



Hello Paul,

This month's newsletter focuses on families. Families are, of course, the first responder to senior care. For many older adults, it is the only caregiving they need.

Susan, Ashley, and I spend our days providing best practices for those delivering care themselves and connecting those who need some help with the resources they need.

One of the great joys of our day to day is when the families we help find senior living options share their stories. We are told of the trials and challenges they face but are also witness to the love and support within these families and the stories and history that made them what they are today.

One dynamic that is more and more common is blended families. Susan came across this article recently on some of [the challenges faced by those facing a "step gap"](#).

Below, you'll find an overview of the types of experts families add to their team to provide care, as well as some tips on staying connected as a family. There's also some information on a free webinar about the options for paying for care.

...And, if you make it to the bottom you'll get an idea for a bonus activity to get your family through the dog days of summer - Susan's recipe for Watermelon Lemonade slushees from *"The Downsized Gourmet"*.

Enjoy the rest of your summer...See you in September!

7 Experts Seniors Need for Long-Term Care Planning

As people age, it may feel like life gets more complicated. With increased health considerations, evolving medical conditions, complicated financial matters, and the need for long-term care planning, seniors' lives can be anything but simple. Spouses and family members often step in to help where possible, but managing care and decisions not only can be time-consuming but also may require expert help. Luckily, the seven types of professionals discussed in this article are trained in specific disciplines that older adults must confront.

From elder law attorneys and estate planners to geriatricians, geriatric care managers, senior living advisors, and more, every senior should have these pros on speed dial to help them with long-term care planning.



[READ MORE](#)

Check out our resource center for answers to your questions about senior care

Tips for Staying Close to Your Loved ones

Entering the phase of senior living can be a significant transition for both individuals and their loved ones. Whether it's a parent, partner, or close friend, maintaining a strong connection becomes crucial as the dynamics shift. Senior living offers autonomy and freedom, but it doesn't mean isolation. Nurturing relationships became even more vital during this period. Here are a few examples of what you can do to support your loved one:

- Open and Honest Communication
- Frequent Visits and Quality Time
- Embrace Technology
- Create Shared Rituals
- Stay Informed About Their Community
- Send Care Packages
- Encourage Socialization
- Plan Joint Activities
- Celebrate Milestones
- Share Family Traditions

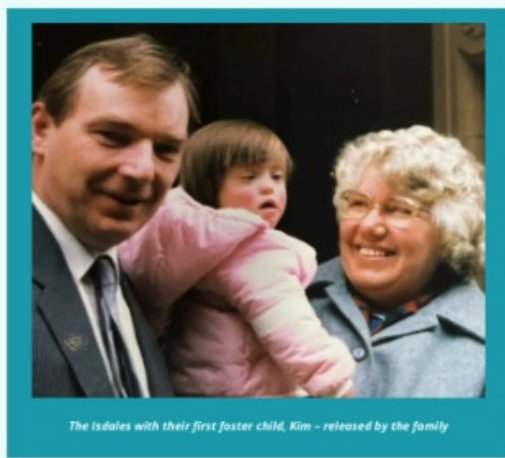


Senior Stories

Couple in Their 80s Have Fostered More Than 150 Children—No Plans to Stop Accepting Babies

By Andy Corbley | Article from: GoodNewsNetwork.org

English couple Margaret Isdale and her husband Robert decided to welcome a teenage girl into their home for foster care back in 1978.



The Isdales with their first foster child, Kim - released by the family

Now almost 40 years later, they are receiving a lifetime achievement award, because the octogenarians have fostered an incredible 150 children and teenagers. They've seen many dramatic circumstances, including a boy who had to have a kidney removed, and a child who came with no possessions of any kind apart from a set of pajamas, but they have no plans on slowing down.

From the town of Grantham in Lincolnshire, they received a lifetime achievement award from Lincolnshire Foster Services, whose administrator, Michelle Sawmynaden, was in awe of the pair, saying that over their 46 years of raising other people's children, lots of them have either gone back to their birth families or gone on to be adopted. "It's really quite humbling. It's not about us, it's about the kids we look after—they're the important ones," said Margaret, on the occasion of the award...

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Cooking for one or two?

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

Watermelon Lemonade Slush



Ingredients

- 1 c. cubed seeded watermelon
- 1 ¼ c. water
- 3 T. sweetened strawberry lemonade drink mix

Instructions

- Place watermelon pieces onto a parchment paper lined baking sheet, and freeze until solid, about 45 minutes
- Place the frozen watermelon, water, and strawberry lemonade drink mix in a blender; blend until slushy.



FREE

Webinar

Financial Resources to Pay for Senior Care



August 20th, 2024

EST 5:00 pm

CST 4:00 pm

MT 3:00 pm

PST 2:00 pm

CLICK HERE TO REGISTER

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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