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A Discussion of the Electoral College

On June 20, Senior Choice at Home Member Dan W. led a Lunch & Learn discussion about the Electoral College and the Presidential election process. With an audience of more than 25 members and invited guests, this interesting discussion was both timely and relevant. Attendees were also given a short tour of Jewish Senior Services' new home at The Harry and Jeanette Weinberg Campus.

Senior Choice at Home Member Bob shared "I'm glad I could attend another delightful member event for Senior Choice at Home. Dan is an engaging, witty and knowledgeable speaker." Bob added that the discussion "was both informative and timely."

Member Anke said, "What struck me was the amount of compromises made by representatives of the early independent states in order to design an election system that was fair for all states, large and small, in writing the Twelfth Amendment to the Constitution. I only wish that today's politicians knew about compromise and used it to work together rather than constantly fight and oppose each other." Regarding the new campus, Anke added, "It looks great! There are so many nice touches, including the Jerusalem stone work with small pieces by each room."

"This Lunch & Learn was quite enlightening for me, as were the



Aldrich Art and Discovery Museum trips," said member Barbara. "We are so fortunate to have members who are able and willing to share their career knowledge, life experiences or hobby interests with us. Though the lunches are always tasty and in interesting places often new to me, it is the **socializing** and getting to know other members who have made the choice to "age in place" that encourages me to join the planned activities."

Upcoming Member Events

Lunch
August 8, 2016
The Gray Goose

Lunch and Museum Tour
August 24, 2016
Tengda / Bruce Museum

Senior Choice at Home® Member Stories

A Day That Changed My Life – Big Time

By Marilyn B., Senior Choice at Home Member



In Amsterdam, on a drizzly late-August evening in 1957, I was sitting at the counter in the Carlton Hotel coffee shop when this blonde guy said, “You’re an American, aren’t you?” The blue jeans were the first clue, the Sperry Topsiders on my feet the confirmation. I was 23.

My story had begun with a pact among my Indiana University girlfriends to go to Europe with just one cloth travel bag. When friend Georgia gave me her bag, she said, “With this you can stay loose, and swerve off course if you want to.”

I quit my job in Indianapolis and boarded a British freighter to Liverpool. After wandering in England, I hooked up with a girl from Buffalo, and the two of us hitch-hiked through southern France and Spain. When she went home, I decided to go to Holland for rest and nourishment.

I checked into a B&B on one of the canals. On that August day I had taken an awful tour to a village where people wear wooden shoes. I was in the mood to swerve off course, and when Peter asked me to dinner at the American Hotel, I said sure, why not?

His story was that he was on leave from his import/export business in Egypt. He had a tiny flat in Amsterdam and planned to return to Cairo in the fall. When he asked me to go sailing with him in Loosdrecht, I said sure, why not? When he asked me to move into his flat, I said sure, why not? Writing to my mother, I lied about that.

The days passed. We spent a lot of time with Peter’s buddies, including evenings on the American Hotel terrace. They spoke English to me and Dutch to each other, so I bought a Teach Yourself Dutch book to tune in with.

By mid-September, I was starting to wonder what would happen when it was time for Peter to return to Egypt. For me, a key question was whether he would introduce me to his parents. They owned a clothing store in the northern harbor town of Harlingen, in the province of Friesland. One day we jumped into his little VW and we went for a visit. We all got along just fine. Peter had booked a boat out of Venice to Alexandria in early October. When he suggested that I drive down with him, I said sure, why not? After a sad parting in Venice, I trained down to Rome. In the American Express office there was a message for me: Take the next boat out of Naples to Alexandria. And I, of course, said sure, why not?

My presence in Cairo was somewhat awkward. He didn’t take me to most cocktail parties, but we spent pleasant days at the Gezira Sporting Club with young Dutch people and other Europeans. Then one day Peter flew off the handle because I’d double-paid a delivery man or something like that, and told me to go home. I flew back to Indianapolis (stopping in Harlingen on the way) and went back to work.

A month or two later, I got a telegram that said something like “drop everything and meet me in Amsterdam for our wedding.” Sure, why not? On April 1, 1958, surrounded by friends and family, we were married in the Amsterdam town hall.

Sun Safety Tips for Seniors

Prepare yourself for the sweltering summer months.

1. **Apply sunscreen early and often**
2. **Drink plenty of fluids**
3. **Wear the right clothing**
4. **Stay indoors at the hottest hours**
5. **Wear eye protection**
6. **Check your medications**

Talk to your doctor about how the heat may affect your medications or if they can cause increased sensitivity to the sun.

