



## A Better Life helps Seniors Capitalize on Local Rebate

By: Jessica Kirkley

Eighteen dollars may not sound like much, but if you're on a fixed income, it could pay for three months worth of a \$4 medication!

A Better Life Homecare is working to help our customers take advantage of the Tulsa County Sales tax rebate

for seniors. If you are 65 years of age as of December 31st, 2009, contribute the greatest share of your family's income, and resided in Tulsa for all of 2009, you meet all eligibility requirements.

During the next month, our caregivers will

make the rebate forms available to our eligible customers; we will assist them in completing the forms and we'll drop them in the mail.

Once you've applied, Tulsa County will automatically send you the rebate application each year.

So, take advantage of this little used rebate and enjoy an extra \$18!



## Family Care Giving Has Many Rewards

By: Jessica Kirkley

Former, ABLHC employee, Jack Montooth shares his experiences caring for his father in his book entitled, *Pops*.

In this book, Mr. Montooth reminds us that all of us who are lucky have memories of our parents and that the joy of those memories comes through "embellishing the good memories and dimming

the bad ones."

Jack cared for his aging dad for the last few years of his father's life and he describes the experience as an "adventure." He states, "If you have ever spent time with aging parents or relatives, you know why I use the word 'adventure.'" It's an experience of love, caring, frustration, faith, frustration, amazement,

frustration, patience, commitment, and of course, frustration. Even with the challenges and frustrations, I would not have changed a thing."

Jack also reminds us that "No matter how well you think you are prepared for a loved one's death, you never really are." He described his own experience, "When Pop

stopped breathing, I felt a part of me stop breathing too!"

Jack Montooth's book, *Pops* is self-published and can be purchased from the author.



### ABLH Recipe Of The Month:

## IRISH SMASHED POTATOES

#### Ingredients:

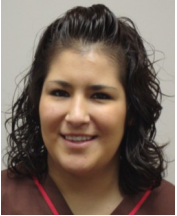
2 cups each, mashed potatoes, shredded green cabbage  
1/4 cup - Green onions, sliced  
1/8 tsp - Pepper  
Butter or margarine and parsley, to taste

#### Preparation:

Heat 1/2-inch water to boiling. Stir in cabbage, cover and heat to boiling. Cook 5 minutes, drain. Prepare mashed potatoes, fold in cabbage, onions and pepper. Dot with butter; sprinkle with parsley and serve

## It Takes a Village ... and Here is Part of Ours!

Meet some of our A Better Life Homecare caregivers. We chose each of our caregivers because they have the “care factor.” They selected us because they want to make help each person they serve have “A Better Life!” Here’s what they have to say about their



**Cindy Smith**

Cindy is caring, happy and organized. She loves her work because she’s good at making people happy.



**Linda Dickenson**

Linda is caring, funny and understanding. She is passionate about making a difference in people’s lives.



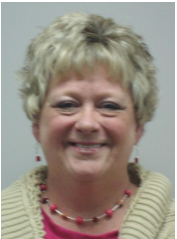
**Linda Newsome**

Linda is dependable and eager to learn. She enjoys helping to improve life for the people she serves.



**Lilly Walters**

Lilly helped people for over ten years. She loves taking care of people and making a difference in their lives.



**Mary Houston**

Mary is described as reliable, dependable and compassionate. She brings a warm heart to her work.



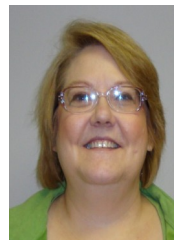
**Sally Crow**

Sally is loving, caring and helpful and she pays attention to details. Sally loves helping people.



**Cherrie Williams**

Cherrie is loving, a hard worker and she really cares. She has found the perfect career for her!



**Annette Stacy**

Annette is joyful, caring and giving. She wants to provide the high quality care to people needing her.



**Chelsea Cox**

Chelsea is kind, good-hearted and dependable. She finds helping people very rewarding.



**Cheryl Leedy**

Cheryl is caring, friendly and enjoys visiting with people. She loves helping people have a better day.

## Are you a family caregiver in need of support?

Visit <http://www.caregiver.com> to find support groups near you.

