



Hello Paul,

When last Friday's earthquake hit I was at a fascinating presentation hosted by The Orion Resource Group at The Osborn in Rye.

After the chandeliers stopped swaying, the presenter, Suzanne Robotti of Med Shadow, spoke about the dangers of poly pharmacy and the side effects that even some

common medications may have on seniors.

Like the earthquake, some of the information was a bit worrying and highlighted another way we need to advocate for seniors we care for.

One suggestion Suzanne made **was regular "deprescribing" visits** with one's primary care physician to 'recalibrate' medications in that pill box to make sure they are working in concert with each other and to identify any that may no longer be needed or best.

Seems like sound advice to incorporate into the schedule of a senior or any of us.

April is Financial Literacy Month so we have some information here to help better understand some of the financial matters seniors face. You'll also find information about a webinar we are presenting on April 25th on resources available to help pay for senior care.

There are additional [articles in our resource center](#).

Social Security Secrets: Maximizing Your Benefits in Retirement

Social security might seem easy to understand when you're young: you retire, file for benefits, and then receive a check for the rest of your life. However,

getting the most from your social security benefits isn't a straightforward process. These essential tips help maximize your social security benefits.

[READ MORE](#)



Be on the Lookout for Fraud

Scammers often reach out to their targets through phone calls, emails, letters, or even in person. They may pose as government officials, utility companies, or even family members in need.

- Be aware of their tricks: Learn about phone scams, email phishing, fake websites, and door-to-door cons.
- Protect your information: Never share personal details like Social Security numbers, bank accounts, or passwords.
- Don't be pressured to act fast: Legitimate offers won't require immediate action or payments.



Paying
for Care

Wondering What's the Best Way to Pay for Senior Care?

Oasis Senior Advisors invites you to join our partner, ElderLife Financial, for an informational webinar and Q&A session discussing all the financial resources that can help you pay for senior living

Wednesday, April 24, 2024
5pm EST | 4pm CST

Space is LIMITED,
So Register Early!

To Register:

[CLICK HERE](#)

Cooking for one or two?

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



Wedding Soup w/ Lemon & Garlic

This month's **The Downsized Gourmet**

Ingredients

- ½ lb. ground turkey or chicken
- 2 T. olive oil
- 1 egg
- ½ yellow onion, chopped
- ¼ c. grated parmesan or Romano cheese
- 6 garlic cloves, smashed and roughly chopped
- 2 T. chopped fresh parsley (or 1 tsp. dried)
- 1-2 carrots, chopped
- 1 T. chopped fresh oregano (or 1 tsp. dried)
- 2 celery stalks, chopped
- ¼ tsp. smoked paprika (optional)
- 4-5 c. low sodium chicken broth
- Kosher salt and black pepper
- 1 pinch red pepper flakes
- 2-3 c. fresh baby spinach
- ½ c. dry acini de pepe or orzo pasta
- Juice of 1 lemon

Instructions

- To make meatballs: combine meat, egg, cheese, parsley, oregano, paprika, and pinch of salt and pepper in bowl. Coat hands with olive oil and roll mixture in ½ - 1 inch size meatballs, placing them on a baking sheet as you work.
- To make the soup: Heat olive oil in large pot over medium heat. When oil shimmers, add onion and garlic and cook 5 minutes, until golden.
- Add carrots, celery and pinch of salt and pepper. Cook additional 5 minutes.
- Add the broth and pinch of red pepper flakes.
- Stir in the meatballs and simmer over medium heat for 15-20 minutes, until the meatballs are cooked through.
- Stir in the spinach and lemon juice, cooking for another 5 minutes. Add salt and pepper to taste.
- Prepare the pasta: bring large pot of salted water to boil. Cook pasta according to directions, until al dente. Drain.
- Divide pasta among bowls and pour soup over top.

[WATCH THE VIDEO HERE](#)

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,
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[Visit Our Website](#)



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