

Senior living at Samaritan Summit Village  
*Assisted Living-Exceptional Life*



# We Keep You Home

Samaritan Home Health provides skilled nursing and therapeutic services that aid recovery and keep you independent. This comfortable alternative to inpatient care allows you to recover from an accident or illness in a familiar environment surrounded by family and friends.

Our team works with your doctor to develop and implement a plan of care that meets your specific healthcare needs.

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## Learn more

[samaritanhealth.com/homehealth](https://samaritanhealth.com/homehealth)  
315-782-0415







# Welcome to Samaritan Summit Village

## **Assisted Living—Exceptional Life.**

At Samaritan Summit Village, our team is committed to providing sophisticated senior living. Whether we're assisting with daily chores or planning exciting group activities, we're here to help make living easier, at a reasonable cost. The services needed by residents may vary widely, but the goal of our care is always the same: helping seniors to live exceptionally.



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# The Summit Village Story

In 2013, Samaritan Summit Village opened its doors and welcomed 173 residents into their new home.

Our senior care campus was the first new facility to open in Jefferson County in many years, and the first true Assisted Living facility ever in Watertown.

Our primary commitment remains providing quality care and assistance to all residents who enter our facility.

Since opening our doors, we have welcomed over 1,000 Assisted Living residents. We have expanded services and offered residents telemedicine and physical rehabilitation.

Caring for our community is what we do. In addition to supporting our residents and their family members, we have provided training and job opportunities for Home Health Aides - people interested in becoming caregivers to Assisted Living residents.

As the North Country's premier long term care facility, Samaritan Summit Village can accommodate up to 120 Assisted Living and enhanced Assisted Living residents, as well as, 168 Skilled Nursing residents, creating a continuum of care for our community all on the same campus.

*Experience our virtual tour today by visiting  
[samaritanhealth.com/assistedliving](https://samaritanhealth.com/assistedliving)*



# The Summit Village Story

Dedicated to the wellbeing of our residents, our team of Samaritan Caregivers are on-location 24 hours a day, seven days a week. We meet the needs of all residents by providing the right blend of assistance and personalized care to allow for a continued independent lifestyle. Residents and their loved ones can feel comforted knowing there is help available for medication management, meal service, laundry, and socialization through our diverse activity schedules.

You cannot beat the views from Samaritan Summit Village. We are in a rural setting overlooking a well-manicured landscape and the city of Watertown in the distance. Our impressive location allows for easy access to local eateries, shopping and quality dental and medical care.

Our management team is knowledgeable in the needs of incoming residents and is committed to identifying financial solutions for those seeking Assisted Living placement at Samaritan Summit Village.

We acknowledge the transition to an Assisted Living facility may not be easy. Since the outbreak of COVID-19, many have questioned care and visitation options during a public health crisis. Rest assured that we make every accommodation possible, within Department of Health and Centers for Disease Control and Prevention guidelines, to make our residents feel safe and comfortable every single day, even during a pandemic.

We hope you will view our virtual tour or consider scheduling an in-person walk-through of our facility by visiting [samaritanhealth.com/assistedliving](https://samaritanhealth.com/assistedliving). During your tour, we know you will see the joy beaming from our residents' faces.

Thank you for learning more about sophisticated senior living at Samaritan Summit Village. We truly aspire to provide you or your loved one with the best possible experience.



Patrick Calli,  
Vice President of Long  
Term Care Services



Neva Bossard,  
RN, MSN, Assisted Living  
Administrator

"Our families entrust in us to provide high-quality, compassionate, and safe care in a home-like environment, that they deserve. That is the number one priority for us at Samaritan Health."

- Patrick Calli









# Assisted Living

The six neighborhoods in the Assisted Living facility of Samaritan Summit Village offer apartments that are comfortable, functional, and safe.

Each apartment offers a living area, sleeping area, large private accessible bathroom, and a kitchenette that includes a refrigerator, sink and cupboards for storage. Residents are encouraged to bring personal furniture, keepsakes and decorations to make the space unique to them.

## Several options are available to rent:

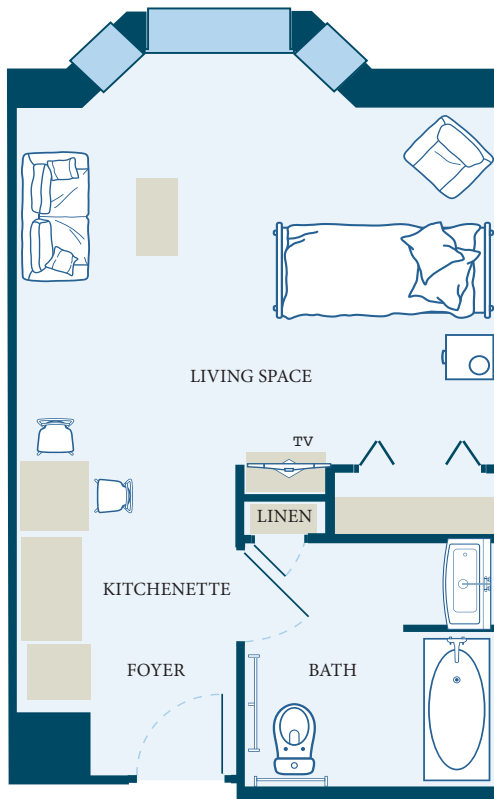
- Studio Apartments (350 sq. ft.)
- One Bedroom Apartments (450 sq. ft.)
- Expanded One Bedroom Apartments (520 sq. ft.)
- One Bedroom with Den Apartments (833 sq. ft.)