Knowing the signs of heat stroke can save your life. Some signs to look for include confusion, disorientation, dry skin or lack of sweat despite the heat, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you or someone you know experiences these symptoms, seek medical attention immediately.



Meet Amy Feder, Senior Choice at Home Care Coordinator



Tell us about your background and yourself:

I graduated from NYU with a Master's in Social Work and started my first job on the medical unit at NYU Medical Center. After a few years working on different medical services as a discharge planner, I took a position as a Social Worker at Memorial Sloan Kettering Cancer Center where I worked for nine years and covered most oncology floors. Even though cancer does not discriminate against age, race, religion or gender, I found myself staying a little longer on my visits with the older patients. What drew me to work with this population was the wisdom and knowledge I gained while getting to know my patients during a very difficult journey in their lives. Each person was unique and they all had stories to share. I learned more from all of them than I could ever have learned in the classrooms as a graduate student. They talked about their families, their travels, their careers but mostly shared their wisdom for having lived much longer than me. The advice and guidance made such an impression on me I knew I wanted to work with such an interesting population.

After leaving Sloan Kettering, I took time off to raise my two children, Evan and Alison. I decided to return to work when Ali started school and took a position at Family and Children's Agency in Norwalk as a case manager to the caregivers of elderly people. This position proved very valuable as the focus shifted from the patient to the caregiver. I had underestimated the role of the caregiver and learned through this experience the need to provide ongoing support and guidance to anyone caring for an aging loved one. In my current role as a Senior Choice at Home Care Coordinator, I have the privilege of learning not only the medical history of our members, but getting to know and appreciate each and every member as an individual.

What are some of the greatest challenges that you face in your role as a Senior Choice at Home Care Coordinator?

The greatest challenges I face as a Care Coordinator is providing just the right amount of care to keep our members safe at home without infringing on their independence. For many of our members it is difficult to accept help and my concern is keeping everyone safe at home. I also try to focus on the caregiver as well as the person receiving care so that they get the support and guidance they need to navigate through the complex health care system.

What is the one message that you feel is most important for the Senior Choice at Home members to know as they strive to maintain their well-being?

I would like all of our members to know that we work as a team to ensure the best care possible and coordinate an individualized program of services for each member that suits their needs. We are here for all of you and are very appreciative of your trust in order to help you maintain your independence and live safely in your own homes for the rest of your lives.

Things You May Not Know About the Summer Olympics

The Games of the XXXI Olympiad, also known as the 2016 Summer Olympics, will be held in Rio de Janeiro, Brazil from August 5 through August 21. Here are a few odd and surprising facts about the Summer Olympics...

Figure skating was initially part of the Summer Olympics.

Before the advent of the Winter Olympics in 1924, men's, women's and pairs figure skating events were part of the programs for the 1908 and 1920 Summer Olympics. Ice hockey also made its Olympic debut at the 1920 Summer Games.

Olympic champions last received solid gold medals in 1912.

Olympic runners-up can take some consolation in the fact that there isn't much difference between their silver medals and the gold medals awarded to winners. Gold medal winners today actually receive medals that are 93 percent silver and 6 percent copper, with just 6 grams of gold.

The Summer Games used to span months, starting in the spring and ending in the fall.

The first Summer Olympics staged in London in 1908 spanned 188 days, opening on April 27 with the racquets competition and ending on October 31 with the field hockey final. The 1900 Paris Games spanned more than five months, and the 1904 St. Louis Games and the 1920 Antwerp Games also lasted nearly as long.

The first Olympian to fail a drug test was busted for drinking beer.

Olympic drug testing debuted in 1968, and Swedish pentathlete Hans-Gunnar Liljenwall was first to test positive for a banned substance. His drug? Two beers he said he downed to "calm his nerves" before the pistol shoot. The disqualified Liljenwall and his teammates were forced to return their bronze medals.

A gymnast with a wooden leg won six medals, including three gold, in the 1904 Olympics.

In the 1904 St. Louis Games, hometown boy George Eyser, who lost his left leg as a youth after it was run over by a train, won gold in the parallel bar, long horse and rope climbing events. He also won silver in the side horse and all-around competitions and bronze on the horizontal bar.

(Source: www.history.com)

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Senior Choice at Home®

Your Future. Guaranteed Care.

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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