



A Better Life News

A Better Life Senior Services Rolls Out for Hohenwald Oktoberfest By: Michael Bunnell

A Better Life Senior Services opened our doors during the Hohenwald, TN Oktoberfest. Over the past 120 years, the festival has grown into a huge event, with thousands of people visiting hundreds of arts and crafts and food booths and enjoying live music, an antique car show, and many other great activities.

A Better Life Senior Services took advantage of the opportunity to introduce the community to the

services we provide and assist the Bios of Tennessee's Activity Committee in a fundraiser to raise money for community activities for people with intellectual and developmental disabilities.

A Better Life Senior Services provides Adult Day Services, homemaking and personal care services to the good folks of south central Tennessee. Our goal is to provide the supports people need to be able to stay at home.

We reduce family stress by promoting independence and providing expertise. We safely support Your Life Your Way at home and in the community. Our carefully selected support team members have a life affirming passion about dignity, safety and promoting meaningful relationships.

Mike Bunnell, Jamie McDonald, longtime Hohenwald residents, are our ABLSS support cast and we're looking forward

to the difference they will make!

For more information about services for seniors and adults with disabilities in south Tennessee, call A Better Life Senior Services at 1-888-559-8847.



Michael Bunnell, Preston Jowers, and Jamie McDonald

Making a Difference for ADvantage Members By: Lori Hauge

A Better Life Homecare now serves ADvantage waiver members in Oklahoma. Because we never leave people unstaffed,

people who have been "left in a lurch" when their primary agency caregiver was unavailable can now count on us to ALWAYS

send an alternative.

We believe "all people should be a part of their communities," so for

members who have adequate service authorizations and want to get out of the house and into the world, we make it happen!

Holiday Transportation Services By: Julie Beaulieu

Have holiday shopping to get done, but don't have a way to get there?

take you roundtrip anywhere within 5 miles of Utica Square in Tulsa.

your life. For details call A Better Life Homecare at 918-392-3838.

A Better Life Homecare can eliminate that worry! For the month of December, we have a special rate for folks who need transportation in midtown Tulsa.

For only \$15 we will

In addition to helping you run some of your holiday errands, using our special rate transportation service can introduce you to A Better Life Homecare and the difference we can make in



Finding that "just right" gift is one of the great joys of the holiday season.

A Better Life Homecare reduces family stress by promoting independence and providing expertise. We safely support "your life your way" at home and in the community.

Caregiver's Corner: Lending A Helping Hand

To celebrate National Aging in Place Week, A Better Life Homecare had the pleasure of doing yard work for James. We had a great time helping out and getting to know him. Below is a very kind letter we received from Life Senior Services.

Dear Lori:

WOW! Your group did a wonderful job at James' house. He has been cleaning and clearing his property for some time and the volunteers yesterday provided the finishing touch. I know James appreciated your hard work.

James' case manager; has great admiration for him. Each day presents challenges to him and, with the help of his aids, he continues to live well on his own. Thanks to you, James had a great day with your friends, co-workers and family when you brought the fun to him. It may have been a work project, but sitting out in the sun with new friends was the best.

Thanks so much for planning such a terrific project! We share the common goal to help each person connect with resources to continue living independently yesterday was an excellent example of the community reaching out to make it happen.

Thanks to all your wonderful volunteers and thanks for thinking about LIFE! Sincerely, Jan

Helping Seniors Get the Most from Healthcare By: Lori Hauge

With so much information, so many medications and so many specialists, keeping healthcare information straight can be difficult. One strategy for organizing your healthcare information is to maintain a healthcare journal. A Healthcare journal works best when you include :

- Names, specialty, addresses, phone numbers, fax numbers of all doctors and other health care providers
- A list of all allergies
- A list of all medications, including the purpose of the medication and dosages. This should be updated monthly or as medications are added and discontinued.
- Summaries of information you receive at each doctor visit. Include new diagnoses, results of any tests, new treatments/medications, answers to any questions you had and any other important information you learned during the visit.

- Before each appointment, take 15-20 minutes to note any problems you've had since your last visit and write down all questions you need/want to ask the health care professional.
- At each appointment review each medication with your doctor, asking these questions about each medication:
 - o What is this medication for?
 - o How do I/will I know

if it is working?

- o Is there a non-medication way to treat this problem?
- o What are the side effects of this medication?
- o Is it possible that this medication would interact negatively with any of my other meds?

