loved one may need to do to avoid disruption of services. The Kaiser Family Foundation offers [a deeper dive](#).

As always, if you have any questions on these or other issues you're encountering in navigating senior living, please don't hesitate to [reach out to myself, Susan](#) or the other members of our team.

Building Your Resilient Caregiving Community

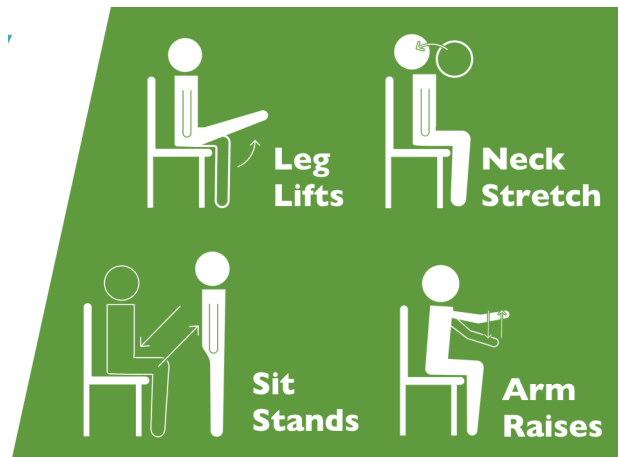
Caring for a senior loved one is a noble and rewarding journey, but it can also present unique challenges that require a strong support network. At Oasis Senior Advisors, we empathize with the complexities of caregiving and recognize the immense value of building a robust support system. Read more to learn our best practices for being an effective caregiver.

[READ MORE](#)



NObility to MObility Easy Chair Exercises to keep everyone moving!

Stay active and maintain your mobility with our invigorating senior chair exercises. Designed specifically for older adults, these gentle yet effective routines are tailored to improve flexibility, strength, and overall well-being from the comfort of your seat. Join us today and experience the benefits of staying fit, flexible, and energized at any age.



Cooking for one or two?

Here's an idea from Susan's "The Downsized Gourmet"

Quinoa, Chickpea, Cucumber, and Feta Salad



Ingredients

- 1 c. quinoa, white or tri-color,
- 2 c. water or chicken broth
- 1 can chickpeas, rinsed and drained
- 1 ½ cucumbers, chopped, unpeeled
- ½ pt. cherry tomatoes, halved
- ¼ c. fresh mint, sliced
- ½ c. flat-leafed parsley, roughly chopped
- ¼ c. Kalamata olives, sliced
- 1 c. baby spinach leaves, sliced
- 1 ½ c. feta cheese, crumbled (save ½ for sprinkling over salad)

Vinaigrette

- ¼ cup red wine or balsamic vinegar
- 1 tsp honey
- 1/3 cup olive oil
- 2 tsp smoked Spanish paprika
- Salt & pepper, to taste

Instructions

- Bring water and quinoa to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until tender, about 10-15 minutes. Tip: Do not overcook. Chill in the refrigerator to cool.
- In a large bowl, combine chickpeas, tomatoes, cucumbers, parsley, mint, olives, spinach, and half of the feta.
- Gently toss in the cooled quinoa; do not over-mix or stir.
- For the Vinaigrette: Whisk vinegar, salt, honey, and smoked paprika in a small bowl. Gradually whisk in oil. Add salt & pepper to taste.
- Drizzle Vinaigrette over the combined salad ingredients; toss gently. Top with feta. Serve immediately.

Options: Add cooked chicken, hard boiled eggs, any protein or leftover vegetables that you like.

[CLICK HERE TO SEE EPISODES OF THE DOWNSIZED GOURMET](#)

This Service Is **FREE**



At Oasis Senior Advisors®, we help you make the most informed decision possible when the time comes for senior housing or finding senior resources. We are happy to answer any questions you may have throughout the process, and we offer compassionate, one-on-one guidance and personalized support. When you work with us, you can expect a personalized experience walking through the following five-step approach:

- Conduct a No-Obligation Consultation
- Understand your needs and preferences
- Determine funding options
- Provide a personalized list of options and resources
- Schedule community tours and provide support

Oasis Senior Advisors is committed to helping you navigate local senior living options. We are a FREE service for seniors and families.

Respectfully yours,
Susan & Paul Doyle, CSA®
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[Visit Our Website](#)



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