**Daily rates apply. Please contact our dedicated team of long term care professionals to discuss financial solutions for Assisted Living at Samaritan Summit Village.**

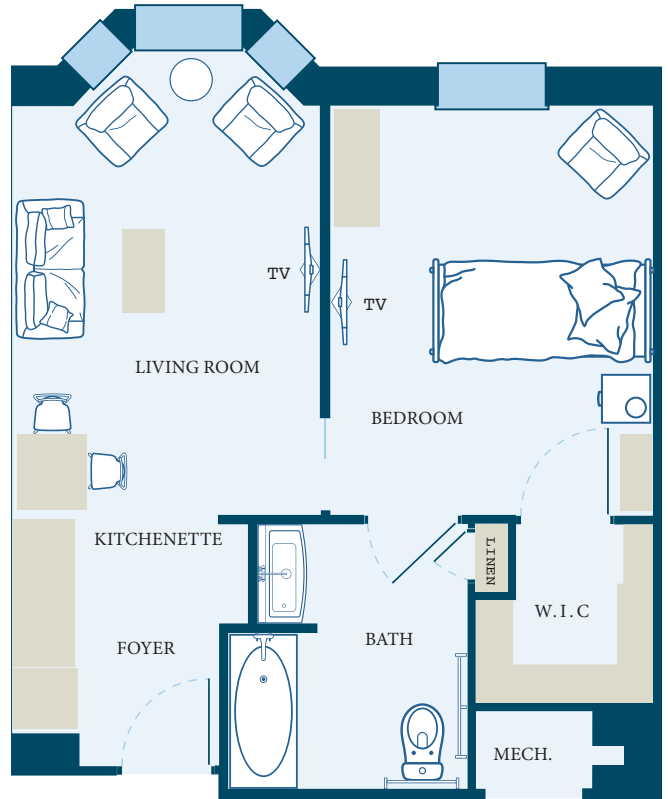




# Assisted Living Floor Plans



Studio

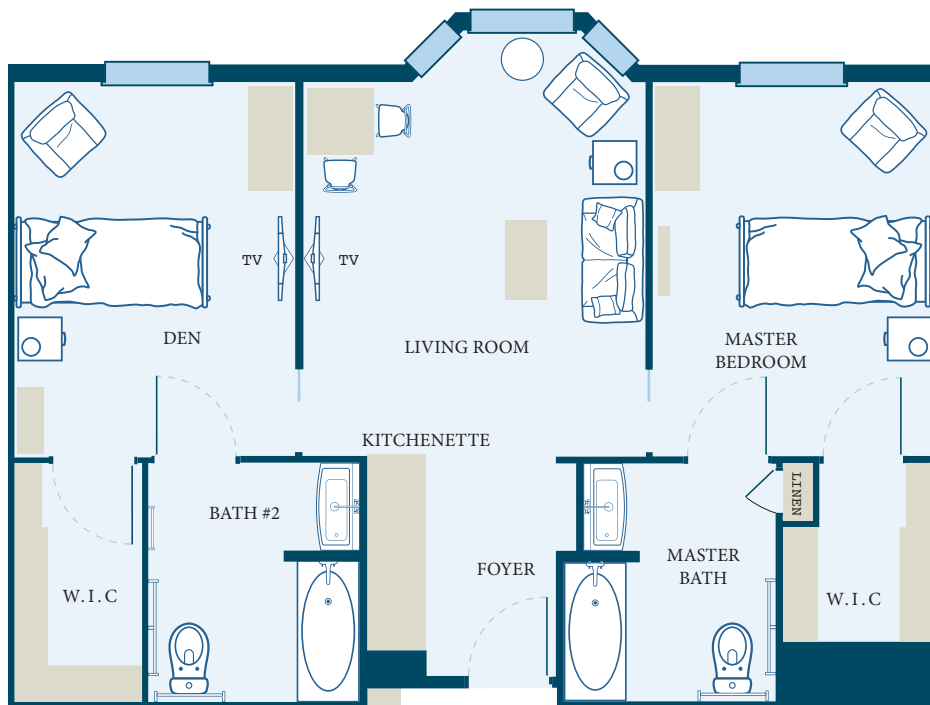


One Bedroom Apartment





Expanded One Bedroom Apartment



One Bedroom with Den Apartment



# A Safe Home for Mom

Nicholas Loving and his family decided to place his Mother in a care facility when the effects of her dementia became too dangerous for herself and others.

"She started doing things like forgetting to eat every meal and wandering at night. We wanted to find a care facility that would facilitate her needs," Mr. Loving said.

Thanks to the care Linda is receiving at Samaritan Summit Village, her family can rest easy knowing she is in good hands.

"The staff members here are great," he said. "They communicate with me, as well as her, so if there's any concerns that need to be addressed, they call me."

In addition to being well cared for, his Mom is active with her Assisted Living neighbors and participates in activities. "She has a great time while she's here now. A lot of times when we come, she'll always have something to do and she'll kind of want to rush us out the door sometimes."

Watch their story to learn more: <https://www.youtube.com/watch?v=oDQOnrUHbG>



# Assisted Living: Starting the Conversation

Talking to your loved ones about the transition to Assisted Living may seem challenging, but open communication is crucial when it comes to making this decision.

