



# United Methodist Communities

Pitman

Abundant Life for Seniors



# ELEVATE YOUR REAL ESTATE EXPERIENCE



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## OUR MISSION

Compassionately serving in community so that all are free to choose abundant life.

## OUR VISION

Growing through creativity, innovation, and gracious hospitality.

## OUR VALUES

### Compassion

Demonstrating love in our daily interactions.

### Respect

Seeing and valuing sacred worth.

### Stewardship

Faithfully managing the resources entrusted to us.

### Service

Finding joy in caring.





# Welcome To United Methodist Communities At Pitman

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Situated in a serene residential neighborhood in charming Pitman, New Jersey, Pitman is a complete senior living community fully integrated into the lively life of the town. Its person directed services include assisted living, Tapestries memory care, rehabilitation, and long-term care. Pitman is backed by the strength of United Methodist Communities, a nonprofit, faith-based organization that has served seniors for over a century.

Adherence to our values of compassion, respect, stewardship, and service drives our actions and our experience comes across in all we do. We believe in the social model of senior living, maximizing each resident's independence to the fullest. Our programming encourages the involvement of each resident to the degree they choose. People truly do make the difference at United Methodist Communities.

We are particularly proud of our Resident Directed Living and our continued commitment to benevolent care through the Gift of Care Circle. These strategies are what differentiate us.

Resident Directed Living moves control to the residents. Does a resident want a breakfast at 7am or 10am? Showers in the evening? Who wants spiritual care? This requires a team approach, moving away from old, institutional models where breakfast is always at 7:30am and showers are on Tuesdays and Fridays at 3pm. This includes making more homelike environments in our long-term care residences. Breaking up a large 60-resident nursing floor into smaller, warmer 20-resident households, fosters nurturing environments where relationships blossom, and residents experience greater autonomy.

United Methodist Communities has maintained a strong benevolent tradition since its founding through the Gift of Care Circle, which upholds our mission of compassionately serving the community so that all may have abundant life. Like a financial safety net, it sustains and supports the charitable mission.

As a faith-based organization, United Methodist Communities is committed to its residents, families, associates, volunteers, and donors. The Gift of Care Circle reflects the social consciousness of the United Methodist Church, with which we are affiliated, as well as our mission, vision, and values.





# Independent Lifestyle |

## HOW SENIORS LIVE INDEPENDENTLY AT UMC AT PITMAN

Inside UMC at Pitman, seniors get the support and security they need, while being able to live a free and independent life. We call this lifestyle, “Independent Living with Support.” This is an affordable choice for seniors who need some assistance and socialization, but who are mobile, active, and proud to retain their independence.

Both residents and families will breathe a sigh of relief when they come to UMC at Pitman. This is a lifestyle that preserves independence and dignity while providing opportunities to make new friends and have a life as active as you want it to be. UMC at Pitman boasts a diverse and creative activity calendar, full of exercise classes, bible study, continuing education, musical events, movies, resident driven clubs, and visits to beautiful downtown Pitman (voted top 100 historical towns in America). Our goal at Pitman is for every resident to live an abundant, purposeful life, while remaining close to family and friends.

## INDEPENDENT SENIORS LOVE THE PITMAN LIFESTYLE

Your new home in Pitman is truly integrated into the life of this historic town. Located near bustling Philadelphia and Rowan University, Pitman is a quaint town that will remind you of a Hallmark holiday movie. Visitors will find a variety of restaurants, bakeries, boutiques, wineries, live music, parks, and more in the shopping district – all easily accessible in Pitman. Come experience the freedom of having no chores, no worries about your security and care, and plenty of opportunities to make new friends and visit with the family. Live as independently as you want in a community focused on providing residents the abundant, active, and healthy lifestyle they deserve.





# Assisted Living |

## **LIFE ON YOUR OWN TERMS**

You've always been independent and want to stay that way. Our communities give you the freedom to live life on your own terms and stay connected to your family and friends. You'll be at home, in your own home, but free of the challenges of maintaining a house. You'll be independent but you won't be alone, pursuing activities you've always enjoyed — and finding new interests you might never have imagined.

## **YOU DESERVE YOUR INDEPENDENCE**

Assisted Living at United Methodist Communities at Pitman is apartment style living with personal and health care services tailored to your needs. If you need assistance, the associates at Pitman can help with bathing, dressing, grooming, medication management, safety checks, and more. Pitman's philosophy of assisted living allows residents to enjoy freedom, independence, and privacy.





### AMENITIES

- Meals prepared by an Executive Chef
- Bistro
- Spacious dining room
- Fitness and wellness center
- Transportation to local shopping and events
- Full calendar of cultural, social, and spiritual events
- Therapy services
- Weekly scheduled housekeeping services

### APARTMENT FEATURES

- Comfortable studio and one-bedroom apartments
- Private bath with walk-in shower
- Wi-Fi and cable hookup

### TAKE THE NEXT STEP

To learn more about Assisted Living at Pitman please call **856-589-7800** today or visit **[Pitman.UMCommunities.org](https://www.Pitman.UMCommunities.org)**.



# Respite Care |

A respite stay at United Methodist Communities at Pitman is a great way to determine if this is the community you want to call home or a great mini-vacation while your family is away. A short respite stay will lead to long-term benefits for you. You will meet our wonderful residents and have an opportunity to get to know us.

