

Newsletter

Senior Choice at Home Member Events



As summer came to a close and the fall season began, Senior Choice at Home members had the opportunity to enjoy some stunning vistas in our area. On September 7th, several members enjoyed a wonderful day at the Florence Griswold Museum in Old Lyme. Known as the Home of American Impressionism, this museum has been designated a National Historic Landmark. With a guided tour of the Florence Griswold House, the centerpiece of the Lyme Art Colony, they were able to

enjoy art over 100 years old by some of America's most beloved artists. This bucolic setting and the beautiful gardens also added to the lovely day, where they enjoyed a tasty lunch at the Café Flo, overlooking the Lieutenant River.

Another beautiful Connecticut waterfront location, the New Haven Harbor, provided the backdrop to another Senior Choice at Home social event. On September 23rd, members enjoyed an open-air lunch at Shell & Bones Restaurant located in Historic City Point New Haven. With lovely weather, a gorgeous view and the smell of the salt air, members enjoyed a tasty lunch (and even tastier desserts) and the pleasurable companionship of other Senior Choice members.

Senior Choice at Home also provides opportunities to experience new things, through organized art classes and lectures, as well as museum trips, theatre outings, and lunches. Our group keeps getting bigger and friendships have been forged or reignited between new members and old. Upcoming events include an authentic English high tea and a member-led lecture on Alexander Hamilton.

Upcoming Member Events

Lunch & Movie	November 16, 2016
Lunch & Learn: <i>Hamilton</i>	December 7, 2016
100th Member Celebration Brunch	December 11, 2016
Holiday Luncheon	December 13, 2016

Senior Choice at Home, a program of Jewish Senior Services®, is a comprehensive program that provides, coordinates and pays for long term care for older adults. It is designed to provide protection for independent individuals who wish to remain in their homes, ensure their care is paid for, and protect their assets as their healthcare needs evolve. Should one need to live in an assisted living community or receive nursing home care, the program will provide for these too.

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Jewish Senior Services

The Jewish Home • Goldstein Rehabilitation Center • Assisted Living Residences • Friedman Home Care Agency
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 Senior Choice at Home • The J Fitness Center • Grasmere by the Sea Adult Day Program

Our Furry Friends; Senior Choice at Home Members and their Dogs



Dorothy and Karma

Jayne M.

I have lived with dogs my entire life. I can't even remember a time when I didn't have a companion animal. But as I grow older I have come to realize how very important my dogs are for the enhancement of my life. I never feel alone. Many seniors have lost spouses and friends and find themselves with lots of empty time to fill. Yes, it is wonderful to continue a working life or to volunteer for organizations that as a working person you didn't have time to give, but when I get home from anywhere, there they are, greeting me as though they hadn't seen me for a month. One never comes home to an empty house and never feels unloved, and with pets who need to be walked fed and loved, you are the most important person in their life – a really good feeling.

Exercise is not always what one wants to do, but walking your dog every day is really enough exercise for most people. I take my dogs in the morning for ½ hour and in the late afternoon as well. Besides getting the workout I need, I get to meet so many other dog owners. And if you are lucky you will meet someone who will become a friend, or even a group of new friends. Many of my closest friends have come from the dog walks that I take. One of them became my business partner.

People of a certain age do not have to get a puppy. I, myself, have dogs that I have rescued. There are many organizations that specialize in rescue. I am only interested in dogs over the age of three as I really don't want to housebreak or train a young dog. If anyone is interested in rescue you can contact me and I will share all the ways of dealing with good animal organizations that do adoptions, and if you would like I will help you get just the right companion animal.

Dorothy F., also known as “Grandma Doggie”

I have been a dog lover since I was very young but my mother wouldn't allow it. When I became the master of my own fate (1959), I adopted a dog and have had at least one ever since. Unfortunately they don't live forever; I have had seven so far. The unconditional love I receive is fantastic! I have a T-shirt that says “My significant other has a tail.” I live alone, but have a great partner. He is wherever I am. I joined Senior Choice at Home so I could live with my dog - whoever that might be at the time. My feeling is that every senior should have a dog, and as my neighbor says, “every dog should have a senior”. We appreciate them and they appreciate us!

Candace H.

I think dogs are one of the many gifts G-d has given to man. I have had my present dog 'Flair' for about one month. She is ten pounds, two to three years old, all black, and a Yorkie mix. I found her at D.A.W.S., the Danbury Animal Welfare Services located on route 53 in Bethel. She is very affectionate and loving. Kisses everyone, and I do mean everyone, she meets. In addition she is so easy to live with. She is a gift to me so I thank the powers that look after me. After all, those same powers got me into Senior Choice at Home. The dog I had previously, Buddy, a purebred Norwich Terrier, died in June at age 16. He was a true little gentleman. He was like Toto in The Wizard of Oz. You could take him anyplace and he would fit in. Wherever he is now, a part of me is there too. Dogs never really leave you, or you them!

Meet Christina Ciminello, MPH, LNHA, Jewish Senior Services' Community Services Advisor, as she shares her Perspective on the Importance of having a Personal Emergency Response System



How long have you been with Jewish Senior Services and what are your primary responsibilities?

I have been with Jewish Senior Services for just over 13 years, after receiving a Master's Degree in Public Health from Cornell University. In addition to providing financial oversight, I have had the opportunity to be involved in the development and operationalizing of the Institute on Aging (Geriatric Assessment Program), The Friedman Home Care Agency (Non-Medical, Medical and Hospice Care), The Center for Elder Abuse Prevention (including a prestigious grant from The Robert Wood Johnson Foundation), Home Together (Adult Family Living) and our partnership with Phillips Lifeline (Personal Emergency Response System). I am also a licensed nursing home administrator for the state of Connecticut.