For some, the move to an Assisted Living facility may seem like a loss of independence. For others, financial concerns may cloud judgment. For many, the decision-making process is hard to navigate, and that is where we come in.

Before touring Samaritan Summit Village, all parties involved in the decision-making process are encouraged to develop a list of questions. Consider all aspects of life including emotional, financial, physical, and social. Contemplate safety, stability, and peace of mind necessary for all parties.

Our long term care professionals will listen and identify answers to your questions. We will sit with you and explain every detail step-by-step until you are confident in your decision. Even if that decision leads you elsewhere.

There are so many positive aspects of Assisted Living, for both residents and their loved ones. It is important to remember that not every Assisted Living community is alike. It is also important to keep in mind the comforts of home beyond the walls of our facility such as proximity to family, friends, church, and other familiarities.

The earlier you begin your conversations about the future, the better prepared you will be to make important decisions such as a transition to Assisted Living.





# Activities and Entertainment

Samaritan Summit Village features cozy gathering areas, professionally landscaped courtyards with gardening opportunities, tasteful activities and entertainment. Our residents have a variety of choices when it comes to scheduling how they wish to spend each day.

Whether you or your loved one are here for respite care or long term, residents are encouraged to engage in all activities and programs. We are a community of people who care for all aspects of your wellbeing.

Our Resident Advisory Council is very active in determining the needs and wants of residents. They seek opinions, develop ideas, and present these ideas to staff. We want our residents to live carefree in a comfortable setting that provides inspiration.

Social support and interaction are truly important for all people, especially our elderly population. We believe in the power of people. We believe in providing a sense of purpose. We encourage emotional, physical and spiritual wellbeing through engagement.

Residents and their families select Summit Village for a variety of reasons, but most stay for the same reason – We offer something for everyone.





## Activities:

- Dance Troupes
- Singers
- BINGO
- UNO and Card Games
- Coloring and Painting
- Movie Nights
- Nail Painting
- Prayer Service
- Musicians
- Karaoke
- Crafts
- Trivia
- Chair Zumba
- Balanced Boxing
- Book Clubs
- Mass
- Protestant Service
- Rosary



# Planning Ahead and Preparing for the Move

Any effort to relocate can be daunting. A transition to Assisted Living or other senior care option is especially challenging because of the degree of planning required. It is normal to feel overwhelmed, but here are a few tips to help you and your loved ones plan and carry out the important move:

**Prepare for your Healthcare Needs** - Continuity of healthcare is crucial. Visit your Primary Care Provider and obtain an up-to-date copy of your records. Discuss your upcoming move and ensure your medications are all in order. Notify your specialists, as well.

**Long Term Care Documents** - Verify your contract and documents are complete and signed. Ensure your loved ones understand all aspects of the relocation and new living environment including visitation, transportation, and safe personal items, based on the contract.

**Moving and Storage** - Senior moving and storage companies specialize in relocations to long term care facilities. Samaritan Summit Village will have a list of reputable companies in the local area. Ensure your selected company is licensed and insured. Verify understanding of the full scope of the contract. Discuss moving and storage of large or special furniture. Senior moving specialists may offer further services including estate sales and donations.

**Packing** - Prioritize what you want to move to your new home. Essential items, clothing, bedding, photos, knitting sets, crafting kits, favorite recliner, etc. Clearly label these items and denote where you would like them to be placed. Ensure your family heirlooms and fine jewelry are secured.

**Mail and Utilities** - Establish mail forwarding with the U.S. Postal Service. Inform family and friends as well as other important parties of your new address. Assisted Living residents have their own mailboxes. Contact utility companies to schedule cancellation or transfer of service.

**End of Life Planning** - Ensure responsible parties understand end of life details such as estate planning, living Will, do not resuscitate (DNR) orders, and power of attorney designation. Provide a copy of these items to Samaritan Summit Village for their knowledge and safe keeping, as well.







# Amenities – Lifestyle Highlight

## Make Your Home with Us

Imagine your new life... Residing in a private apartment, enjoying three delicious meals a day in our spacious dining room, and participating in a host of social activities. Our dietary professionals consider all resident needs and pride themselves on cooking healthy and balanced meals. Whether choosing to play a friendly game of cards, exercising, or relaxing with friends over dinner, you will discover a second family and a place to enjoy life and the people around you.



*“Here at Samaritan Summit Village we offer a wide variety of food options for our residents. We have high-quality food and healthy options. We have select menus that residents can pick and choose from. We are here to cover all the bases for their dietary needs.”*

**Brent Shawcross, Summit Village Dietary Manager  
and 10+ year employee**



Brent Shawcross  
Dietary Manager



# Sample Menu

## Monday

### Breakfast

Scrambled Eggs  
Breakfast Ham  
Oatmeal  
Fresh Banana

### Lunch

Hot Turkey Sandwich  
Butternut Squash  
Cranberry Sauce  
Pumpkin Mousse

### Dinner

Sausage Gravy  
Biscuit  
Green Peas  
Fruit Cocktail

## Tuesday

### Breakfast

Apple Pancakes  
Diced Pear  
Sausage Links  
Toast

### Lunch

Chili  
Wax Beans  
Cornbread  
Strawberry Ice Cream

### Dinner

Tuna Salad Sandwich  
Chicken Noodle Soup  
Chocolate Pudding

## Wednesday

### Breakfast

Scrambled Eggs  
Toast  
Diced Peaches

### Lunch

Chicken Stew  
Mashed Potatoes  
Brown Gravy  
Bread  
Glazed Carrots  
Molasses Cookie