## **AN ABUNDANT LIFE STARTS HERE**

At United Methodist Communities at Pitman, we are dedicated to compassionately serving older adults, so you are free to choose an abundant life. When you choose Pitman and our parent organization, United Methodist Communities, you are joining a family that has specialized in senior lifestyles for over a century. United Methodist Communities at Pitman's combination of humanity and vitality form the foundation for an abundant life.



### AMENITIES

- Weekly scheduled housekeeping services
- Outings and activities
- Peaceful neighborhood setting
- Socialization
- Delicious meals
- Personal attention to dietary needs
- Transportation scheduling assistance

### ADDITIONAL OPTIONS

- Personal care
- Ambulation assistance
- Medication management

To learn more about a Respite stay at Pitman, please call **856-589-7800** or visit **[Pitman.UMCommunities.org](https://www.pitman.umcommunities.org)**.







# Tapestries® Memory Care |

## A DIFFERENT AND BETTER ALTERNATIVE

United Methodist Communities at Pitman understands how important it is for your loved one with dementia to live with independence and dignity. Residents receive care on their own terms, replacing control with choice and decision-making. Tapestries, housed in an Assisted Living neighborhood, offers a safe, attentively supported, and happy environment specially designed to care for your loved one.

## CONNECTION TO FAMILY AND SUPPORT

Our innovative technology not only promotes health and wellness, but keeps residents connected to their families. Knowing you want to stay closely connected to your loved one, Pitman offers gathering spaces for in-person visits, Wi-Fi technology and the K4Connect app to enable digital communication.

## PEACE OF MIND

You deserve peace-of-mind knowing your loved one is in a relaxing, worry-free atmosphere where happiness is contagious. Full activity calendars and new surroundings motivate your loved one to try new things. Our values foster a nurturing environment where relationships blossom and Tapestries residents experience greater autonomy. Just bring their clothing and personal items and leave the rest to us!

## A PERSON-DIRECTED PRACTICE

**ASSOCIATES RESPECT AND ADAPT TO RESIDENT ROUTINES. THIS PERSON-DIRECTED APPROACH FOCUSES ON:**

- Anticipating needs
- Encouraging participation
- Maximizing quality of life
- Knowing each resident's preferences and life history
- Stimulating and calming sensory experiences

## TAPESTRIES® FEATURES

- Secure and supervised floor
- Private studio apartments
- Experienced associates on-site 24/7
- Open dining area with country kitchen
- Ample common areas for hobbies and activities

## GETTING STARTED

Let us help you find an alternative that will enable you and your loved one to live life to the fullest. To learn more about Tapestries please call **856-589-7800** or visit **Pitman.UMCommunities.org**.

# Rehabilitation |

## PERSONALIZED PATHWAYS TO HEALING

Consistent with United Methodist Communities' innovative service to seniors, rehabilitation represents the perfect intersection of healthcare, long-term care, and technology. Our customized and therapeutic tools effectively restore functions, achieving the best possible gains. Complemented by our environment and associates, we can successfully treat those with multiple and complex health conditions.

## INDEPENDENCE AND SELF-DETERMINATION

United Methodist Communities at Pitman understands the value of independence and self-determination. A household living environment and person-directed philosophy promote healing by maximizing individuals' independence. Everyone has the right to live abundantly, regardless of circumstances. A collaborative multi-disciplinary team leads to more comprehensive treatment, which enhances recovery. A results-driven approach helps individuals reach their full wellness potential.

## SERVICE

- 24-hour assistance from professional associates
- State-of-the art modalities and assessment tools
- High quality speech, occupational and physical therapies
- Multi-dimensional and advanced clinical programming
- Daily meals and attention to special diets
- Community life calendar of cultural, social, and spiritual events
- Medication assistance, pain management, wound healing, stroke recovery, etc.
- Comfortable accommodations and amenities

## THERAPY

- Physical Therapy (PT)
- Respiratory Therapy (RT)
- Occupational Therapy (OT)
- Speech Therapy (ST)

## GETTING STARTED

To learn how you or your loved ones can benefit from rehabilitation at Pitman, please call **856-589-7800** or visit **[Pitman.UMCommunities.org](https://www.pitman.umc.org)**.









# Transitions |

## RECLAIMING YOUR INDEPENDENCE

United Methodist Communities at Pitman understands you value your independence and self-determination. With this goal in mind, Transitions offers a short-term path to recovery and wellness.

Post-acute care and services benefit people who are not quite ready to return home or want additional support in the least restrictive apartment setting.

Transitions residents may stay from one to six weeks. While individual reasons vary, many rehabilitation residents require observation for their response to a new medical device or medication, additional stabilization or reassurance, or to practice activities of daily living before returning home.

## CONNECTION TO FAMILY AND SUPPORT

Knowing you want to stay closely connected to friends and family, Pitman offers many gathering spaces for in-person visits and Wi-Fi technology to enable digital communication. You can count on nursing, certified caregivers, social work services, and dietician guidance.

## FREEDOM AND COMFORT

Comfort is an essential ingredient to living life on your own terms. While in Transitions, you will relish the made-to-order meals overseen by our executive chef. For snacks or coffee with your visitors, enjoy the bistro. The Pitman community life calendar offers ample choices for enrichment. You deserve a relaxing, worry-free atmosphere, and peace-of-mind during your stay. Just bring your clothing and personal items and leave the rest to us!

