

Resolutions for 2007

Every year, since childhood, we make New Year's resolutions. Usually our goals have to do with improving our self. In 2005, AARP provided a list of resolutions for the computer savvy for 2006. The list included:

- Back up regularly
- Use a surge protector
- Download updates to keep your computer running just right

AARP is once again offering technology resolutions for the upcoming year. However, whether you are computer impaired or a computer guru, you can still use these suggestions to improve your lifestyle.



- **Get organized** – although this is in reference to the use of the computer, it is a good idea to get your personal life organized. Keep your home in order, pay bills on time, etc.
- **Save records** – you can do yourself a tremendous favor by going through your records and filing them correctly for safe keeping. This includes family, health and financial records. (See above resolution).
- **Improve your health** – the editor of AARP is suggesting that you go online and research your health conditions, find diets, and activities to keep your mind active. If you keep good records, you will not need to go online for record keeping help. However, improving one's health is always a good idea. There are a lot of health and medical sites such as webmd that offer good information. If you do not have a computer to keep yourself active, find other ways to keep energetic such as shopping, visiting friends, going to a movie.

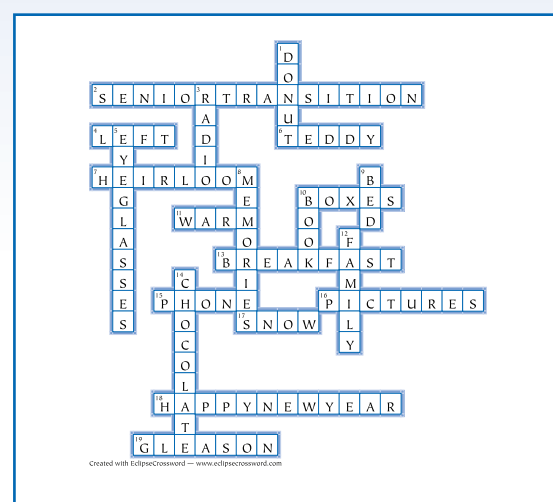
Here are some more resolutions related to improving your health:

- Eat properly
- Lose weight
- Exercise more
- Go on walks with friends
- Stop smoking
- Reduce alcohol intake
- Learn something new
- Rest
- Get enough sleep
- Read the books you have always wanted to read

Senior Transition to Present at Annual NASMM Convention

Pat Cusson of Senior Transition will be making a presentation involving safety concerns at the National Association of Senior Move Managers, (NASMM), annual meeting January 4-7 in Safety Harbor, Florida. The workshop will discuss how to safely overcome the many problems associated with moving out of a home that has household pests, a major problem encountered in many moves. Last year Ms. Cusson presided over a workshop on the topic of business etiquette.

NASMM is a non-profit professional association that is dedicated to helping older adults and the families' transition from their current home to a home that will meet the senior's new needs and requirements.



Transition Times

A Senior Transition Publication

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About Senior Transition



FOUNDED:
May 2000

OWNER:
Patricia Cusson, R.N.



MISSION:
To provide positive lifestyle change assistance to an aging population and their families by helping them secure proper housing to meet individual needs, while managing the process of moving to their new homes.

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Happy New Year!

Happy New Year! We hope that this New Year will bring good health and happiness to you and your family.

Last year was a very exciting year for Senior Transition. We moved seniors to all types of new homes, from small homes and apartments, to condominiums and assisted living residences in Rhode Island and Southeastern Massachusetts. We also helped to move several seniors outside of Rhode Island and New England.

As part of our commitment to maintain customer service excellence, we added three retired Registered Nurses to our staff. We like to retain RNs because they are dedicated individuals who understand the needs of people in transition. Therefore, they provide the essential care needed to put people at ease during a stressful time.

This New Year will be equally as exciting as last year! We will be adding

a new program we call Internal Transition.™ This program is designed to help seniors move from their current residence in an assisted living facility, condominium, or apartment, to another location within the same property. The service includes consultation with the client, management of the move, packing, unpacking and placement of personal property. Downsizing assistance will also be provided if needed.

