*Middle Tennessee's Newest Monthly Publication Dedicated to Living Fully After 50!*

Dedicated to Living Fully After 50!

# MATURE Lifestyles

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December 2008 Vol. 42

Priceless

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*Mature Lifestyles*

## Senior Extravaganza & Trade Show

**at 'The Mill' at Lebanon Dec. 11**

***Look Inside for Previews of the Event!***

Ben Jones "Cooter"

# *'Loving Senior Transitions'* Guides Boomers Caring for Aging Loved Ones

"Loving Senior Transitions: The Top 5 Questions Baby Boomers Need to Ask to Help Aging Loved Ones," an e-book written by Ruth Fennell, a real estate broker of Gallatin who is licensed to teach the Seniors Real Estate (SRES) course around the country can answer these questions and more.

She has used her family's experience of struggling with making the right choices in caring for a loved one and compiled this guide to help other families as they take the journey through the 'golden years.' It became her passion. She set out on a six-year study and research program networking with other experts in the field of aging for this well written guide book.

With these five simple, easy-to-remember questions, you will have a path for building understanding and working together to discover the multitude of resources available to help families thru the various aspects of aging.

**Question One:**
**What's really going on?**
Serves to narrow the focus on the senior's environment, state of mind, physical abilities, and mental abilities. By looking at the various elements that encompass these key aspects of a senior's life, the family can look at the cause or causes of concern. By observing, asking questions, and researching resources, they can positively assess the beginning points for testing, diagnosing and dealing with these areas.

**Question Two:**
**Who should be involved in the decision-making process?**
And do they want to be? Looks at the roles of possible decision-makers and caregivers: Immediate family, Blended family, Extended family, and "Like" family. Determining who should be brought into the decision-making process is an important next step to constructively working toward involving appropriate parties who care about the senior. Also, exploring Proximity, Expertise, and Tangibles will influence who takes on what responsibilities.

**Question Three:**
**What experts should be consulted?**
Examines everything from transportation, meals, organizing, real estate, remodeling, medical, finances, credit / lending, financial planning, estate planning, legal, identity theft, physical therapy, hospice, and grief to the national, state, and local resources that are available. By providing multiple suggestions for starting points, families can begin to learn what senior-knowledgeable experts exist, what credentials to look for, and what information to seek out.

**Question Four:**
**Are you looking short-term, interim, or long-term?**
Considers the situation from a "time" perspective. Is the situation you are dealing with temporary and will be resolved shortly? Do you just need to "make do" for now? Do you need to have a "stop-gap" solution while you look at other possibilities? Do you need to think about long-term resolutions? Researching options in advance will help the family be prepared for all potential outcomes. Looking at possible family contributions, at-home care, community services, adult day care services, housing alternatives, such as independent living, assisted living, and skilled nursing facilities, active adult communities, retirement priorities, and even pets will help families think through the choices. Anticipating changing concerns while keeping things in perspective will help reduce everyone's stress levels.

**Question Five:**
**Are you doing the best you can?**
Forces the parties involved to Forgive, Accept, and Release the outcomes that they have no control over. Assuming positive intent and making the senior's needs the priority will aim for ultimate peace of mind with no regrets!

With Five Questions, simple common-sense, easy to understand suggestions, and over 480 websites, this book will help seniors and their families to make the right "life decisions!"

**Are you a mature child facing the prospect of helping aging loved ones?**
**Do you know where to go for help?**
**Do you know what questions to ask and where to find the answers?**

## *Special Offer for ML Readers*

Fennell offers "Loving Senior Transitions" e-book at a special price to readers of ***Mature Lifestyles*** for **only $14.95.** Regular price is $19.95 visit www.LovingSeniorTransitions.com.

To receive the 25% discount offered **ML readers** enter the word "read" without parenthesis in the discount code box and the discounted price will show. This is a 25% discounted special to ***Mature Lifestyles*** readers.

Fennell assures ***Mature Lifestyle*** that if a print copy is absolutely needed, give her a call at 615-975-7884.

Come to the **Senior Extravaganza & Trade Show** at the Mill in Downtown Lebanon Thursday, Dec. 11 from 9 a.m. until 4 p.m. and meet and speak personally with Ruth.

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