## AMENITIES

### IN ADDITION TO THE PRIVACY OF YOUR OWN APARTMENT IN THE TRANSITIONS NEIGHBORHOOD, YOU WILL ALSO BENEFIT FROM ACCESS TO:

- Dining Room
- Bistro
- Salon
- Library
- Laundry, housekeeping, and maintenance
- Transportation
- Religious services
- Fitness Center
- Porches and outdoor space

## GETTING STARTED

To learn more about Transitions at Pitman, please call **856-589-7800** or visit **[Pitman.UMCommunities.org](http://Pitman.UMCommunities.org)**.



# HomeWorks: Signs It's Time For In-Home Care |

Sometimes it is obvious when an extra set of hands is necessary in caring for yourself or a loved one: maybe you frequently leave the stove on all night because you forget to turn it off, or you had a bad fall and realized in that moment, when you were already on the ground, you are no longer able to pick yourself back up. But it's not ideal to wait for these moments. They're dangerous situations with possible life-threatening outcomes that no one should have to deal with alone. This guide will help you pinpoint early signs that your quality of life may benefit from receiving home care.

## 1. SAFETY CONCERNS

Safety is the number one priority when it comes to taking care of yourself or a loved one. If you notice you or your loved one is unable to protect themselves or is beginning to show signs of forgetfulness, hiring in-home care can give you or your loved one peace of mind.

## 2. MOBILITY IS AN ISSUE

Basic chores can be a hassle when you have mobility issues. Things like sweeping and laundry turn into difficult tasks. People with mobility issues often also have difficulty standing up for long periods of time and because of this, chores such as doing dishes and cooking may feel unbearable. Help will lighten the physical and emotional burden, and help plan and prepare healthy meals.

## 3. DESIRE TO RETAIN A FEELING OF INDEPENDENCE

A home care aide can be an alternative to assisted living, if what is most important at the time is to remain at home. An aide can assist in dressing, bathing, basic grooming, among other things, in a respectful and knowledgeable manner.

## 4. LOVED ONES NOT ABLE TO PROVIDE ENOUGH CARE

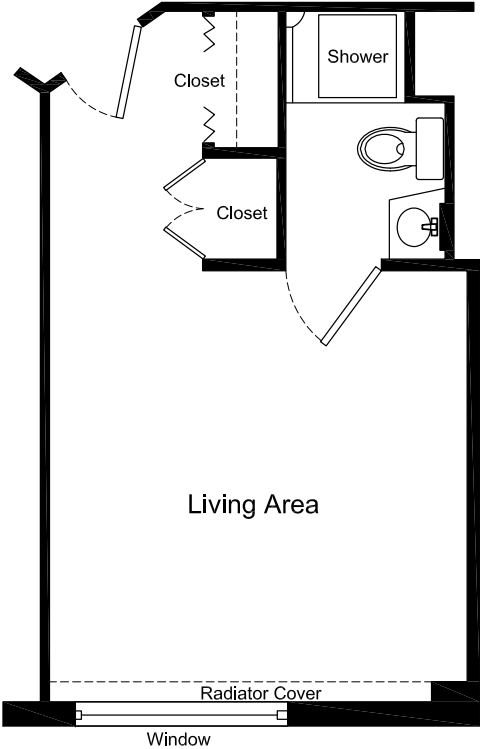
For many families, caring for loved ones isn't possible. With work and children, it can all become too much to handle. A home care aide can help guide the family into a less stressful routine by assisting in the more difficult daily or weekly activities.

For more information call HomeWorks at **856-300-2424**.

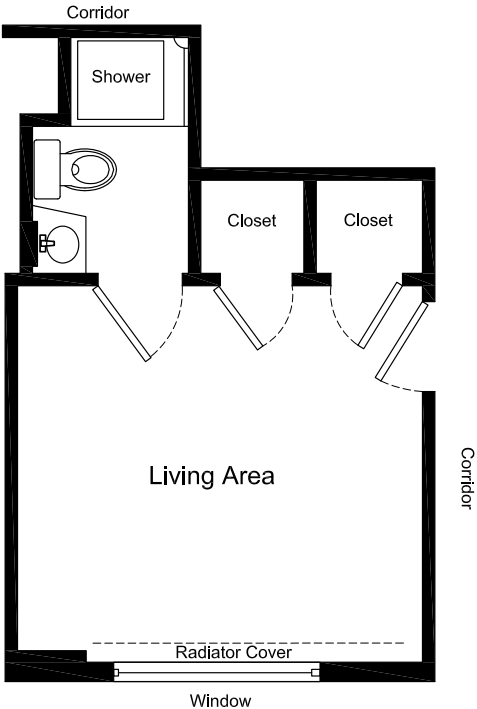




# Floor Plans |



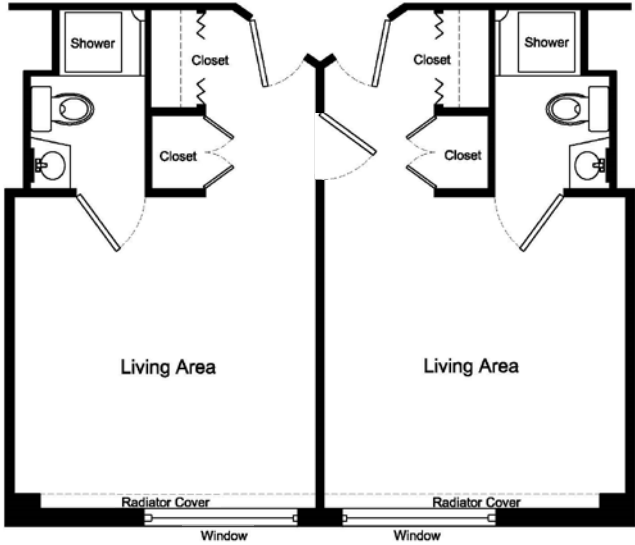
THE OAK



THE ALCYON



# Floor Plans |



**HOLLY DELUXE**

## GRANDVIEW - 1 BEDROOM



# Floor Plans |



THE BROADWAY



# Dining Deliciously |

**No Hospital Food Here! Our meals are prepared by award winning executive chefs and designed to be both nutritious and delicious.**

