



## Some food for thought, etc.

June 2018

### Housing Options for Aging Parents

	In-Home Care	Assisted-Living Facility	Nursing Home
<b>When to consider</b>	Parent can live independently but needs some assistance	Parent can live independently but needs some assistance	Parent can't live independently and requires regular nursing care
<b>Types of care provided</b>	<ul style="list-style-type: none"> <li>• Medical care (nursing or health aide)</li> <li>• Household help</li> <li>• Companion or caretaker services</li> <li>• Meal delivery</li> <li>• Transportation</li> </ul>	<ul style="list-style-type: none"> <li>• Rental rooms, apartments, or houses</li> <li>• Housekeeping services</li> <li>• Meals</li> <li>• Social activities</li> <li>• Transportation</li> <li>• May provide limited health-care services</li> </ul>	<ul style="list-style-type: none"> <li>• 24-hour access to medical care</li> <li>• Custodial care: some help eating, bathing, dressing, or taking medications</li> <li>• Skilled nursing care</li> </ul>
<b>Potential advantages</b>	<ul style="list-style-type: none"> <li>• Can remain in familiar surroundings</li> <li>• May be less expensive than assisted-living or nursing home care if limited services are needed</li> </ul>	<ul style="list-style-type: none"> <li>• Staff available 24 hours a day</li> <li>• Social interaction with other residents</li> <li>• May have home-like atmosphere</li> </ul>	<ul style="list-style-type: none"> <li>• Social interaction with other residents</li> <li>• Access to round-the-clock medical care</li> <li>• May have special care units for individuals with Alzheimer's disease or related conditions</li> </ul>
<b>Potential disadvantages</b>	<ul style="list-style-type: none"> <li>• Strangers in home</li> <li>• Can be difficult to coordinate care</li> </ul>	<ul style="list-style-type: none"> <li>• Limited privacy</li> <li>• Long waiting lists</li> <li>• High fees for extra services</li> </ul>	<ul style="list-style-type: none"> <li>• Limited privacy</li> <li>• Long waiting lists</li> <li>• Very expensive</li> </ul>
<b>What you need to do</b>	<ul style="list-style-type: none"> <li>• Assess hazards and functionality of home, renovate if necessary</li> <li>• Check credentials of agency or individual providing service</li> </ul>	<ul style="list-style-type: none"> <li>• Research facility thoroughly</li> <li>• Consult an attorney before signing a contract</li> </ul>	<ul style="list-style-type: none"> <li>• Research facility thoroughly</li> <li>• Consult an attorney before signing a contract</li> </ul>



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Source (BroadridgeInvestor Communication Solutions, Inc.)

# Recipe of the Month

## Spanish Rice

**Prep Total Time: 20 min**

### Ingredients:

- *1 tablespoon vegetable oil*
- *1 1/2 cups instant rice*
- *1 onion, chopped*
- *1 red bell pepper, chopped*
- *1/2 green bell pepper, chopped*
- *1 teaspoon prepared mustard*
- *1/2 teaspoon salt*
- *1 1/2 (14.5 ounce) cans whole peeled tomatoes*
- *1 cup tomato juice*



### Directions:

- In a large saucepan over medium heat combine oil, rice, onion, red bell pepper and green bell pepper. Saute until onions are translucent. Stir in mustard, salt, tomatoes and tomato juice; simmer for 5 minutes.

Original recipe makes 4 servings.