### Dinner

Spaghetti with  
Meat Sauce  
Broccoli  
Bread  
Mandarin Oranges

## Thursday

### Breakfast

Hard Boiled Egg  
Sausage Patty  
Fruit Cocktail  
Toast

### Lunch

Breaded Pork Chops  
Mashed Potatoes  
Brown Gravy  
Bread  
Glazed Carrots  
Molasses Cookie

### Dinner

Hot Dog and Bun  
Crinkle Cut Fries  
Baked Beans  
Raspberry Sherbet

## Friday

### Breakfast

Cheese Omelet  
Banana Bread  
Mandarin Orange  
Toast

### Lunch

Fried Fish  
Oven Brown Pot  
Italian Blend Veg  
Orange Gelatin

### Dinner

Mac 'n' Cheese  
Stewed Tomatoes  
Dinner Roll  
Chocolate Cake  
with Chocolate  
Frosting

## Saturday

### Breakfast

Scrambled Eggs  
with Cheese  
Applesauce  
Crispy Rice

### Lunch

Country Fried Steak  
Brown Gravy  
Green Peas  
Sweet Potato  
Chocolate Chip  
Cookie

### Dinner

Sausage Gravy  
Biscuit  
Green Peas  
Fruit Cocktail

## Sunday

### Breakfast

Corned beef Hash  
Scrambled Eggs  
Italian Bread Toasted  
Fresh Banana

### Lunch

Baked Ham  
Au Gratin Potato  
Broccoli  
Apple Crisp

### Dinner

Chicken Patty  
Cauliflower and  
Red Peppers  
Cheddar Mashed Potatoes  
Lemon Pudding

# READY TO SELL YOUR HOME?

We know getting your home ready for sale can be an emotional and overwhelming process. We have a wide network of professionals, from painters & contractors, to financial & clean out specialists who can provide all of the services needed to make your move as hands free as possible. Whether you are downsizing, transitioning to a senior living community, or are assisting a senior with a move or selling their estate, let us help make your transition as smooth as stress free as possible.

*Call us today and we can help you get top dollar for your home and get you set for a more secure future!*

CALL OR TEXT 315-921-1378



**The Kenney Team**

WWW.THEKENNEYTEAM.KW.COM 315-921-1378

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- |                       |                     |
|-----------------------|---------------------|
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| – Residential Moving  | – Packing Services  |
| – Commercial Moving   | – Piano & Organ     |
| – Residential         | – Moving            |
| – Relocation Services | – Interstate Moving |
| – Furniture Moving    | – Safe Moving       |

42 Depot St., Antwerp, NY 13608 | 315-816-1241 | [www.watertownmover.com](http://www.watertownmover.com) | Available 6am – 10pm every day!



# Senior Living at Summit Village – Friendly Neighbors

With views similar to a picturesque hotel, Samaritan Summit Village is nestled on a hilltop overlooking Watertown, New York. It is a place to call home, with a vibrant community that offers companionship, comfort, and care.







# Health and Wellbeing

Many health and wellness services are conveniently available right on our campus. If you need care elsewhere, we are here to help schedule and manage dental and medical appointments, including the arrangement of transportation back and forth, as needed.

We help you manage a lifestyle that promotes physical, mental, social, intellectual, and spiritual wellbeing.

Our therapists who specialize in physical, speech, and occupational rehabilitation provide an ideal situation for residents who need these services.

Our dietary specialists provide quality meals and snacks suited for each resident's likes and special needs.

Open gym time is available for residents.

On-site laboratory testing is available so you will have less wait time than in a busy clinic or medical center setting.

Scheduling and traveling to important treatments can be stressful, let us help you manage the personalized care you need.



# Your New Life Experience – Not Just a Place to Live

Samaritan Summit Village offers what residents want in a home: functional living spaces and friendly neighborhoods, assistance with daily activities, and quality care. Our well-kept facility and grounds provide plenty of natural light, fresh air, and encouragement for healthy living.

We offer a tranquil setting for residents to maintain independence and rest assured knowing there is access to professional staff 24 hours a day, seven days a week. Families and friends of residents are comforted knowing personalized quality care is provided in a timely fashion.

We offer the ultimate residential living environment where everyone feels valued and cared for. Our picturesque design and views are certainly talking points among residents and their loved ones. Our dedicated caregivers provide a variety of entertainment options, activities, and dining options for a refreshing experience.





# Celebrations and Private Functions

Engagement in a variety of social and leisure activities is a positive indicator of a residents' quality of life in their setting. They say variety is the spice of life and that remains true from newborn to childhood, teenage years to young adult, and continues as we age.

At Samaritan Summit Village, we do our best to celebrate seasons, holidays, birthdays and anniversaries as a team. We acknowledge these gatherings give residents a sense of independence, dignity, purpose, and provide continued social support, as well as something to look forward to.

We value our residents' requests for special activities and welcome community members who wish to stimulate residents' interests, needs, and passions through entertainment and crafts.

Our residents enjoy gathering in our large activities room, outdoor gardens, and quaint common areas for routine group activities. Our calendars build structure and routine, helping to enhance feelings of safety and security. Studies indicate maintaining daily routines reduces insomnia and decreases cognitive decline.

Samaritan Summit Village offers private dining space for personal gatherings with friends and loved ones. Residents enjoy sharing the beautiful indoor space for celebrations and family activities. Whether social, physical, creative or cognitive activities in a group or private setting, we've got you covered.