We are introducing this service to respond to the needs of many of our clients who move within the confines of their current facility and need help with the small transition. This cost-effective service will allow the client to relax and enjoy moving to a new home that will meet their new requirements. We look forward to providing this service in 2007.

*Pat Cusson
President and Founder of Senior Transition*

More Seniors to Need Assisted Living

The Providence Business News, (PBN), recently published an article concerning the number of beds and assisted living sites located in Rhode Island. According to the Rhode Island Department of Elderly Affairs, the state ranks fifth in the country per capita for seniors age 75 and over, with 75,718 people. The state's senior population over 65 ranks sixth overall, with 140,000 seniors. This figure is expected to reach over 209,000 by 2020.

Currently, there are 67 assisted living facilities in Rhode Island, with 3,564

beds. "That represents rooms for almost 5% of the seniors in Rhode Island over 75 years of age," states Pat Cusson, president of Senior Transition, a company dedicated to helping the senior population find new homes to meet their changing lifestyle needs. "That does not mean we are in a crisis situation. Most of our senior population is healthy and vibrant, and can maintain a good life in their current home. This situation changes when health or living in a home that is too large becomes overwhelming," states Cusson. "This is when it

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Choosing the Right Home ... I Hope My New Home Will Meet My Needs

Relocating is never an easy task. During the process you might visit five or more homes. Although you may have a preconceived idea of what you want, you may not have thought of all the essentials required to meet your needs. Below are some questions you should ask yourself before choosing a new home:



photo courtesy of The Village at Waterman Lake

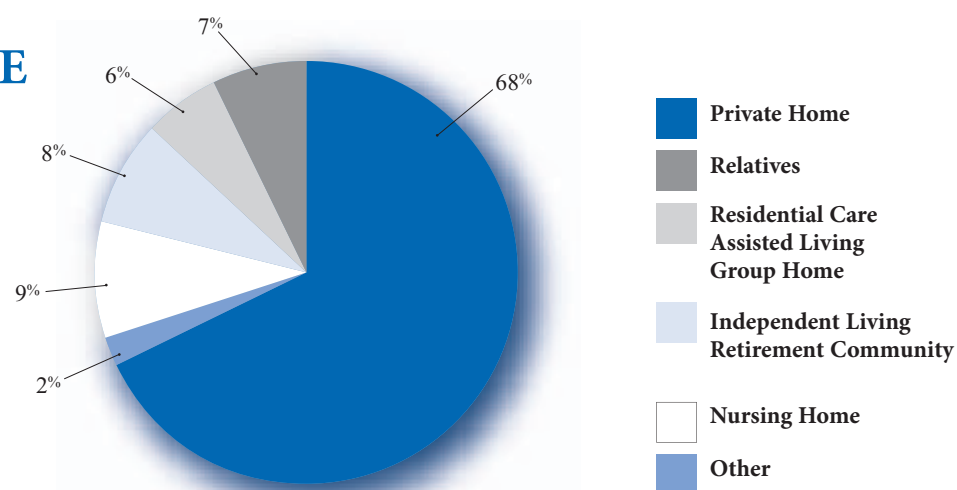
- Is there adequate security lighting?
- Is their security system good enough for me?
- Are there safe walkways for your morning or afternoon walks?
- Are there too many steps to get into the home?
- Is there an upstairs?
- Are there enough bedrooms if out of town guests want to visit?
- Do you require a study area?
- Is the new home too big to maintain?
- Is the new home too small for your needs?
- Are needed appliances provided?
- Is there adequate parking for you and visitors?
- Are the neighbors your age?
- Is there a social area where people congregate?
- Are there organized activities?
- Will you be able to make new friends here?
- Does the food taste good, and does it meet your dietary needs?
- Can you afford this home?
- Are there additional fees you do not pay now?
- Is there a church or synagogue nearby where you can worship?
- Is it too loud for your taste?
- Is it too quiet for your taste?
- Is the staff available to help with your needs?

To answer these questions, we suggest you make a check list for each home you visit.

Senior Transition will be there to help you make a comparison and choose the best alternative to meet your needs.