A little organization will go a long way in helping you be as healthy as you can!

Need Help Getting to the Doctor?

Call 918.392.3838

A Better Life Homecare Can Help!

A Better Life
H O M E C A R E

The Greatest Caregivers By: Julie Beaulieu

A Better Life Homecare would like to welcome all of our new employees!

- Sally Crow
 - Mattie Oakley
 - Mary Jones
 - Cheryl Smith
 - Whitney Miller
 - Linda Newsome
 - Annette Stacy
 - Karol McKay
 - Lacy Bury
 - Christina Sien
 - Cherrie Williams
 - CJ Stewart
 - Brad Mashburn
 - Michelle Lincks
 - Preston Jowers
 - Jomora Stoll, LPN
 - Jamie McDonald, LPN
- Our employees have a life

-affirming passion for dignity, safety, and promoting meaningful relationships.

All of our employees go through a careful selection process, including extensive background checks and detailed structured interviews. We also use a pre-employment screening tool called the, which suggests how well employee

candidates work independently, their different personality characteristics, and their leadership potential. This tool also helps us carefully match our employees with the people we serve.

Congratulations and welcome aboard to our new A Better Life Homecare Support Team Members!

Recipe of the Month: Savory Chicken

Savory Chicken

Ingredients:

- 2 c French's Original or cheddar French Fried Onions
- 4 Boneless, skinless chicken breasts
- 1 egg beaten

Directions:

1. Place onions into plastic bag. Lightly crush with hands or rolling pin. Transfer to a pie plate or waxed paper
2. Dip chicken into egg, then coat with onion crumbs, pressing firmly to adhere. Place on baking sheet, and sprinkle with additional crumbs.
3. Bake at 400° for 20 minutes or until no longer pink.

Directions:

Holiday Stress Prevention Tips By: Julie Beaulieu

As fun and exciting as the holiday season is, all the activity, high expectations and hubbub can create a great deal of stress.

Help ensure the holiday season is an enjoyable time for you:

1. Acknowledge your feelings: It is normal to feel some sadness and grief if you have recently lost someone close to you.

2. Reach out: If you are alone this holiday season get involved with activities in your community. Consider local food banks, soup kitchens, churches, child care centers.

3. Stick to a budget: Buying food, presents, giving donations, etc. can put a strain on your budget. Decide in advance how much you can afford to spend this year and stick to it.

4. Maintain your healthy habits: It is important to continue to exercise, eat healthy, and get plenty of rest during the holiday season. Avoid overeating and drinking too much.

5. It's ok to say no: During the holiday season everyone seems to have parties and celebrations, it's ok if you can't make it to them all. Don't spread yourself thin by trying to

do everything.

6. Make time for yourself: The holidays are about giving, but don't forget to give back to yourself. It is important to remember to take some time for yourself each day. Read; take a walk; get a massage; paint your nails—whatever rejuvenates you and makes you happy.





931.334.6450 (TN)
 918.392.3838
 Tulsa, OK 74114
 2424 E. 21st St., Suite 310
 H O M E C A R E
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Medicare Part D: Sorting Out the Drug Plans by Jolynn Officer

Information source: (National Council on Aging)

It's that time of year again; time to review your Medicare Part D plan. Medicare prescription plans change every year and so do your needs. Each year you should review your plan to make sure it will continue to meet your needs, including minimizing your out of pocket medication expenses.

Gather all your medical information including a medication list, doctors and the pharmacy you prefer to use.

Review the information your current medication

plan sent you.

Also review other prescription drug plans in your area. Medicare has a great tool to help with this process: Medicare.gov Prescription Drug Plan Finder. Enter your medications and pharmacy. The tool helps you find a plan suited to your needs.

Compare the information and make your decision based on the information you have collected. Ask a family member or friend to help if you feel overwhelmed.

Consider these issues

when you review your plan:

- ? Does your plan cover all of your meds?
- ? Are the prices of your meds affordable?
- ? Will your costs change in 2010?
- ? Are you able to use your own pharmacy?
- ? Did your plan do a good job of helping manage your medication needs?

Once you choose a plan, call to request an application or use the company's website to enroll.

Medicare prescription drug plans can help keep medication costs affordable. By researching and updating your plan each year, you can maximize your benefits and minimize costs.