# Encouragement and Involvement – Family Perspectives

When the time comes for your loved one to transition to an Assisted Living facility, your words and involvement mean everything. The change for many is not just environmental, it can be very emotional. Many residents experience a variety of feelings, some initially and others once the “honeymoon” stage is over.

To help your loved one feel better about the transition, family and friends should remember the importance of encouragement. Here are some tips:

**Stay Connected** – Connect with your loved one over the phone, video chat, through email, or in-person. Remind them of their worth. Ask about their day. Encourage participation in group activities. Talk about mealtimes and their neighbors. Ask if they need anything.

**Help Them Feel Secure** – Do not ignore concerns. Acknowledge your loved one’s feelings and thoughts. Provide kind words and offer suggestions. Help your loved one navigate their options and identify trusted caregivers within the facility to support their need to feel secure.

**Offer Hope and Remind Them of Their Importance** – Some elders feel like they are a burden to family and friends. They sometimes feel unimportant. It is hard going from working or stay-at-home Mom or Dad of four children to empty nester then retiring and relocating from the home you built memories in. It’s even harder being in a facility and unsure your family and friends will remember to call or visit. Transitioning from the primary caregiver to someone needing care is not easy. They need purpose, they need encouragement and things to look forward to. They need routine. They still need you to bridge their old way of life to their new. Talk about good memories and help them look forward to good times ahead.

Encouraging words help residents of long term care facilities feel important and loved. We are quick to forget how meaningful this support is to someone struggling with limited mobility who relies on others for daily activities they once enjoyed on a different level. Take some time to reach out. You can make a difference.





# We have HEART

At Samaritan Summit Village, our caregivers have heart. They provide high quality, comprehensive, safe, and compassionate services to meet the needs of our residents.

We embrace a resident-centered culture and partner with residents and their loved ones to achieve the best outcome and experience. The needs of our residents drive every decision made.

## What can you expect from our team?

**H** – Our caregivers are **honest** and engage in open conversations. They share ideas and provide insightful feedback.

**E** – They are **empathetic** to the needs of residents and their loved ones. They show compassion in everything they do. They are nonjudgmental.

**A** – **Accountability** is just as important to us as it is to you. Our caregivers choose to do the right thing, even when no one is looking. They are responsible for their actions and provide timely service.

**R** – We are **Respectful**, courteous, and kind. We treat everyone with dignity.

**T** – **Trust** is earned, and we plan to do just that. Dependability is vital to residents and the overall operation of our facility. Our caregivers are trained to maintain confidentiality and to keep their word.





# Assisted Living – Is it Affordable?

Every situation is different when it comes to financial obligations for covering the costs of Assisted Living. Some have planned for years; others are just realizing the need for a higher level of care. Our dedicated team of social work professionals have the experience necessary to help you and your loved one navigate financing options.

The national median cost of Assisted Living is \$4,500 per month. Like each resident, the situation for each location will vary. Determining what funds are available through insurance, savings accounts, and family contributions will be an important step in your journey.

## **Some of the financing options include:**

- Private pay through personal savings, income, and pension.
- Health insurance such as Medicare, private health and long term care insurance.
- Assets like home equity, retirement accounts and life insurance.
- Veterans benefits such as aid and assistance, survivors/basic pension, disability compensation, and VA insurance.
- Public assistance through Medicaid and Medicaid waivers.
- Tax credits and deductions may be available for caregivers who pay for a certain percentage of an elderly loved one's care.

Advice: Find a facility that will work with your current and future financial needs. There are a variety of options available but ask important questions like: If I'm private pay, will I still be able to live here when I run out of money?



# Financial Planning for Personal Care



When it comes to big life events, like moving into an Assisted Living community, it's so easy to get wrapped up in details and arrangements that you may forget to account for the cost of it all. However, financial planning for this situation is vital, as there are so many moving parts: you have to take into account the different resources available to source financial aid, out-of-pocket expenses and the potential of selling off assets, among other things.

**“You have to take into account the different resources available to source financial aid.”**

## Medicaid

State Medicaid programs can usually provide qualified low-income families with financial coverage, for both in-home and community-based personal care. More than half of Assisted Living programs are Medicaid certified. Medicaid programs in Alabama, Kentucky, Louisiana, and Pennsylvania are the only programs that do not provide their beneficiaries this care, but despite this service not being available in these states, there are still other options that may be available to you. Please understand, not all facilities accept Medicaid.

## Medicare

Knowing the difference between Medicaid and Medicare can get a little confusing, as they are often conflated in casual conversation. Medicaid and Medicare are two separate programs. Medicare is an age-based health insurance program for older adults, while Medicaid is for low-income individuals and families.

Despite being for older adults, Medicare does not cover long term, full time personal care, such as Assisted Living. However, most individuals in Assisted Living programs are enrolled with Medicare, as it covers health care costs while living in these communities, such as Skilled Nursing care, hospital readmissions, and medications.

## Waiver programs

States frequently have waiver programs individuals may apply for based on the care they need. Some of these programs are combined with the state's Medicaid program. Others are not combined with Medicaid, allowing the state greater freedom in accepting applicants, including those who surpass the income restriction for Medicaid. When searching for these programs, be aware that each state may use different terms for Assisted Living, so be sure to try out different phrases when searching online.

