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These are very trying times for all of us.
Senior Life LLC is open for business – you are not alone.
585-424-2424

We can get through this together

QUESTION: How do I take care of mother who lives all alone?

ANSWER:

1. Consider where she is the safest – at her home or temporarily living with you?
2. Consider having one person reside with your mother to manage her needs.
 - family or friend who free of virus symptoms.
 - aide through an agency or private hire.
3. If you haven't already, outfit your parent with a personal emergency call button. There are many styles, features and price tags.

QUESTION: How do I keep track of my family member at the hospital?

ANSWER:

1. Phone your loved one.
2. Choose one family representative to speak by phone during medical rounds. Ask the team to post your name and phone number on the day board. Be sure to be available to get the call.
3. Phone or email the nurses / social worker. Don't forget to thank them for being there.
4. See the attachment to this newsletter.

QUESTION: My father is all alone at the nursing home. What can I do to cheer him up?

ANSWER:

1. Phone calls are wonderful.
2. Cards, drawings, photos and notes by USPS. You might have all loved ones assigned a different day to mail in a "thank you memory" perhaps once per week. This could be a picture and message, a drawing and message, or written memory. These can later get hole-punched into a binder.
3. Ask if your father can have a photo frame in his room – load it up with wonderful photos that will make him smile. Family and friends holding signs with fun messages are great. Ask how it can be delivered.
4. Read the newspaper over the phone or start reading a book together by phone.