



Summer Weekly

Reader

Volume 123, Issue 183 July 30, 2015

The Plano Rotary Club
www.PlanoRotary.com

Senior Living

UPCOMING MEETINGS

July 30

Matt Hilton -
"President of the Collin
County Association of
Realtors"

August 6th

Charlie Turner -
"Doing Business on the
Run: How to Meet the
Demands of Your Mobile
Customers"

JULY BIRTHDAYS

Phil Dyer	July 06
John Ernst	July 07
Sara Akers	July 10
Howard Shapiro	July 12
Earnest Burke	July 14
Dave Bowman	July 15
Larry Bisno	July 16
Matt Jackson	July 22
Jim Monroe	July 22
Maria Mott	July 23



Our almost new president **Kelly Palmer** rang the bell very promptly at 12:09, taking control of the proceedings. **Yoram Solomon** received thanks for his efforts as greeter, as well as harassment from Nathan Barbera for having been away for many meetings. Our new member, **Mike Jobe**, was called upon for the prayer, but no one had prepared him for the necessity of taking the podium. **Larry Bisno** gamely attempted to lead us in the pledge, but the membership launched into it and dragged him along. **Nathan Barbera**, Sgt. at Arms, was called upon to introduce visiting Rotarians and guests, and he proceeded to the front to a storm of applause. He reflected that we really knew how to make him feel welcome. Nathan welcomed one visiting Rotarian who was no stranger to the club, **Bert Kraft** of Plano Metro. Bert was in fact so well known that Karen Sheldon had his name tag ready for him when he came in. Past President **Kirk Bell** introduced his intern, Hayden McMillan, who has one semester left at UNT



in economics and finance. **David McWhorter** was called upon to introduce his guest with a mouth full of food, earning a reproof from Nathan for not being better prepared. He introduced **Carol Mitchell**, a former speaker to the club and an occasional guest. Nathan resumed his roving interviewer hat to pick on **Alan Feigenbaum**. Alan readily admitted that he was born in New York City, or more specifically, in Brooklyn. However,

he would not admit to his early nickname, so Nathan promised to call him damnyankee. He played soccer in high school. Alan attended school at the Northern Arizona University, far from Brooklyn, because his parents were retiring there. He majored in marketing and management. Alan's first job was



in Arizona, but he finally arrived in Plano in 1999. He has run Rising Hill Marketing here for 14 years. *The Godfather* is his favorite movie. Insensitive to the Dallas Cowboys faithful, he named Joe Montana as his favorite athlete. Alan's first car was a 1973 Audi Fox. Pappadeaux is his favored restaurant. Alan identified himself as a diet Coke guy. He has been in Rotary 8 years, sponsored by Ean Sullivan. Figtree first claimed to have been forced to join, but then, backing and filling, he cited the camaraderie in the club. His favorite Rotary memory is naturally the golf tournament.



Kelly Palmer recognized **Olin Jaye** who has been named *Citizen of the Year* by the Plano Chamber of Commerce. Kelly pointed out

that it took a lot of B.S. to achieve that distinction, but Olin modestly noted that it was a gift.

Perfect attendance pins were awarded to **Nancy Humphrey** for five years and **Jamie Schell** for twenty five years. Today was the birthday celebration for numerous July birthdays, including **Maria Mott**



whose birthday was today. Kelly led the club in a standing rendition of Happy Birthday.

Alan Feigenbaum then made a pitch to honor the 70th

anniversary of the club by purchasing a \$10 baseball cap that he was peddling for the club.

Olin Jaye, our program chairman, was called upon to introduce our Speaker, **Tracey Wallace**, who spoke on Navigating Your Way through Senior Living. Olin was quick to note that our members were young, but that we often found it necessary to make living arrangements for our more senior relatives. Tracey Wallace is Sales and Marketing Director for U. S. Memory Care. She can be contacted at 972-479-5200 or at twallace@usmemorycare.com. Tracey Wallace has been helping older adults and their families find senior living communities for more than five years. She has experience working in communities with independent living, assisted living, short term rehab, long term care, and Memory Care. Tracey has a degree in social work from UTA, and she is a native Dallasite. Tracey lives in Valley Ranch with her husband and two daughters.



Tracey told us that 70% of people over 65 will need care at some point, so it is important that we educate ourselves about the different types of care. We should discuss the options with our parents when they are capable of making choices. The average couple in Plano will spend longer caring for their parents than they spend raising the children.

