



Aging With Grace®

May 2014

If you don't see the registered trademark symbol, it isn't us

Meet Lawrence Robert Gridley

Part Owner of Grace Place

Lawrence and I were married May 29, 1982. Our first son was born November 1983, and our second son was born October 1985. After moving four times in our first four years of marriage, our third son was born August, 1989. We have three grandsons aged 12, 5, and 19 months.

Lawrence and I met at Indiana University. He was earning his master's degree in art education, and I my undergraduate degree. He was painting a picture of an ugly hallway outside my studio classroom, so I approached him to ask if I could see his work. I was impressed with his painting and asked him what inspired him to paint the hallway. He said he was a Christian and did not believe he should paint a nude, which was what the rest

of his class was painting, so his instructor told him to go paint the hallway.

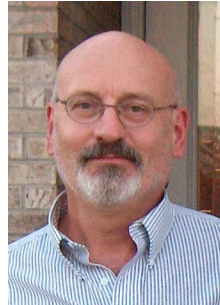
I did not see Lawrence again until after the holiday break, when we happened to be in the same ceramic studio class. I had a major car accident during the break which totaled my car, so Lawrence offered to take me wherever I needed to go. The first place he took me was to church, and we have been going to church together ever since.

Lawrence teaches art at the Scott County High School. Several beautiful murals in various schools are a testament to his talent.

Lawrence also has a degree in physical education and recreation and holds a second degree black belt in Tae Kwon

Do. He has run the Boston Marathon and has been an avid jogger since his teen years. He was on the wrestling and cross country team in college. He lifts weights and jogs daily and enjoys photography, cooking, nature and travel shows, and reading about history and theology. He is also a devoted choir member at Immanuel Baptist Church. He works part time at Kroger and enjoys cooking gourmet meals occasionally.

His true passion is planting trees. He is sometimes called The Lorax of McConnell's Trace and is single handedly reforesting the bluegrass there.—DG



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Special points of interest:

- ♦ *Shopping for a new doctor and a new car*
- ♦ *You are never too old to be an organ donor*
- ♦ *Social workers are key for finding helpful community services*
- ♦ *Your doctor is not the "keeper" of your medical records*
- ♦ *Help for handling your finances*

To Stay Healthy, Exercise!

You have heard it before, but do you do it? The latest research reveals that it is even more important than previously believed. A renowned gerontologist, Henry Lodge, has co-authored a book with one of his research test subjects,

Chris Crowley, a retired lawyer, that asserts we can be "Younger Next Year" (the title of the book). I do not believe the evolutionary stance of Dr. Lodge, but his physiological findings are irrefutable. Forty five minutes, six days a week

of heart rate elevating aerobic and weight lifting is the recommendation. Plus 4 other health giving "rules". Please read the book. It is funny, too! Then come to The Club and live it!

Improvement <http://health.usnews.com/doctors> (for finding doctors but they are not rated)

We shopped for a minivan one Saturday last month. Even though I am emotionally attached to our old minivan, it has over 300,000 miles on it and will be too expensive to repair. We are going to trade our Corvette for the minivan so hopefully we won't have to pay any additional money.

Do you sometimes wish you could trade in your body for a newer model? Buying a new body would be even more challenging than buying a new car.

Of course, shopping for health care is somewhat like shopping for a new car, because both are a matter of trust. Who can we trust to put our needs above their own and who has

the knowledge that is required for helping us? There are so many choices and options within the choices that it would be impossible to possess enough information to make an informed decision. But we must try. The internet helps us greatly. Even so, we need to research which sites provide reliable information. www.autotrader.com seemed to be a good site for shopping for a particular make, model, and price. After looking at cars though, I was bombarded by follow up calls, so next time I will be more judicious about giving out my contact info. Not so with health care. One can go to a doctor and not worry about that doctor calling to find out how you are doing or if you

are coming back. Must be they don't have to worry about us going elsewhere.

The Certificate of Need Program in Kentucky regulates how many hospitals, nursing homes, and many other providers we have access to, which impacts physicians, but it does not restrict private practice physicians. They must be licensed; however, we do not have access to their grades or professional history or even if they were banned from practicing in another state. Please read this article on how to find a good doctor at: http://www.huffingtonpost.com/2012/02/21/find-the-best-doctors_n_1284564.html

Organ Donors

A gentleman who had an organ transplant came to present at our Rotary Club last month. He said he was the oldest living organ donation recipient, having received his kidney in 1973. He was also an artist. He told us about his life and it was a miraculous story of a full and well lived life. We asked questions after, and having just renewed my license where they asked if I would like to be a designated organ donor, I shared with everyone about how

"...no one is too old to be an organ donor."

they told me at the DMV that no one is too old to be an organ donor. I asked how that could be. One reason is because livers are constantly renewing themselves and can be

'harvested' from someone of any age. I am an organ donor candidate and have indicated that on my license. Won't you consider doing the same? Please go the Kentucky Organ Donor Affiliates website to learn more: www.kyorgandonor.org and www.organdonor.gov

Who knows? Someday we may be the recipient of an organ donation. Do unto others as you would have them do unto you.

Social Workers (taken from the Bureau of Labor Statistics website www.bls.gov)

Social workers help people solve and cope with problems in their everyday lives. One group of social workers, clinical social workers, also diagnose and treat mental, behavioral, and emotional issues.

Social workers are employed in a variety of settings, including mental health clinics, schools, child welfare and human service agencies, hospitals, and

private practices. They generally work full time and may need to work evenings, weekends, and holidays.

Although most social workers need a bachelor's degree in social work, clinical social workers must have a master's degree and two years of post-master experience in a supervised



clinical setting. Clinical social workers must also be licensed in the state in which they practice.