Be on the lookout for state-run and national welfare programs as well, such as those run by religious groups and other associations. The Veterans Administration (VA), for example, has an aid program called Aid and Attendance for veterans and family members of veterans who need help with everyday tasks.

## Other options

On top of all of these benefits, it is important to determine what you would be comfortable paying out of pocket for later-in-life personal health services. For those who don't qualify for Medicare or waivers, there is always the option of private long-term health insurance. Thinking about this topic may be difficult for some families, but planning ahead will make the process of transitioning into this next stage of life a little less taxing.



## Age-Related Eye Problems

**Aging is a natural process of living, but so is reading, watching the sunset, and seeing your grandchildren grow up. Don't let eye problems go untreated. With modern technology, malfunctions of the eye can be detected before they cause any damage. Getting regular checkups at your local ophthalmologist can ensure that these problems will be diagnosed before they cause other problems.**

As you age, your body changes and vision loss is one of the most common side effects. Cataracts and uncorrected refractive errors are the two leading causes of vision impairment. Recent scientific studies have also suggested that a positive correlation exists between cataracts and uncorrected refractive errors, and so having one may heighten the risk of getting another.

Preventing vision loss is an ongoing process that involves awareness through informing yourself on the topic and by undertaking regular eye exams.

“With modern technology, malfunctions of the eye can be detected and treated before they cause any damage at all.”



# Laser eye surgery, glasses, or contacts prescribed



by your local  
optometrist can  
have you seeing  
better in no time.

Uncorrected refractive errors is a group of complications that can be a direct result of your body changing with age. When focusing on things near or far, eyes alter their shape to be either convex or concave. Throughout time the elasticity in the eye weakens, making it more difficult to contort into these positions naturally. This is called nearsightedness and farsightedness, all normal side effects of growing older. Laser eye surgery, glasses, or contacts prescribed by your local optometrist can have you seeing better in no time.

Over 90% of people over the age of 65 have at least one cataract. At age 75, half of the people have experienced vision loss caused by a cataract.

While regular checkups are crucial in monitoring known cataracts, checkups can also help identify newly formed ones. Treatment options include cataract surgery, a safe procedure that can usually be corrected, resolved or physical aids such as sunglasses, brighter lighting, and magnifying glasses for early onset symptoms.

On top of aging, the accumulation of certain behaviors such as not wearing sunglasses, smoking, heavy drinking, and obesity also contribute to age-related vision loss. If you find yourself with a cataract or refractive errors, there is no need to worry. Vision loss due to cataracts, even vision loss caused by uncorrected refractive errors, can generally be avoided altogether.



# Dental Health

With today's technology, great strides have been made in the advancement of modern dentistry. Tools such as electric toothbrushes, interdental cleaners, and water picks give us the ability to better care for our dental health. Oral care education has also been revolutionized. We now know how best to keep our teeth for longer and in better condition. As we age, oral health problems such as untreated tooth decay, gum disease, and tooth loss may arise, but keeping a few things in mind when taking care of our teeth can make all the difference.

## **Increase your use of antibacterial mouthwash and floss.**

Creating a good brushing regimen is the most important step to good oral hygiene. Mouthwash and flossing can get into the places normal bristle tools can't and is a great addition to your daily brushing. A good antibacterial mouthwash can help reduce bacterial growth and prevent plaque buildup. If flossing is a bit difficult, try a water pick.

## **Add more fluoride to your dental regimen.**

Toothpaste with 1350 to 1500 parts per million of fluoride is usually adequate. Increasing fluoride will help counter demineralization in the teeth, a process that can break down tooth enamel. Avoid ingesting too many irritants like tobacco, sugar, and alcohol.

Cutting down on sugary substances will prevent unnecessary cavities while reducing or stopping use of tobacco will lower your chances of gum disease and oral cancer. Even at an older age, slowing down or quitting tobacco and alcohol will have a large positive effect on your health. A healthy diet becomes increasingly important as we age, and centering your diet around calcium rich foods like fish, nuts, and fat-free milk will strengthen your teeth.

## **Finally, make and keep regular appointments with your dental professional.**

The best step to take towards good dental hygiene is to consult your dentist regularly about your oral health needs. Your dentist knows your mouth best and will be proactive about any oral health problems that may arise due to aging and can create a regimen that optimizes for your personal health needs.

“Calcium rich foods like fish, nuts, and fat-free milk will strengthen your teeth.”





# Daily Living Aids

Limbs don't work like they used to, but it doesn't mean you have to stop enjoying regular activities. Mechanical daily living aids have been around for centuries. One of the earliest references of the use of daily living aids dates back to 4000 BC in Indian mythology where a warrior queen used an iron prosthetic in place of one of her legs lost in battle. Nowadays, daily living aids aren't just prosthetics or wheelchairs, but a wide array of helpful products that are easily available and make daily life a little more manageable.

## Writing Aids

Having difficulty holding things can be frustrating when trying to write a letter or use modern technology. These actions require precise finger dexterity. Thankfully, slip on hand aids allow the wearer to forego the use of fingers in exchange for a well-fitting band that goes around your hand. Difficulty pressing buttons that are close together - such as on a keyboard - can be a thing of the past, along with dropping the pen or veering off the page while writing.

## Kitchen Aids

It's not uncommon to experience other types of hand deterioration besides loss of dexterity in the later stages of life. Strength, too, can be a problem. Aids such as tippers and jar openers, for example, are great tools to combat this. There are many different kinds out there, from manual to electric. Usually triangular in shape, tippers help you pour things without spilling by keeping things steady, such as kettles.