While our chefs and cooks thoughtfully prepare every meal, many other factors go into what's on the plate. Whether breakfast, lunch, or dinner, a registered dietitian focusing on the science of food, gives input on the menus, assures a balance of the food groups, recommends portion size, and other guidelines to optimize health.

At UMC, food science lives harmoniously with culinary creativity. Our chefs, graduates of Johnson & Wales University, Widener University School of Hotel and Restaurant Management and other academic institutions, engage in continuous education and training. Their passion, innovation, and food-forward vision has birthed vegetable and herb gardens, Chef's Table concept, Junior Chef Program, Chef Stage Center, interactive food events, and cooking demonstrations. The chefs, most with 30+ years' professional experience, involve everyone with the dining experience.

Through Food Committee discussions at each community, the chefs welcome and gain knowledge of residents' preferences and customs. With widespread food availability and access to nearly everything with minimal impact to authenticity and seasonality, the chefs can exceed these requests. These cooperative actions play a vital role in bringing fresh, innovative culinary ideas, leading to a culture of delicious dining.

Mealtime brings socialization at any age. Eating well-prepared and visually appealing meals helps maintain and improve mental acuity, energy levels, and resistance to illness. It supports a positive attitude, emotional stability, and builds the immune system. The menus result from a strategic process and offer appealing cuisine for every season.

Fresh, appetizing, restaurant-style meals are prepared and served in our dining rooms by our attentive and professional dining services associates. Our Bistro offers a variety of grab and go meal choices. All venues offer fresh and exciting options each and every day.







## Volunteer Program |

- Are you looking for a way to become more active and involved in your community?
- Do you have a skill or a passion you'd like to share with others?
- Do you enjoy making new friends and being part of something that helps people directly?
- Do you run or represent a civic organization or local non-profit looking to volunteer?
- Do you administer a school or job training program looking to get valuable and rewarding experience for your students?

## **UNITED METHODIST COMMUNITIES HAS A VOLUNTEER OPPORTUNITY FOR YOU!**

United Methodist Communities has senior living campuses all over the state. We maintain a large complement of volunteering opportunities all centered around these communities. While most opportunities exist at our full-service communities, all of our sites can benefit from your gracious donation of time.

United Methodist Communities' volunteers teach photography and computers, read books to our visually impaired residents, help out around the holidays, teach Yoga and Tai Chi, lead walking groups, or sometimes just sit and hold the hand of a single resident who may need it. If you have the spirit of a volunteer, we are certain you will find a rewarding experience volunteering at the United Methodist Communities location nearest you.

## **DON'T WORRY IF YOU DON'T KNOW WHAT TO VOLUNTEER FOR!**

One of the most unique aspects of the United Methodist Communities volunteer program is its focus on providing a rewarding experience for the volunteer as well as a useful, rewarding service to the seniors we serve.

### **FOR EXAMPLE:**

- Do you love to sew or knit? We'll arrange a class of like-minded students thrilled to soak up your experience and share your enthusiasm.
- Like to paint or sculpt? So do many of our residents and it's one of the most popular pastimes at our communities.
- Can you play music or dance? Well by all means come on in with your band or by yourself and bring the gift of music and movement to an appreciative audience.
- Good conversationalist? If a more one-on-one experience is what you have in mind, there is deep satisfaction in our companion program where you get to keep senior residents' company and help keep their minds active and engaged. An especially great program for non-resident seniors who have the compassion to help other seniors.

- Veteran? Therapist? Many of our residents would welcome the opportunity to participate in a class or discussion group around your experiences or receive the benefit of your therapeutic skills.
- Are you a teacher? Bring your class over! Many of our residents are former teachers and being able to feel purposeful by helping young students learn is a gift for both the teacher and the student.
- Boy or Girl Scout Master? We love the scouts! Local troops often arrange to come in and provide help or entertain our seniors and earn merit badges in the process.
- Local Business or Corporation Director? Our "Day of Service" is an event in which you bring your company in to show your spirit of giving back and creating goodwill with your local neighbors.

## **HOW DO I SIGN UP FOR A VOLUNTEERING OPPORTUNITY AT UNITED METHODIST COMMUNITIES?**

It's easy, just complete our online form on our website: [UMCommunities.org/volunteer-opportunities-in-nj/](http://UMCommunities.org/volunteer-opportunities-in-nj/). Once we receive your application, we will contact you. All our applicants are screened and then interviews are conducted to match them with the volunteering opportunity that is right for them. Over 1,200 volunteers come through our program every year and we look forward to having you join the growing ranks of those making a difference through volunteering opportunities in New Jersey with United Methodist Communities.