Jewish Senior Services' personal emergency response system partner is Philips Lifeline.

Please explain the different products that we are able to offer to people living in the community.

First, we are thrilled to have a great partner in Lifeline which gives us the ability to offer a variety of products and services to those that Jewish Senior Services helps. This includes:

- **The HomeSafe Communicator:** This is the basic home unit that is connected to a phone line and linked to a communicator worn on the wrist or around the neck, providing direct, two-way communication with Lifeline's 24/7 Response Center.
- **HomeSafe with Auto Alert:** Whether inside your home or outside in the garden, this option automatically detects true falls, with a low rate of false alarms, allowing the wearer to get access to help quickly. It's a great choice for those with a history, risk, or fear of falling.
- **GoSafe:** For people who live active lives, this is the help button pendant that does it all: sends an alert when you press the button or when it senses a fall, both in and away from your home, utilizing the AT&T Wireless Network and 6 state-of-the-art locating technologies.

Why do you believe it's important for older adults, including Senior Choice at Home members, to have a personal emergency response system?

Having Lifeline can truly save lives. Getting that lifesaving emergency care at the press of a button or automatically with the Auto Alert system is a must for clients living alone and for those not in close proximity to caregivers because you never know when something will happen.

Are there any stories that come to mind that support this?

Betty comes to mind first as she has been under our care for six years now. Her daughter talked her into getting the system after much resistance at the young age of 85 as she lived alone and independently. Over the years the system has "saved her life", in her daughter's words, on two separate occasions. Both times she fell and the emergency response system quickly got lifesaving personnel to her, avoiding additional negative outcomes from being left alone in such a vulnerable state for a long period of time. I also think of Sue who called us last year following two awful falls due to a quick and drastic drop in her blood sugar. Both times she lost consciousness, which delayed help getting to her, and turned into lengthy hospitalizations. Now that she has Lifeline with AutoAlert, she has better peace of mind knowing that should another fall happen, she will get help right away.

Partnering with Lifeline has been a perfect fit for Jewish Senior Services and has proven to truly save lives!

Did you know that Senior Choice at Home All-Inclusive, Security or Co-Pay plan members receive a personal emergency response system as part of their membership? This is just another way that we help our members preserve their independence and remain at home!



Senior Choice at Home®

Your Future. Guaranteed Care.

The Day I Stopped Smoking A Pipe

By Ed D., Senior Choice at Home Member

New Haven was heading for a major showdown. Bobby Seale, a leader of the Black Panthers, had been arrested, accused of involvement in a killing. His trial was scheduled to begin on May Day, 1970. And journalists, Blacks, and civil rights supporters had gathered in New Haven to witness the trial and participate in the inevitable public protest. Yale President Kingman Brewster had not helped things by commenting that a Black Panther would not receive a fair trial in America. Talk about pouring oil on a social fire!

Anke (my wife) and I had been attending a Quaker Meeting on the Yale Campus since our arrival in Connecticut. Members of the Meeting were quite alarmed about the coming protest. Many in the Meeting were graduate students and professors. In the Business Meeting it was agreed that some action was necessary to quiet things down. Members formed a group, to prepare to interpose themselves (as identifiable peace marshals) on the streets surrounding the demonstrations. We simulated confrontations and tried calming language. Some worried about encountering "agents provocateurs" trying to fire up the crowds.

I had my own personal stake in the event. As I was teaching at Fairfield University, I knew a number of my students would attend the protest, while still others consisted of draft-age students who had just been called up for National Guard duty in New Haven. I could imagine a confrontation between my own students in the midst of the hullabaloo.

Well, the day arrived. As crowds gathered in the New Haven Green to hear angry and defiant speakers on behalf of the Black Panthers, including the poet Jean Genet and Benjamin Spock, I put my yellow binding on my head, as did the others, and filled and coolly lit my pipe. While the others zeroed in on the Green, I walked down Chapel Street past

the Yale colleges and shopping district. The crowds were growing with every step towards the Green. In front of the Shubert Theatre, I found a young man hollering insults at the National Guardsmen, obviously trying to get others in the crowd worked up.

While things stood at a noisy stalemate around the Green, the State Police finally felt that they had had enough and let fire their canisters of pepper gas. There was pandemonium as people ran for cover, or knelt on the street to somehow get below the floating gas. As a marshal, I had a wet handkerchief in my pocket and could cover my face. But it was hardly enough. My eyes stung and my breathing was virtually impossible. The marshals, standing between the police and the demonstrators, probably took more of the gas, but everyone got a good taste of it! In time, the crowd began to disperse.

I can't remember how it all ended. I only remember that when I finally got home, Anke insisted that I take off all my clothes before I came in the back door. The stench really was awful. She shook them, washed them, and hung them out to dry. But it took some time before I could wear them again.

A week or so later, I was in a meeting with other students, faculty and administrators. Whatever we were discussing, I found myself bored and sleepy. I reached in my pocket and found my pipe. Ahah! I pulled it out and lit it. FOOM! The whole room suddenly filled with pepper gas. Consternation broke out as everybody looked aghast, and the meeting came to an end. That did it for me and my smoking!

The trial of Bobby Seale ended in a hung jury. Note: he had earlier been arrested as a member of the rioters at the 1968 Democratic Convention. The times, they were exciting!