

FEB
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The Conversation

Topics for seniors and those who care for them



Hello Paul,

"*Are there signs of cognitive impairment or dementia?*" is one of the questions in our intake discussions with families. Often - and several times just in the past two weeks - there's a pause, or a 'Well...' followed by a discussion of a loved one's memory.

What many people presume is that dementia is a memory disorder, but it's a disease of the brain and its existence can manifest itself in many different ways. Sometimes "*signs*" of dementia can be missed if we are just looking for memory loss. [This recent article](#) touches on other indications that the progression has begun.

The last few weeks have also had us working with an increased number of families navigating stays at Skilled Nursing Facilities (Nursing Homes). Whether it's a short term (rehab) stay or a conversion to long term care, that journey can be a challenging one. Below is an article on how to choose a Nursing Home for a long term stay.

If it's a short term rehab stay that you or a loved one is facing, here is a link to "[Let's Talk About Discharge](#)" the booklet many of the hospitals and rehabs we're working with use. You can download the pdf and use it as a worksheet to guide you through your loved one's stay so that you're well prepared for their discharge date.

...and finally, The Downsized Gourmet's recipe this month is for Lasagna for Two. We had it last night, it's one of my faves - give it a try.



Consider These Factors When Choosing a Nursing Home

The nursing home selection process can be daunting. Here, we offer factors to consider when choosing a nursing home for yourself or a loved one.

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It's Time to Move to Assisted



Living: Having the Conversation

When it's time for a loved one to move to assisted living, it can feel overwhelming to think about how to approach the conversation. Read more for ideas to make these conversations smooth and effective with your senior loved one.

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for answers to our questions about senior care

CONVERSATION POINTS
Elder Law Essentials for Families

"My mom is on Medicaid and living in a Nursing home in Florida. We'd like to move her closer to us here. Will Medicaid still pay?"

Unfortunately, your mom's Medicaid in Florida will not cross state lines and be valid as a payor source in another state, such as New York or Connecticut. Your mom will need to close out her Medicaid in Florida and apply for the Medicaid benefits in her new state of residence. New York has very generous financial eligibility thresholds, and there is no durational residency requirement. Meaning, there is no required length of time that your mom must be physically present in New York before she applies for New York Medicaid, so long as she is financially eligible. As each state has different eligibility guidelines and potential penalty periods, it is important to consult with an elder law attorney before applying.

Samantha A. Lyons
Falcon Rappaport & Berkman LLP

Cooking for one or two?

Lasagna for 2



Ingredients

- ½ lb. ground beef, turkey, veal, or sausage
- 2 cups tomato sauce
- 1 cup ricotta cheese
- ½ egg, slightly beaten
- ½ tsp dried oregano and basil
- 4-5 Ronzoni or Barilla Oven Ready Lasagna, uncooked
- 1-2 cup shredded mozzarella
- ¼ cup grated cheese

Instructions

- Heat oven to 400 degrees.
- In skillet, cook meat until browned. Remove from heat and drain.
- In small bowl, stir together ricotta, egg, basil and oregano.
- Assemble lasagna:
- Grease loaf pan with cooking spray.
- Cover bottom of pan with tomato sauce.
- Spread ricotta mixture on lasagna noodle.
- Place Lasagna noodle on top of sauce
- Spoon sauce over ricotta mixture and sprinkle with meat.
- Cover with shredded mozzarella
- Repeat steps #3-6 for 2-3 more times. Top with remaining lasagna noodle. Spread remaining sauce and meat. Top with mozzarella and grated cheese. There will be space around the lasagna prior to cooking. The lasagna noodles expand when cooked so that space will disappear.
- Cover with foil and bake for 35 minutes.
- Remove foil and bake for an additional 5-10 minutes.
- Remove from oven and let stand for at least 5 minutes before cutting.

Make ahead directions: Prepare recipe but do not bake. Cover with plastic wrap and then cover with foil. Refrigerate up to 48 hours or freeze for 2 months. Remove plastic wrap and replace foil. Bake lasagna at 400 degrees for 45 minutes and frozen lasagna for about 1 hour and 35 minutes, removing foil during last 5 minutes of baking.

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(914) 356-1901
thedoyles@youroasisadvisor.com



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

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