## Age-Related Eye Problems |

**Aging is a natural process of living, but so is reading, watching the sunset, and seeing your grandchildren grow-up. Don't let eye problems go untreated. With modern technology, malfunctions of the eye can be detected before they cause any damage. Getting regular checkups at your local ophthalmologist can ensure that these problems will be diagnosed before they cause other problems.**

As you age, your body changes and vision loss is one of the most common side effects. Cataracts and uncorrected refractive errors are the two leading causes of vision impairment. Recent scientific studies have also suggested that a positive correlation exists between cataracts and uncorrected refractive errors, and so having one may heighten the risk of getting another.

The key to battling vision loss is an ongoing process that involves awareness through informing yourself on the topic and by undertaking regular eye exams.

**“With modern technology, malfunctions of the eye can be detected and treated before they cause any damage at all.”**



# “Laser eye surgery, glasses, or contacts prescribed



by your local  
optometrist can  
have you seeing  
better in no time.”

Uncorrected refractive errors is a group of complications that can be a direct result of your body changing with age. When focusing on things near or far, eyes alter their shape to be either convex or concave. Throughout time the elasticity in the eye weakens, making it more difficult to contort into these positions naturally. This is called nearsightedness and farsightedness, all normal side effects of growing older. Laser eye surgery, glasses, or contacts prescribed by your local optometrist can have you seeing better in no time.

Over 90% of people over the age of 65 have at least one cataract. At age 75, half of the people have experienced vision loss caused by a cataract. While regular checkups are crucial in monitoring known cataracts, checkups can also help identify newly

formed ones. Treatment options include cataract surgery, a safe procedure that can usually alleviate impairment, or physical aids such as sunglasses, brighter lighting, and magnifying glasses for early onset symptoms.

On top of aging, the accumulation of certain behaviors such as not wearing sunglasses, smoking, heavy drinking, and obesity also contribute to age-related vision loss. If you find yourself with a cataract or refractive errors, there is no need to worry. Vision loss due to cataracts, even vision loss caused by uncorrected refractive errors, can generally be avoided altogether.



# Dental Health |

*With today's technology long strides have been taken in the advancement of modern dentistry. Tools such as electric toothbrushes, interdental cleaners, and water picks give us the ability to better care for our dental health. Oral care education has also been revolutionized. We now know how best to keep our teeth for longer and in better condition. As we age, oral health problems such as untreated tooth decay, gum disease, and tooth loss may arise, but keeping a few things in mind when taking care of our teeth can make all the difference.*

## **Increase your use of antibacterial mouthwash and floss.**

Creating a good brushing regimen is the most important step to good oral hygiene. Mouthwash and flossing can get into the places normal bristle tools can't and is a great addition to your daily brushing. A good antibacterial mouthwash can help reduce bacterial growth and prevent plaque buildup. If flossing is a bit difficult, try out a water pick.

## **Add more fluoride to your dental regimen.**

Toothpaste with 1350 to 1500 parts per million of fluoride is usually adequate. Increasing fluoride will help counter demineralization in the teeth, a process that can break down tooth enamel.

Avoid ingesting too many irritants like tobacco, sugar, and alcohol. Cutting down on sugary substances will prevent unnecessary cavities while reducing or stopping use of tobacco will lower your chances of gum disease and oral cancer. Even at an older age,

slowing down or quitting tobacco and alcohol will have a large positive effect on your health. A healthy diet becomes increasingly important as we age, and centering your diet around calcium rich foods like fish, nuts, and fat-free milk will strengthen your teeth.

## **And, finally, make and keep regular appointments with your dental professional.**

The best step to take towards good dental hygiene is to consult your dentist regularly about your oral health needs. Your dentist knows your mouth best and will be proactive about any oral health problems that may arise due to aging and can create a regimen that optimizes for your personal health needs.

**“Calcium rich foods like fish, nuts, and fat-free milk will strengthen your teeth.”**



# Daily Living Aids |

*Limbs may not work like they used to, but it doesn't mean you have to stop enjoying regular activities. Mechanical daily living aids have been around for centuries. One of the earliest references of the use of daily living aids dates back to 4000 BC in Indian mythology where a warrior queen used an iron prosthetic in place of one of her legs lost in battle. Nowadays, daily living aids aren't just prosthetics or wheelchairs, but a wide array of helpful products that are easily available and make modern day life a little more manageable.*

## **Writing Aids**

Having difficulty holding things can be frustrating when trying to write a letter or use modern technology. These actions require precise finger dexterity. Thankfully, slip on hand aids allow the wearer to forego the use of fingers in exchange for a well-fitting band that goes around your hand. Difficulty pressing buttons that are close together - such as on a keyboard - can be a thing of the past, along with dropping the pen or veering off the page while writing.

## **Kitchen Aids**

It's not uncommon to experience other types of hand deterioration besides loss of dexterity in the later stages of life. Strength, too, can be a problem. Aids such as tippers and jar openers, for example, are great tools to help with this. There are many different kinds out there, from manual to electric. Usually triangular in shape, tippers help you pour things without spilling by keeping things steady,

such as kettles. Opening a jar and pouring some tea seem like simple tasks but without the use of tools they may be impossible. Having these tools at your disposal can feel very empowering.

## **Mobility Aids**

Mobility aids assist in improving the mobility of people, such as assisting in walking or allowing a person to forego walking all together. Depending on the level of assistance needed, there is an assortment of products available. For those with very limited mobility, electric wheelchairs and seated scooters are the best option. Plenty of customizable options with these: speed, comfort, tire quality, packaged tools... Other people who still prefer to walk, but have difficulty in doing so may benefit more from walkers or canes. There are even canes that double as grabbers, for reaching things far away.