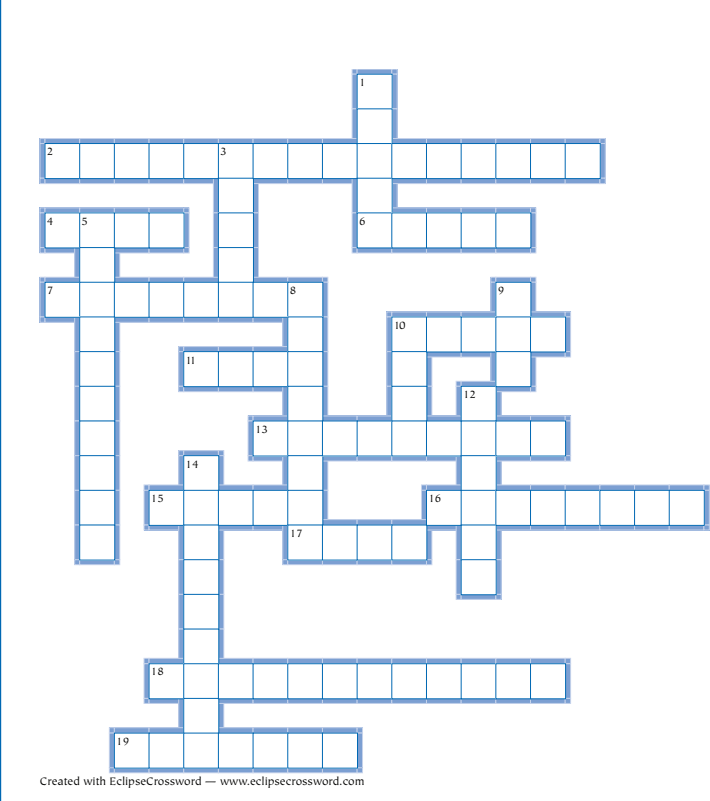
PRIOR RESIDENCE

90 Days Prior to Move Into Assisted Living Facility



The majority of residents move into an assisted living complex directly from their private home.

Source: 2006 Overview of Assisted Living



ACROSS

2. Company who will guide us through our move
4. Opposite of Right
6. Either a bear or a nightgown
7. Family possession handed down
10. What we pack our stuff in before we move
11. How we feel by the fire
13. The first meal of the day
15. How you call your family
16. They fill the frames with memories
17. So soft, so white, so light, it falls through the night
18. This Season's Greeting
19. Star of the Honeymooners

DOWN

1. My favorite is jelly filled
3. The source of news before TV
5. Prescribed by an optometrist
8. The good times we will never forget
9. Where I sleep
10. Fiction or non-fiction we read
12. Your children, grandchildren, brothers and sisters
14. Hershey's makes it into kisses

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More Seniors to Need Assisted Living continued from cover

becomes necessary to look at options, such as assisted living. Until recently, assisted living residences were not perceived by the senior population and their families as an alternative in Rhode Island. Seniors tended to move into the homes of family members or to smaller living quarters, such as an apartment or condominium," says Pat.

Assisted living residences offer seniors assistance with daily living activities. This may include help in preparing meals and eating, bathing, dressing, normal housekeeping and, perhaps most important, managing medication. For now, the assisted living option is not for every senior requiring assistance.

The cost for assisted living may be out of reach for seniors. The average base rate in Rhode Island for an assisted living residence is \$3,143 per month, according to a MetLife study which

compared this cost to the national average of \$2,968 per month. There are two programs to help seniors afford assisted living; however funding at this time is small compared to the current need of seniors.



According to Ms. Cusson, "there is no shortage of rooms at Rhode Island assisted living facilities now, except for the more affordable residences. Although some facilities may have a waiting list, the list and the wait are usually not too long. However, I am concerned that there may be a need for more assisted living facilities and rooms as the number of baby boomers in need of assistance increases as they reach their 80s. This number will increase significantly in a few years. I am sure, however, that more assisted living sites will be constructed to handle the growth."

Assisted living is relatively a new alternative for senior living. To learn more about it, contact Pat Cusson of Senior Transition at (401) 828-5828 or (800) 899-5828, or visit our web site at www.seniortransitionllc.com.