



# The Conversation

Topics for seniors  
and those who care for them



Hello Paul,

Happy New Year! 2023 was a head spinner. On a good note, we had the honor of working with over 500 families this past year. We're so fortunate to have Marty, Kerry and newbie Elisa on the team - couldn't do it without them.



Among those families were several who inspired this month's blog on how to explain dementia to children. Families caring for 'young old' loved ones living with dementia needed not only to provide care but to explain to adolescent children what was happening . It's a delicate message and the considerations in this blog also apply to children with a special attachment to a grandparent living with dementia.

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To start 2024 we've been given the opportunity to spread some of the knowledge and connections we've gathered over the past eight years in two series of monthly discussions on senior care called The Sandwich Generation Group.

We've brought together a few of the remarkable professionals who work in senior care in this area to share their expertise. The series run concurrently over the first six months of the year at The Fairfield and New Canaan Public Libraries. (The flyer for the Fairfield Public Library, which starts Thursday night is below).



## The Sandwich Generation Group

A Series of Monthly Discussions on Senior Care

Presented by:  
 

1st Session JAN 11

**How to Get There from Here:** Navigating Senior Care 101  
Paul & Susan Doyle CSA®, N.I.D.E., Oasis Senior Advisors

2nd Session FEB 8

**Staying Put**  
Care in the Home  
Sheila O'Brien RN, BSN, CSC.  
Andrea Collins, Collins Medical  
Neil Anand, ComForCare

3rd Session

**Local Lifelines**  
Community Resources  
Julie DeMarco LMSW, Dir Human & Social Service, Town of Fairfield.  
Katie Regan, Southwestern CT Agency on Aging

4th Session APR 11

**Sounds Serious**  
Skilled Care in and out of home  
Daniel Ramos, CDP, National Healthcare. Deborah Schmidt, RN, BSN, Gina Gray, RN, Amedisys Home Health

5th Session MAY 9

**Operating Instructions for Senior Care**  
Legal issues and best practices in senior care  
Ellen Hain, Cohen & Wolfe.  
Jim Hughes, James Hughes Law

6th Session JUN 13

**Demystifying Acute Care**  
Navigating the hospital (acute care concerns)  
Alison Ostroff, MD, Chief Medical Officer, Mozaic Senior Life, Bridgeport Hospital (TBD)

First Session

### Navigating Senior Care 101

Paul & Susan Doyle CSA®, N.I.D.E., Oasis Senior Advisors

**Navigating Senior Care 101** is an overview of the Sandwich Generation Group's entire curriculum. It covers all aspects of senior care both in and out of the home, the services and resources available, the legal and financial considerations to take into account, the best practices to follow and missteps to avoid. Subsequent sessions will take a deeper dive into each of these topics.

Thursday, January 11, 2024

6:30 PM - 8:00 PM

Fairfield Public Library

1080 Old Post Road, Fairfield

For more information and to register, visit <https://fpct.librarymarket.com/> or scan the QR code.



[Download Flyer](#)

This month's blog about how to explain dementia to children was prompted by several experiences we had this year with families caring for a 'young old' person living with dementia.

## Explaining Dementia to Children

Dementia is a challenging journey, not only for those directly affected but also for their families, especially the youngest members. Explaining dementia to a child demands sensitivity and awareness, that consider the child's age as well as their relationship to the person living with dementia. Understanding may vary when it involves a grandparent versus someone younger like a parent or younger relative. In this blog, we will delve into the distinct challenges of broaching this delicate topic and provide practical tips to navigate



these difficult conversations.

READ MORE

## The Oasis 5-Step Process

### ① CONDUCT A NO-OBLIGATION CONSULTATION

A FREE, no-obligation consultation, so you'll know what to expect and how we will help you.

### ③ DETERMINE FUNDING OPTIONS

Help you assess funding options, such as Veterans Aid and Attendance, Long Term Care benefits, reverse mortgages and other options to address your needs.

### ⑤ SCHEDULE COMMUNITY TOURS AND PROVIDE SUPPORT

We will set up and join you on tours of your selected communities. Our goal is to ensure you receive the information you need to establish a plan for yourself or your loved one.

### ② UNDERSTAND YOUR NEEDS AND PREFERENCES

An in-depth discussion to identify lifestyle preferences, care needs, desired location and financial considerations.

### ④ PROVIDE PERSONALIZED LIST OF OPTIONS AND RESOURCES

Using our proprietary OasisIQ software with our detailed knowledge of local senior living communities and partners, we provide a personalized list of appropriate living options and resources.



## Cooking for one or two?

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

### Slow Cooker Hungarian Goulash

This month's

The Downsized Gourmet™

#### Ingredients

- 2 lbs. stew meat, cubed
- 1 large onion, diced
- ½ c. ketchup
- 2 T. Worcestershire sauce
- 1 T. brown sugar
- 2 tsp. salt
- 2 tsp. Hungarian sweet paprika
- ½ tsp. dry mustard (Colman's)
- 1 ¼ cups water, divided
- ¼ c. flour
- Noodles or crusty bread

#### Instructions

- Place beef in slow cooker and cover with onion.
- In a medium bowl, stir together ketchup, Worcestershire sauce, brown sugar, salt, paprika, mustard, and 1 cup water. Pour mixture over the beef and onions.
- Cover and cook on Low setting for 8-9 hours, or until meat is tender.
- Mix ¼ cup water with flour to form a paste and stir into the goulash.
- Cook on high for 10-15 minutes or until sauce thickens.
- Serve over noodles, mashed potatoes, or crusty bread!

Oasis Senior Advisors is dedicated to assisting seniors and families in exploring local senior living options. Our service is FREE for seniors and their families.

Respectfully yours,  
**Susan & Paul Doyle, CSA®**  
**(914) 356-1901**  
[thedoyles@youroasisadvisor.com](mailto:thedoyles@youroasisadvisor.com)



[Visit Our Website](#)



Oasis Senior Advisors CT-NY | 1127 High Ridge Road, Stamford, CT 06905

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