In Tulsa, Life Senior Services has the following groups:

902 E. Pine, **March 4th**, 3p-4p  
Call Judy for reservation 918-664-9000, ext. 448

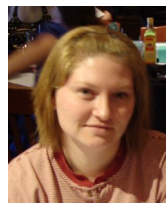
5950 E 31st Street, **March 18**, 3p-4p  
Call Teri for reservation 918-664-9000, ext. 324

3106 S. Juniper, **March 11**, 3p-4p  
Call Sarah for reservation 918-664-9000, ext. 244



**Denise Koster**

Denise is dependable, respectful and funny. She enjoys making people's lives brighter and easier.



**Melissa Gibson**

Melissa is passionate, goal-oriented and friendly. Melissa really enjoys improving other people's lives.



**Charlotte Shouse**

Charlotte is funny outgoing and enjoys giving to others.. She loves helping people reach their goals at home.



**Shelbi Townley**

Shelbi is personable, funny and responsible enjoys taking care of people and making a difference.

## Quality Caregiver

By: Lori Hauge



Each year the Advantage Program hosts a PCA conference to give Oklahoma agency caregivers the opportunity to network with other paraprofessional caregivers and "beef up" their skills with educational opportunities. An important part of the conference is recognizing Advantage caregivers who provide exemplary services to Advantage members. This year, our very own, **Sally Crow** was one of seven folks selected for the **Quality Award**. Sally's nomination was as follows: *Sally Crow has found her calling! Since she began working with A Better Life Homecare in November of 2009, she has made a huge impact in creating Better Lives for Advantage members, very quickly becoming a favorite PCA of the people we serve. Sally has a warm and gracious manner and quickly establishes a great rapport with people. Her amazing work ethic has really made a difference in the homes of members who have had long time difficulty dealing with clutter and less than healthy living environments. One of the ladies Sally serves refers to her as "the busy little bee," stating that she never stops working.*

*Sally's ability to quickly develop positive relationships with people works wonders. Several of the people she serves are getting back involved in activities they have long abandoned, like shopping and getting out of the house and participating in long-time hobbies.*

*Sally is a very dedicated support to the people she serves, never letting anything get in the way of making sure they have what they need. She really demonstrates this with one person she serves whose primary caregiver often needs flexibility in scheduling to meet her son's care needs. Sally always does her best to accommodate the family's needs. Sally stands out as an exceptional PCA and we consider ourselves blessed that she chose to be a part of the A Better Life Homecare family!*



### March Birthdays

Jackie Reed March 2

Julie Beaulieu March 5

Don Steinmeyer March 15

Zora Lays March 15

*Merci* *Obrigado!* *Thank You* *Gracias* *Köszönettel*

Cristina Sien, LPN with our Bartlesville office would like to give a big SNAP recognition to **Jolynn Officer**, **Julie Beaulieu** and **Jessica Kirkley** for the great support they are providing as she grows our Bartlesville office.



931.334.6450 (TN)  
918.392.3838  
Tulsa, OK 74114  
2424 E. 21st St., Suite 405  
H O M E C A R E  
**A Better Life**

## Funding Your Help at Home: Is Reverse Mortgage an Option? By: Lori Hauge

Many Seniors who have decided to “age in place,” find themselves needing in home care to help with housekeeping, meal preparation, errand running or personal care. Some have not planned for a way to finance the care they want and need. Reverse Mortgages are one financial tool that seniors can use to purchase in home care or to fund some other aspect of their retirement life.

A reverse mortgage is a loan that allows homeowners who are 62 or

older to convert part of the equity in their home into income. The funds provided from reverse mortgages are tax free and reverse mortgage holders maintain ownership of and title to their home and they do NOT have new mortgage payments. Interest accrues and is deductible when the loan balance and interest are repaid after the borrower dies, sells the home or otherwise permanently leaves the property.

Reverse mortgage funds can be used in any way

and the funds can be provided in a lump sum, as monthly income or as a line of credit. Best of all, reverse mortgages are “non-recourse” loans. This means that the borrower will never owe more than the value of their home, despite the loan balance.

Although not for everyone, Reverse Mortgages are a good financial tool for some seniors and they can be an effective way to help people finance in-home care. For a free reverse mortgage evaluation, call

Dee Biggert Financial Freedom at 866-867-8165. For other assistance in planning for in-home care, call A Better Life Homecare at 918-392-3838 or 1-888-559-8847.