**“Make modern day life a little more manageable.”**





# What Are Senior Move Managers? |

**“Senior move managers are trained to tackle the specific problems that arise with selling a home later in life.”**

*Moving into a retirement community is a big decision that takes careful preparation of finances, belongings, and emotional inventory. Deciding what to do with your home is one of the more difficult choices seniors and their loved ones are faced with. A Senior Move Manager can make that move effortless.*

## **What exactly is a senior move manager?**

A Senior Move Manager is a person who is placed in charge of your move. They help organize and plan executive decisions, being trained to tackle the specific problems that arise with selling a home later in life such as difficulties with physical tasks, the emotional stress, and the confusion brought on by the financial aspects of selling a home.

## **Why take on a senior move manager?**

Making a big move at a later stage in life can be difficult. There are professionals in this field who know proper prices for services and the most efficient way to organize and pack. Not only this, but they are usually trained in the psychological factors of this type of moving and can be a great source of comfort for older adults, especially if family members are not readily accessible to aid in moving.

## **What does a senior move manager do?**

Senior Move Managers are like the conductor of an orchestra but, instead of directing music, they conduct the process of selling a home. The extent of their work varies, but generally they:

- Develop a plan for the whole move
- Organize belongings and aid in downsizing
- Schedule and hold auctions, estate sales, and other ways to sell off items
- Arrange storage for things not being taken to the new home
- Research, interview, hire, and direct real estate agents and moving companies
- Unpack and organize at the new home
- Oversee and supervise work by others such as overnight packing
- Use expertise to avoid financial exploitation during the moving process

Prices are flexible depending on what needs to be done, there is a service available for every need.

**“They are usually trained in the psychological factors of this type of moving and can be a great source of comfort.”**



# CROSSKEYS PHARMACY

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## America's Choice in Home Care®



**Our in-home care provides non-medical assistance to seniors throughout Gloucester County.**

Elderly and disabled persons who enjoy living independently prefer our in-home care services because of the freedom it allows. With our valuable assistance, you can continue to live the lifestyle you relish. When you choose Visiting Angels Gloucester County as your in-home care agency, you can be confident our elder care professionals are worthy of your trust.

**Experienced Angels  
Caregiver Matching**

**Complementary Visiting  
Always Here for You!**

Our services can be provided for a few hours a day up to 24/7 care.

**CALL FOR A FREE CONSULTATION  
856.292.3340**

Visiting Angels of Gloucester County | 397 Bridgeton Pike, Mantua Township, NJ 08051

[www.VisitingAngels.com/GloucesterCounty](http://www.VisitingAngels.com/GloucesterCounty)

Serving Mantua and the Surrounding Communities of Gloucester County, NJ



# Things You Didn't Know About Pharmacists |

*"They are an underutilized wealth of knowledge."*

**“According to the Center for Disease Control (CDC), at least 30% of all prescribed antibiotic courses are not necessary.”**



*Being a pharmacist isn't all about filling prescriptions. Pharmacists spend anywhere from seven to eight years educating themselves, and eventually obtaining a doctorate degree. On top of this, many burgeoning pharmacists will spend an extra year or two after their studies completing a pharmacy residency to specialize in fields such as pediatric or geriatric care. They are an underutilized wealth of knowledge.*

**They can administer more than your yearly flu shot.**

Other vaccines commonly administered at pharmacies are polio, shingles, pneumonia, tetanus, and chicken pox. Many pharmacists also have access to travel immunizations such as typhoid and meningitis. They will go over your medical history with you and help you choose which vaccines are appropriate. When finished, don't forget to ask the pharmacist to forward proof of your vaccination to your primary care physician so they can update your records.

**They can give you all the information you need on that prescription you're picking up, possibly saving you and the world.**

This sounds like an exaggeration, but in fact it is not. The rise of drug-resistant super diseases is caused by widespread overuse and misuse of antibiotics. According to the Center for Disease Control (CDC), at least 30% of all prescribed antibiotic courses are not necessary. Asking your pharmacist about

your prescription will help you defend against over prescription of antibiotics. Just because the drugs you're picking up are prescribed by a physician, doesn't mean they can't be administered incorrectly.

**They can advise on over the counter medicine, too, and may even save you money.**

When you ask your pharmacist about how to take your new prescription properly, also ask their opinion on the drug itself and if there are any cheaper alternatives. With their wide breadth of knowledge regarding medications they will most likely be able to recommend a cheaper generic version of the medication you are taking. They are also knowledgeable about rebates, coupons, and loyalty programs that can help cut down your medical expenses.

**The next time you see a pharmacist, make sure to strike up a conversation.**

There is a lot to be learned from the person at the counter doling out your medication, all you have to do is ask!

**“They will most likely be able to recommend a cheaper generic version of the medication you are taking.”**



# Financial Planning for Personal Care |



*When it comes to big life events, it's too easy to get wrapped up in making the many arrangements necessary to plan that you may forget to take into account the cost of it all. However, financial planning for this situation is vital, as there are so many moving parts: you have to take into account the different resources available to source financial aid, out of pocket expenses and the potential of selling off assets, among other things.*

**“You have to take into account the different resources available to source financial aid.”**

## **Medicaid**

State Medicaid programs can usually provide qualified low income families with financial coverage, for both in-home and community-based personal care. More than half of assisted living programs are Medicaid certified. Medicaid programs in Alabama, Kentucky, Louisiana, and Pennsylvania are the only programs that do not provide their beneficiaries this care, but despite this service not being available in these states, there are still other options that may be available to you.