There are 5 types of senior living arrangements:

1. **Independent Living**. Living in an apartment with the usual terms of rental plus other services. 2 meals are provided daily, typically with a choice of lunch or dinner. The apartment is equipped with emergency call lights. There is an activities director to provide social activities to the tenants. Transportation is provided at a minimum to doctor's appointments, and preferably to other outings such as Arboretum visits. This is private pay, not covered by insurance, with prices starting at about \$1900/month.

2. **Assisted Living**. All the items in Independent Living. Nurse on premises at least part time (LVN or CNA). Partial Kitchen (no stove) such as microwave, coffee pot and refrigerator. Emergency call lights. Activities. 3 meals a day. Prices start about \$3500/month. Usually month to month lease. This is also private pay. You want to be sure that it is clean and without odor, and that the caregivers are concerned about the tenants. Ask about the ratio of staff to tenants. Ask about the visiting hours. You want to know you can stop in at any hour to check on your loved one. You want to have communication with the staff. You want to know about provisions for power outage, shower outages, etc. There should be a visiting physician and provision for replacement of drugs.

3. **Short term Rehabilitation**. Any hospital stay of at least 3 nights (surgery, heart attack or stroke, etc.) and a prescription for skilled nursing rehab will allow Medicare coverage in short term rehab for the first 20 days, and partial coverage at 80% (limited currently to \$157.50) to 30 days. Advocate for the patient if the hospital tries to discharge in less than 3 nights, because Medicare reimbursement of rehab is at stake. Average stay in rehab is 28 days. It pays to take advantage of the first 20 days of rehab that is fully covered so that your loved one is as strong as possible before returning home. It is possible to check out of rehab whenever you like, but once you leave rehab, another 3 night hospital stay is required before another rehab is approved. The rehab hospital is your choice, so you must evaluate them like you do other living arrangements. They should keep electronic medical records. Is a private room available? Medicare covers a private room as well as a semi-private room. Choose a location near home. It should be clean, odor-free, and the staff should knock on door before entering and be warm and acquainted with each patient. Is there a full-time social worker of staff? How often and how long do physicians visit?

4. **Long Term Care**. In this case, the patient is usually bed-ridden and needs total care. 24 hour nursing care is provided. This is private pay or Medicaid. For Medicaid, 3 months is required for approval, but then it pays retroactively. You want someone at the facility to help with the Medicaid application, because it is quite a process.



5. **Memory Care.** Staff is experienced and licensed for dealing with dementia and Alzheimers. Activity directors are trained to provide appropriate activities. Residents should be in appropriate groups for beginning-stage and end-stage dementia. The same criteria apply in choosing the facility. The staff should be warm and concerned. The residents should be clean and appropriately dressed. How often and how long is a physician at the facility? The location should be near your home. This is also private pay.



Some discussion followed about long term care policies, home health care, and group homes. Socialization is very important for seniors, which is a strength of the larger facilities. Low income subsidized care through Community Based Medicaid was discussed, but it is complicated and difficult to find a facility in this area. Facilities offering all types of care, called Continuing Care Retirement Communities, exist. Sometimes they are stronger with some types of care versus others, and some involve expensive buy-ins.

Two companies locally can help with finding and choosing a facility, Elite Senior Solutions and Senior Living Specialists. Both are free to patients with compensation from the facilities. E-mail Tracey for information.

Tracey had been warned that she would have to keep her talk limited to 15 minutes, so she rushed

to complete it in the allotted time, notwithstanding the fact that she had begun to talk at 12:25 due to the prompt start and limited foolishness today. As a result, Kelly found himself back at the microphone at 12:40 without a plan. To the utter confusion of the membership, Kelly produced a new speaker's gift instead of the coveted calendar used in perpetuity. The new gift was some sort of fancy magnet endangering any of her electronic toys. Pandemonium briefly ensued. Questions were asked about our remaining stock of perpetual calendars. Then we were treated to a goodbye song from the president to the speaker. That led to a question as to what our by-laws say about a recall



election. A show of hands was called for, but it appears that proper procedure was not followed.

Randy Wright asked the membership to propose new members.

As of tomorrow, Nigeria and all Africa celebrate one year polio-free. Only Pakistan and Afghanistan remain.

The next Rotary Social is Tuesday to Paisano's.

At this point, Kelly suggested we socialize for 10 minutes, but it was too late to regain control, so he led the members who remained in the Four Way Test .



Guest

Hayden McMillian

Guest of

Kirk Bell

Visiting Rotarian

Bert Kraft

Home Club

Metro



Board Meetings are held the 3rd Thursday of each month at 7:30AM at the Southfork Hotel

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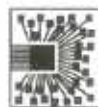


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