

Summer
Weekly

Reader

Volume 8, Issue 7, August 12, 2010

The Plano Rotary Club
www.PlanoRotary.com



Senioritis Specialist

UPCOMING MEETINGS

AUGUST BIRTHDAYS

8/7.....JOHN EDWARDS III
8/8.....BOYD CRAIG
8/10.....CAMILLE USSERY
8/12.....SUSAN SHULER
8/12.....TINO TRUJILLO
8/13.....GARY BASE
8/20.....SARAH WATKINS
8/20.....REEDY SPIGNER
8/24.....MIKE ROBNETT
8/28.....MICHAEL BALDWIN
8/28.....AMELIA AHMED

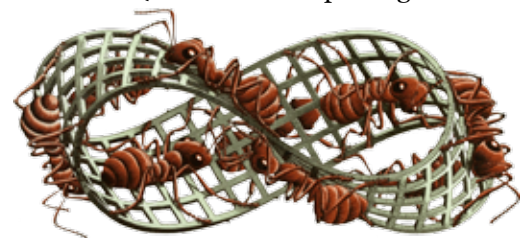
VIDEO projector bulbs cost nearly the price of the projector! And they last only a couple of hundred hours.

So it's important to use them only when they're needed to actually project something. But our speakers (like today's) routinely leave the projector on throughout the meeting, closing off the lens until their presentation requires it. **Sainted Editor** wants to throttle them! It's SO simple to power the projector down after verifying that it mates properly with the video source, and then power it up 30 seconds before needed. <end of rant>

Emperor-in-Waiting, **Brad Shanklin**, called the meeting to order at 12:21 in **Prince John's** absence. Brad strong-armed **Brian Stamper** into delivering the Invocation and



Carolyn Moebius into leading the Pledge. ("Thanks, **Bob!**") **Randy** (who was AWOL today, requiring **Ean** to photograph) insists that we have to explain **Moebius Strips** to members. (This is no bump and grind but a



topological wonder, a surface with only one side! Carolyn, of course, is well versed in the phenomenon by virtue of having every geek she meets try to explain it to her, poor girl. The illustration is a lo-res version of a wonderful etching by that master of *trompe l'oeil*, **M.C. Escher**.)

Brad thanked **Ben Criste** for his 11th hour greeting, and, instead of calling up the **SERGEANT-AT-ARMS**, he awarded Perfect Attendance pins to Chief **Hugo Esparza** (1), **CAPTAIN KIRK** (6), and **Dave Hammel** (22 fun-packed years).



Earnest Burke and **Scary Bob** tag-teamed us with news of the upcoming **Hendrick Scholarship Foundation Golf Tournament**.

Scary Bob pointed out the Auction Item Lists on our tables and urged us to scare up same. He said he and **Earnest** would collect them at subsequent meetings. In addition to his Shotgun Training,



Scary Bob, donning a fencing mask, said he's becoming a Qualified Fencing Instructor to offer classes as an auction item. Someone cruel (**CK**) thought he was teaching beekeeping.

Earnest wanted us to buy raffle tickets (3 for \$100) for a set of professional, custom, golf clubs. A set of



EVERY
ROTARIAN
EVERY
YEAR

continued on page 2

woods, a set of irons, and 6 one-hour lessons from golf pro **Kevin Blythe** are the prize.



CAPTAIN KIRK stood in for an AWOL **SERGEANT SKIPPY** and helped us welcome Visiting Rotarians and Guests, like **Jeff Butcher's** son, **Ammon**.

KIRK demanded that **David**



Ellis don the coat of his Ice Cream Suit and asked us all to



congratulate him on his part in *To Kill a Mockingbird*. Brad reminded us that **KIRK** was referring to **Atticus Finch**. Thanks for the confidence in our cultural acumen, Brad.

Chuck

Morgan introduced the day's speaker and video projector bulb killer (let it go, Parr!), **Paul Markowitz**, the owner, operator, and sole staff of *Senior Living Specialists* (although the plural does seem a tad grand for a one-horse operation). *SLS* helps folks go about researching and choosing where to park grandma when she becomes unmanageable. (That's rich considering how manageable those folks were as infants or teenagers, for example. Would that there were facilities to dump unruly children, then their returning the favor might have some justice.)



www.seniorlivingspecialist.com (singular)



Paul's Mom was evidencing the early onset of Alzheimer's disease, and he found that same research to be daunting. But, having gone through it, he found himself in the ideal position to save others the toil.

Chuck praised Paul for finding

"the perfect place" for his own Mother.