Opening a jar and pouring some tea seem like simple tasks, but without the use of tools they may be impossible. Having these tools at your disposal can feel very empowering.

## Mobility Aids

Mobility aids assist in improving the mobility of people, such as assisting in walking or allowing a person to forego walking all together. Depending on the level of assistance needed, there is an assortment of products available. For those with very limited mobility, electric wheelchairs and seated scooters are the best option. Other people who still prefer to walk but have difficulty in doing so may benefit more from walkers or canes. There are even canes that double as grabbers, for reaching things far away.

“Make modern day life a little more manageable.”

# Things You Didn't Know About Pharmacists



**"They are an underutilized wealth of knowledge."**



“According to the Centers for Disease Control and Prevention (CDC), at least 30% of all prescribed antibiotic courses are not necessary.”



Being a pharmacist isn't all about filling prescriptions. Pharmacists spend anywhere from seven to eight years educating themselves, eventually obtaining a doctorate degree. On top of this, many burgeoning pharmacists will spend an extra year or two after their studies completing a pharmacy residency to specialize in fields such as pediatric or geriatric care. They are an underutilized wealth of knowledge.

**They can administer more than your yearly flu shot.**

Other vaccines commonly administered at pharmacies are polio, shingles, pneumonia, tetanus, and chicken pox. Many pharmacists also have access to travel immunizations such as typhoid and meningitis. They will go over your medical history with you and help you choose which vaccines are appropriate. When finished, don't forget to ask the pharmacist to forward proof of your vaccination to your primary care physician so they can update your records.

**They can give you all the information you need on that prescription you're picking up, possibly saving you and the world.**

This sounds like an exaggeration, but in fact it is not. The rise of drug-resistant super diseases is caused by widespread overuse and misuse of antibiotics. According to the Centers for Disease Control and Prevention (CDC), at least 30% of all prescribed antibiotic courses are not necessary.

Asking your pharmacist about your prescription will help you defend against over prescription of antibiotics. Just because the drugs you're picking up are prescribed by a physician, doesn't mean they can't be administered incorrectly.

**They can advise on over-the-counter medicine, too, and may even save you money.**

When you ask your pharmacist about how to take your new prescription properly, also ask their opinion on the drug itself and if there are any cheaper alternatives. With their wide breadth of knowledge regarding medications, they will most likely be able to recommend a cheaper generic version of the medication you are taking. They are also knowledgeable about rebates, coupons, and loyalty programs that can help cut down your medical expenses.

**The next time you see a pharmacist, make sure to strike up a conversation.**

There is a lot to be learned from the person at the counter doling out your medication; all you have to do is ask!

“They will most likely be able to recommend a cheaper generic version of the medication you are taking.”

# Legal Assistance for Seniors

It's important to have trustworthy legal aid close at hand. Conditions such as end-of-life arrangements, estate management, and public benefits can be difficult to navigate on your own, and discrimination and abuse can happen at any time. It is important to know where to get help quickly if the circumstance arises. The consideration of a legal professional is crucial to ensure the rights and property of the elderly are protected.

## When do I or my loved one need legal aid?

Legal aid can be required for a variety of reasons. One of the biggest categories is life planning. An attorney can be of great use:

- In going over contracts when first moving into an Assisted Living housing development.
- To help create a living will, delineate power of attorney, funeral planning, or estate planning.
- Seek advice and gather required documentation in regards to elderly tax benefits, pension, and access to public benefits.
- Drafting advance directives.
- In getting refunded for financial exploitation.

It is important to recognize symptoms of any abuse and get the help required early on. During this late stage of life, it is often the case that we or our loved ones have to rely on increasing amounts of help from caretakers and are more vulnerable to situations of abuse.

Abuse can be:

- Financial.
- Physical.
- Neglect.
- Emotional.
- Scams, such as those over the telephone.

If you or a loved one is being put in this circumstance, it is important to seek legal assistance right away.

## How to seek legal aid

It can be daunting with all the options for attorneys out there. Thankfully there are law practices dedicated specifically to elder law. Hiring an attorney that has a history with elder law or specializes in it can make all the difference.

“It’s important to have trustworthy legal aid close at hand.”







# Signs it's Time for In-House Care

Sometimes it is obvious when an extra set of hands is necessary in caring for yourself or a loved one: maybe you frequently leave the stove on all night because you forget to turn it off or you had a bad fall and realized in that moment, when you were already on the ground, you are no longer able to pick yourself back up.

But it's not ideal to wait for these moments. They're dangerous situations with possible life-threatening outcomes that no one should have to deal with alone. This guide will help you pinpoint early signs that your quality of life may benefit from receiving home health care.

## 1. **Safety concerns**

Safety is the number one priority when it comes to taking care of yourself or another human being. If you notice you or your loved one is unable to protect themselves against harm, or are beginning to show signs of forgetfulness in dangerous situations, hiring in-home care can give you or your loved one peace of mind.

## 2. **Mobility is an issue**

Basic chores can be a hassle when you have mobility issues. Things like sweeping and laundry turn into menacing tasks. People with mobility issues often also have difficulty standing up for long periods of time and because of this, chores such as doing dishes and cooking may feel unbearable. An aide will lighten the physical and emotional burden, and help plan and prepare healthy meals.