The median annual wage for social workers was \$44,200 in May 2012 and employment of social workers is projected to grow 19 percent from 2012 to 2022, faster than the average for all occupations.

What Do Social Workers Do? from the National Association of Social Workers website

Social Workers specialize in the needs of certain populations. Gerontological social workers serve as the vital link between older individuals



and the services they may need. There is great diversity in the strengths and needs of older people and gerontological social workers have the training and skills that are required to address the unique needs of older individuals and their families.

Here is an example:

Mrs. Mott, lives in an unsafe neighborhood and feels depressed and isolated. She does not attend activities at a local senior center because she is afraid to leave her own home. Her family is concerned about Mrs. Mott's isolation and tries to visit when they can, but they are busy with work and taking care of their own children. Her family would like help her relocate to a safer environment but cannot afford to do so.

A social worker from a local community agency is consulted. He meets with Mrs. Mott to help and conducts a thorough assessment. Together, they discuss her living arrangement, social supports and her perceived barriers to living independ-

ently in her community. With Mrs. Mott's permission, the social worker also meets with her family to offer ways in which the family can assist with helping her become less isolated while providing options for housing and other concrete resources such as low-cost transportation and volunteer companions.

Here is another example:

Mrs. Tyson is a 78-year-old woman who is caring for her 81-year-old husband; he is in the late stages of Alzheimer's disease. Lately he is becoming more agitated and combative and the woman's children suggest she place him in a nursing home. Although she eventually does, she feels guilt-ridden and depressed about her decision.

A social worker is consulted and visits Mrs. Tyson in her home to assess the situation. The social worker provides supportive counseling to help Mrs. Tyson with her feelings of guilt and her depressed mood. The social worker also refers Mrs. Tyson to concrete resources such as support groups in the community that are tailored for caregivers. In order to help Mrs. Tyson become a partner in her husband's care, the social worker supports Mrs. Tyson in her efforts to become a

patient advocate by encouraging her to become involved in her husband's care plan meetings. The social worker also provides counseling to help the entire family cope with the responsibilities of caregiving for Mr. Tyson.

So how do you find and pay for these vital social workers?

And how do you know which ones are experienced and chose the career for altruistic reasons rather than some other reason? I followed the links to an online social worker locator from the National Assoc. of Social Workers website (which required providing information about what kind of insurance or private payment method) and the only provider I was led to was Hospice.

The Health Club for Seniors will help you find the answers you are looking for. If we discover that we can't help, we will direct you to reputable agencies and social workers who can help solve your unique problems, including how to pay for services. Please call for an appointment at 859 539 2147.

Medical Records

Did you know that you are responsible for keeping and sharing your own medical information? Doctors' offices do not 'talk' to one another and do not share your medical records with one another. In other words, if you are a patient of a doctor in The Lexington Clinic, and then you decide to visit a specialist at the University of Kentucky, you should be asked to contact your other doctor for your records. You

would think that with modern technology they would have an electronic system in place that would allow them to send or access your health information via the internet, but so far there is no such system. So if your new health care provider does not ask for your records, a warning bell should ring in your head. You must be your own advocate! Making sure your doctor has a record of all your prescriptions is

especially important. Ask questions until you are satisfied with the answers or go somewhere else. Come to The Health Club for Seniors!

The Health Club for Seniors gives you the advantage of a third party organizing and tracking your health care for you. The Wellness Map contains your individual records and recommendations for a coordinated, unified approach to reach your best health goals and outcomes!

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We're On the
Web
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Our Goal is to keep our members out of nursing homes



Aging With Grace® is the newsletter of Aging With Grace, Aging In Place—The Health Club for Seniors—

called Grace Place. It is a new way for seniors to make the most of life by aging gracefully in a country club and spa like atmosphere.

Our Mission:

Grace Place exists to IMPROVE your health and quality of life. Grace Place will provide services, in compliance with federal and state statutes, to all eligible participants regardless of age, color, creed, disability, ethnicity, gender, marital status, national origin, race, religion, or sexual orientation.

Our Values:

Respect: Grace Place respects you. You are a unique individual with dignity and a valuable history.

Appreciation: Grace Place knows we are employed because you are here. We are thankful for your patronage.

Sacrifice and Service: Grace Place wants to serve you. We will put your needs above our own.

Grace: Grace Place acknowledges that everyone requires unmerited favor at some time in our lives, and therefore we will bestow grace to all. We will treat others as we would like to be treated.

Managing Money an excerpt from an article by Donna Gehrke-White

Whether we are pre- or post retirement, sometimes we need a little help making the most of our dollars.

Daily money manager Caitlin Hall says you can take control of your finances if you:

- Write down your income, and then list your expenses. Don't ballpark them. Use credit card statements and tally other monthly expenses such as house payments and utilities. Look for ways you can cut and save.
- Have savings automatically deducted out of your paycheck before you receive it, or out of your checking account before you spend



- it.
- Set up an emergency fund to cover expenses such as when your car breaks down or you have a health insurance copay.
- If you are pre-retirement, focus on saving for retirement before you save for your kid's college fund. "You can't get a loan for retirement, but there are loans for college."
- Pay off credit cards and then pay the entire balance monthly to avoid paying the interest charges.
- Work with a professional money manager if you are hopelessly overwhelmed with

financial problems.

The American Association of Daily Money Managers representative Erin Connelly says that the field of certified daily money management is growing. The nonprofit money management association formed 16 years ago, when a handful of money managers began meeting to talk about their work in helping seniors keep track of their money, Connelly said.

Now daily money managers see a full range of clients, including young people wanting advice as they start out their careers and set up households. Many other clients are dual income parents who don't have time to manage their money. Whatever your stage in life, take control of your finances and/or seek help from a professional!

<http://www.aadmm.com/findDMM.php>