## **Medicare**

Knowing the difference between Medicaid and Medicare can get a little confusing, as they are often conflated in casual conversation. Medicaid and Medicare are two separate programs. Medicare is an age-based health insurance program for older adults while Medicaid is for low income

individuals and families. Despite being for older adults, Medicare does not cover long term, full time personal care, such as assisted living. However, most individuals in assisted living programs are enrolled with Medicare, as it covers health care costs while living in these communities, providing access to rehabilitative care, hospital readmissions, and medications.

## **Waiver programs**

States frequently have waiver programs individuals may apply for based on the care they need. Some of these programs are combined with the state's Medicaid program. Others are not combined with Medicaid, allowing the state greater freedom in accepting applicants, for example those who surpass the income restriction for Medicaid. When searching for these programs, be aware that each state may use different

terms for assisted living, so be sure to try out different phrases when searching online. Be on the lookout for state-run and national welfare programs as well, such as those run by religious groups and other associations. The Veterans Administration (VA), for example, has an aid program called Aid and Attendance, for veterans and family members of veterans who need help with everyday tasks.

## **Other options**

On top of all of these benefits, it is important to determine what you would be comfortable paying out of pocket for later-in-life personal health services. For those who don't qualify for Medicaid or waivers, there is always the option of private long-term health insurance. Thinking about this topic may be difficult for some families, but planning ahead will make the process of transitioning into this next stage of life a little less taxing.

# Legal Assistance for Seniors |

*It's important to have trustworthy legal aid close at hand. Conditions such as end of life arrangements, estate management, and public benefits are not only for necessary admin, but age or disability discrimination and abuse can happen at anytime and it is important to know where to get help quickly if ever the set of circumstances arises. The consideration of a legal professional is crucial to ensure the rights and property of the adults are protected.*

## **When do I or my loved one need legal aid?**

Legal aid can be required for many varied reasons. One of the biggest categories is life planning. An attorney can be of great use:

- In going over contracts when first moving into an assisted living community
- To help create a living will, delineate power of attorney, funeral planning, or estate planning
- Seek advice and gather required documentation in regards to elderly tax benefits, pension, and access to public benefits
- Drafting advance directives
- In getting refunded for financial exploitation

It is important to recognize symptoms of any abuse and get the help required early on. During this late stage of life, it is often the case that we or our loved ones have to rely on increasing amounts of help from caretakers and are more vulnerable to situations of abuse. Abuse can take the form of:

- Financial abuse
- Physical abuse
- Neglect
- Emotional abuse
- Scams, such as those over the telephone

If you or a loved one is being put in this circumstance, it is important to seek legal assistance right away.

## **How to seek the legal aid**

It can be daunting with all the options for attorneys out there. Thankfully there are law practices dedicated specifically to elder law. Hiring an attorney that has a history with elder law or specializes in it can make all the difference.

**“It’s important to have trustworthy legal aid close at hand.”**



# Hospice Care |

*There are a lot of negative connotations that surround the idea of hospice care. As a result, people tend to avoid the subject until a dire situation arises where hospice care may be necessary. This creates unnecessary stress due to not knowing exactly what hospice care is, how to afford it, and where to seek it out. This article will help clear up some of the most basic questions surrounding hospice care.*

## **What is hospice?**

Hospice is palliative care for those with end-of-life illnesses.

## **What care does hospice provide?**

Hospice provides palliative care: treatment that focuses on relieving or alleviating the pain caused by life-limiting illnesses such as cancer, AIDS, dementia, heart failure, and Parkinson's disease.

## **What care does hospice not provide?**

Treatments focused on curing terminal illnesses are not covered by hospice, nor is treatment related to other non-terminal illnesses the patient may have.

## **Can a person receive care related to curing the terminal illness while in hospice care?**

No, hospice care will be provided once curative treatment ends. However, if the person has other illnesses that need to be treated, those conditions will still get the medication and attention they need.

## **Who can receive hospice care?**

Before, hospice care was just for older adults, but now anyone can receive hospice care regardless of age, including children.

## **What are the signs that someone should have hospice care?**

If you or a loved one is ready to forego receiving cure-based care for a terminal illness and wish to live more comfortably, hospice can help make this transition.

## **Who treats the person?**

Hospice care provides a team of specialists dedicated to making the life of the person as comfortable as possible. This includes social workers, doctors, therapists, nurses, and spiritual advisors. There will be someone available at all hours of the day and each

works personally with the person to ensure they are being cared for the way they prefer.

