



Hello Paul,

Except for this stretch of extreme heat, it's been an exciting summer for us already.

On the personal side, it started with a wonderful vacation with our grown kids and a couple of significant others on the Outer Banks of NC. We don't get as much time to be together as we used to - or would like - so the chance to get away and have that quality 'together time' was a blessing.



We are always recommending families we work with to keep 'The Conversation' going, it was good for us to practice what we preach.

Back here, we've added to our Oasis family as [Ashley Rutigliano joined us last week](#). Ashley spent the past eight years as the Director of Social Work at Greenwich Woods and brings immeasurable experience with her.



The opportunity to bring in a social worker who has so much experience delivering solutions for seniors and their families and who has done discharge planning in a rehab setting is incredibly exciting for us. Please join us in [welcoming her](#).

The past two months have also seen Elderlife Financial become fully integrated under the Oasis umbrella and now serves as our ['Financial Aid' office for long term care](#). They have a terrific webinar scheduled for August (info below).

## Empowering Communication: Effective Strategies for Seniors with Hearing Loss

As many of us who work with seniors know, hearing problems are a common part of aging. However, even with hearing loss, seniors can enjoy the same quality of life with the right support system and accommodations. With these simple strategies, we can help them thrive.

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# Tips for Staying Independent

As you age, it can be harder to maintain your independence. Many seniors want to stay in their own homes, but they may not know how. Here are some helpful tips to help you stay independent in your home

- Have your finances in order
- Keep your home safe
- Install assistive equipment and technology
- Visit the doctor regularly
- Be proactive in your mental health
- Prioritize mental stimulation
- Exercise
- Eat Healthy
- Have a good support system
- Stay active in the community
- Practice good hygiene
- Create an organization system and routine
- Accept help when needed
- Make an emergency plan



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## Paying for Care



## Financial Resources to Pay for Senior Care

Understanding the best ways to pay for senior care can be a complex process, especially when it comes to VA Benefits, Maximizing the value of a Home, Understanding your LTCi policy, and short-term funding solutions.

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. Reserve your spot today!

Tuesday, August 20th | 5 PM EST

Reserve Your Spot Today!

## Cooking for one or two?

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



### Ingredients

- 3 sprigs fresh basil, stems removed
- 1 small watermelon, fruit removed with a melon baller
- 1 (8 oz) package of fresh mozzarella cheese, cut into small pieces
- 2 T. olive oil
- 2 T. balsamic vinegar
- 1 pinch salt and ground pepper to taste

### Instructions

- Trim basil leaves into small circles about 1-inch diameter
- Thread watermelon and mozzarella cheese on toothpicks, sandwiching a basil leaf in between. Arrange on serving plate.
- Pour olive oil and balsamic vinegar over toothpicks. Sprinkle with salt and pepper.

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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