Paul's talk was on *Finding Good in Bad*. Two years ago, when he was a strapping lad of 26, Paul's parents were divorced, and his younger brother was away in Austin. Paul's job entailed 80 hour/week of travel, so neither child was readily available. Mom had no health insurance as a result of a *pre-existing condition* (disallowed under Obamacare) of arthritis. She was calling Paul 10-15 times a day, asking him to solve minor nuisances such as misplaced car keys. Paul thought a recent



car accident might have given her hidden brain damage. When she called to announce that she was lost *en route* to a familiar meeting, Paul managed to have her ex-husband locate her. But, when he returned, he took away her car keys, and arranged transportation via the **DART Paratransit**, a door-to-door service for the elderly.

His Mom grew depressed as a consequence of the curtailing of her once-active life. She lost the Will to Live.

A neurologist diagnosed her with Early Onset Alzheimer's at age 59. That surprised all of them, since she had "*great genes*" that should have kept her hale and hearty for decades still.

Paul said that, at the time, he was "*maintaining a girl friend*." That brought an incredulous echo from one distaff member! Paul hastened to explain that they were now married (so he's now *maintaining* a wife), but we were apparently to sympathize with his dilemma. (Good luck with that.)

Paul determined that Independent Living (with help) was the best option for Mom. Since she had no will or power of attorney, he consulted an Elder Law Attorney to draw those up, learning *en passant* that she could qualify for disability in six weeks.

Though it all, his Dad was supportive.

Paul learned from his Mom's financial advisor that she could live 20 years off her estate. He had to learn how to shoehorn a lifetime of accumulated stuff into an Independent Living apartment. Then he had to learn to sell the house.

But the most time-consuming part of the exercise was the decision about where she would best be served. Various options' sales representatives were unhelpful; they all swore blind that Mom would be (a) *happy* and (b) *successful* living under their care. But, since none had interviewed her, how could they possibly know that?

In the midst of all this, Paul was laid off, another victim of the Great Recession (thank you, **Phil Gramm**). But he took the lemons Life was handing him and made lemonade. He would offer his services to others in the same predicament without remuneration (at least not from his clients). He gets to know the families then does a confidential needs-assessment and provides half a dozen options to the clients.

It turns out that there are over 600 facilities for the elderly in the Metroplex. He coaches families on what to look for, what questions to ask, and how to negotiate the best rates. By knowing the flexibility available to the vendors, he estimates that he can save families on the order of \$10,000!

And the vendors pay him a fixed commission (can you say "*conflict of interest?*"). But the fact that the commission is fixed, removes the temptation to recommend the best paying elder community. So he's really "*on the family's side*."

Paul ticked off the alternatives for elder care.



- Continuous care retirement communities (that offer progressively more aggressive care as it becomes needed)
- Independent Living facilities (that offer 1½ meals a day)
- Assisted Living (with nurses on call)
- Memory Care facilities (with a secure location for wandering minds)
- Skilled Nursing Facilities (that provide rehab for seniors)
- Residential Care Homes (that “adopt” 4-10 seniors in a neighborhood home)

He also presented things to look for when interviewing potential establishments.

1. What does the monthly fee include?
2. What is the staff/resident ratio?
3. Is there a written Plan of Care?
4. Can residents age in place?
5. What are the Veteran Benefits?
6. Is there emergency call in the room and in the bath?
7. Is there an initial deposit or fee?
8. How do fees grow over the years?
9. What happens when assets are depleted?
10. What is the staff turnover rate?

Alice Hobbs asked how his service differs from that of a social worker at a Senior Center. Paul said that they do not research the options personally as he does on a daily basis.



Shawn Foster asked whether insurance covers his services. The answer was “no.”

Patti Schwartz wondered about asset depletion. Paul said that Medicaid would provide for shared rooms to impoverished residents.

Brad offered Paul the pop-up book *Make It Move Pony Club* to endorse and return for gifting to *Memorial Elementary*. Then he asked Paul whether it was possible to do all this research for oneself, and upon learning that (*of course*) it was, he offered that insight to **Olin Jaye**.



With that gratuitous insult out of the way, Brad led us in the Four-Way Test and belled us gone at 12:57.



Ean left the photo at left on the chip he turned in with the meeting photographs. It's **Jan** at a dumpster. What could he possibly be saying?

Know someone who would make a great Rotarian?

Invite them to be your guest at Rotary!

The 4 Way Test:

Of the things we think, say, and do:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill & better friendships?
4. Will it be beneficial to all concerned?

Member NEWS

AWARDS:

Harold Sullivan Award
Chris Parr

Athena Award
Alice Hobbs 2008-09

Fred Moses Award
Richard Butterfly

Business Executive of the Year
Gary Base

Kersey Cane Holder:

Earl Simpkins

Citizen of the Year:

Beth Duncan Webb

Rotary Make Up Website:
www.rotaryclubone.org

New Member Proposals:

Proposed By:
Classification:

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