## **How long can someone remain in hospice care?**

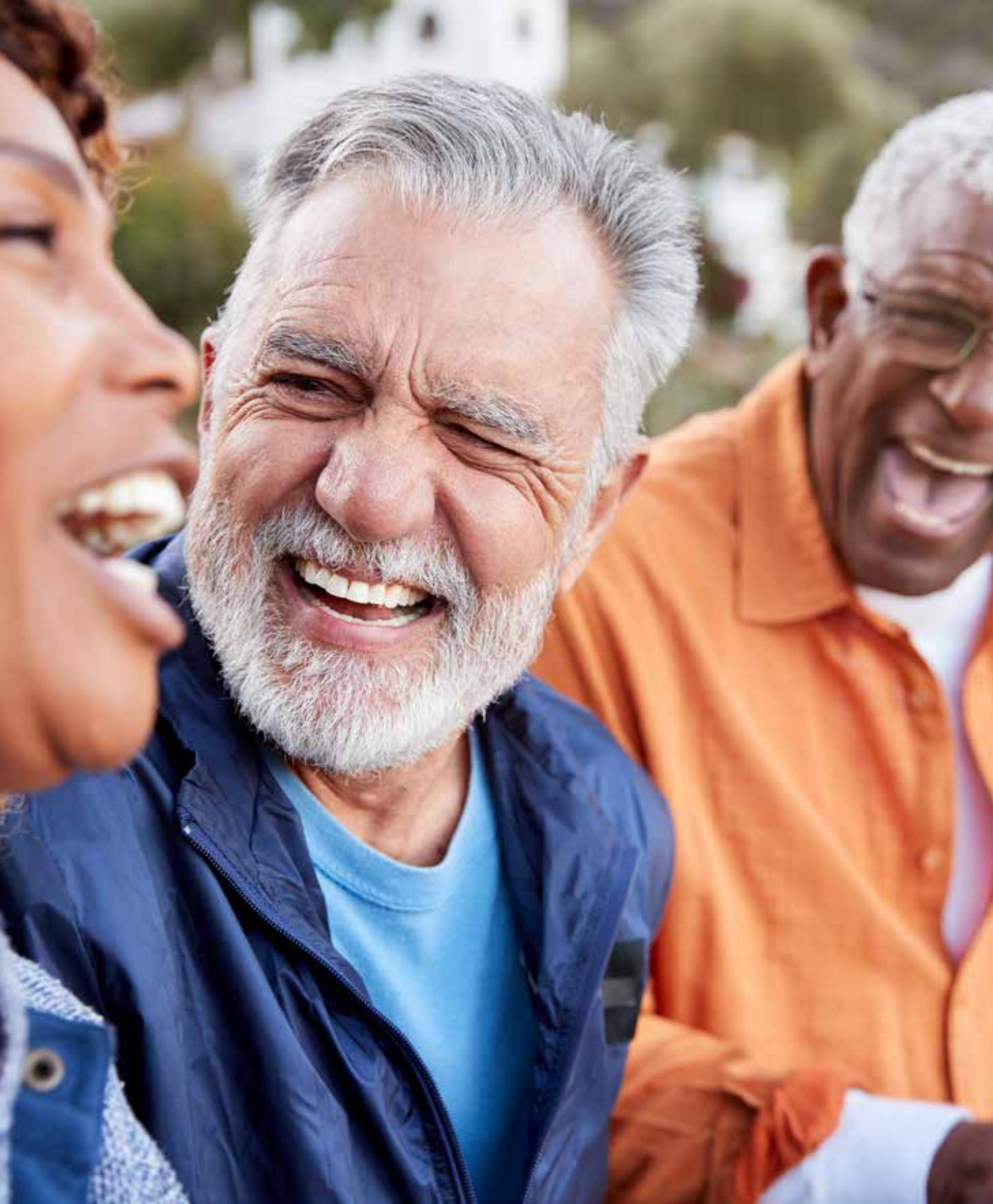
Someone can remain in hospice care as long as they meet the criteria of having six months or less to live, according to a physician.

## **Do you have to be moved into a hospice facility to receive hospice care?**

No, you can receive hospice care in the comfort of your own home if you wish. You can receive hospice care anywhere: nursing homes, retirement homes, hospitals, or wherever you are living.

## **Who pays for hospice?**

Private health insurance, depending on the plan, may cover all or some of hospice care. Medicare covers all care. Hospice care is not something anyone should shy away from, and should be considered seriously when thinking about making end-of-life arrangements. Those who receive hospice care at the end of their lives are able to have greater control over this moment of their lives and greater comfort. Those within hospice care are less likely to have to go through unnecessary painful treatments or take medications they no longer wish to take. Though it can be a difficult topic to discuss, it is important to be open in talking about hospice care with family to ensure you get the control and guidance you deserve when it is that time.







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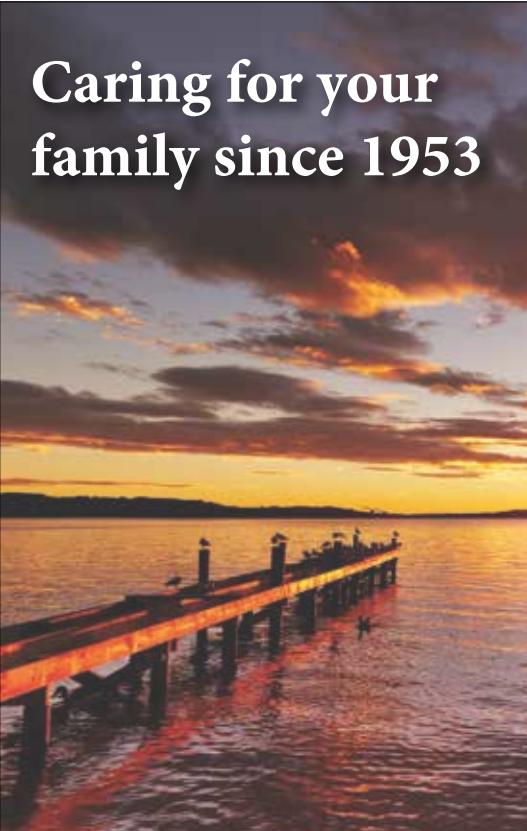


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