## 3. **Desire to retain a feeling of independence**

A home health care aide is a good alternative to Assisted Living, if what is most important is to maintain a feeling of self-sufficiency. To remain living at home can reduce the toll of aging by providing a comforting and familiar environment. An aide can assist in dressing, bathing, basic grooming, among other things, in a respectful and knowledgeable manner.

## 4. **Loved ones cannot provide enough care**

For many families, caring for loved ones isn't possible. With work and children, it can all become too much to handle. A home health care aide can help guide the family into a less stressful routine by assisting in the more difficult daily or weekly activities.

“Your quality of life may benefit from receiving home health care.”

# Palliative Care

Offering an approach to symptoms of a serious medical condition, Palliative Care is a local solution that many patients and their loved one's value because of the relief it can provide.

## **Palliative Care**

Controlling symptoms and providing support for patients.

## **Palliative Care improves the quality of life:**

- Palliative Care, and the medical specialty of Palliative Medicine, is specialized medical care that provides relief from the symptoms and stress of a serious illness.
- The goal is to improve quality of life.
- A team of specialists provides Palliative Care, including doctors, nurses, and social workers who work together with a patient's other doctors to provide an extra layer of support.
- It is appropriate at any age and any stage in most serious illnesses, not just cancer, and it can be provided along with curative treatments.

## **Palliative care may be appropriate for you if:**

- You have advanced cancer or some other serious illness.
- You experience difficult-to-treat pain or other symptoms.
- You or your family need more help coping with the diagnosis.
- You or your family need help to decide about further treatments.

## **Begin Palliative Care early.**

Palliative Care can occur at the same time as all other treatments for an illness. There's absolutely no reason to wait. In fact, some studies have shown that Palliative Care may extend a person's life and certainly improve quality of life. Your insurance may cover Palliative Care.

Most insurance plans, including Medicare and Medicaid, cover Palliative Care. It is handled like other medical services, such as Oncology or Cardiology.

Our team of Assisted Living caregivers are available to provide contact information to the local services available that best suit you or your loved one when the time comes. Palliative Care services are offered in Jefferson County through Samaritan's Walker Center for Cancer Care.





# Hospice Care

There are a lot of negative connotations that surround the idea of hospice care. As a result, people tend to avoid the subject until a dire situation arises in which hospice care may be necessary. This creates unnecessary stress due to not knowing exactly what hospice care is, how to afford it, and where to seek it out. This article will help clear up some of the most basic questions surrounding hospice care.

## Hospice Care

Every phase of life has its challenges and rewards. You and your loved ones want to make well-informed choices about care near the end of life. Hospice can be essential to experiencing the best quality of life possible when faced with a terminal illness. Not knowing exactly what hospice care is, how to afford it, and where to seek it out can cause undue stress at the start of this important journey. This information will help clear up some of the most fundamental questions surrounding hospice care.

## What is hospice?

Hospice care focuses on terminally ill patients (with a diagnosis of 6 months or less) by providing comfort care, alleviating discomfort, and attending to the patient's emotional and spiritual needs at the end of life.

## What care does hospice provide?

Hospice is dedicated to providing comfort care wherever you call home or in the hospice residence. The hospice interdisciplinary team works with the patient, the family, and the patient's physician to create a unique care plan. Visits are made as often as indicated by the care plan, with phone support and emergency visits available twenty-four hours a day.

Medications and medical supplies necessary to alleviate discomfort associated with the terminal condition are supplied as part of the hospice benefit.

## What care does hospice not provide?

Hospice does not cover treatments focused on curing terminal illnesses. Hospice does not offer 24-hour care in your home as the hospice team visits are made as often as indicated by the care plan. There is a nurse on call 24 hours a day. However, 24-hour care is offered in the Hospice Residence.

## Who can receive hospice care?

Hospice care should be considered for anyone of any age with a life expectancy of six months or less.

Under current Medicare guidelines and most insurance plans, deciding to elect hospice benefits requires that curative treatment not be pursued, so the patient and family must understand all their options.

Our team of Assisted Living caregivers are available to provide contact information to the local services available that best suit you or your loved one when the time comes. Hospice of Jefferson County oversees local hospice solutions.



# Resources and Local Contacts

## Hospitals & Healthcare:

Samaritan Medical Center, 830 Washington Street,  
Watertown, NY 13601, 315-785-4000,  
[samaritanhealth.com](http://samaritanhealth.com)

Nephrology Associates of Watertown, PC, 19316 US  
Route 11, Watertown, NY 13601, 315-782-0136,  
[nephrologyaw.com](http://nephrologyaw.com)

North Country Neurology, P.C., 1340 Washington Street,  
Watertown, NY 13601, 315-782-9003,  
[northcountryneurology.com](http://northcountryneurology.com)

Walker Center for Cancer Care, 830 Washington Street,  
Watertown, NY 13601, 315-785-4673,  
[samaritanhealth.com/cancer-services](http://samaritanhealth.com/cancer-services)

## Government Resources:

Jefferson County Office for the Aging, 175 Arsenal Street,  
2nd Floor, Watertown, NY 13601, 315-785-3191,  
[co.jefferson.ny.us/departments/officefortheaging](http://co.jefferson.ny.us/departments/officefortheaging)

Jefferson County Department of Social Services, 250  
Arsenal Street, Watertown, NY 13601, 315-782-9030,  
[co.jefferson.ny.us/socialservices](http://co.jefferson.ny.us/socialservices)

Watertown VA Clinic, 1222 Arsenal Street, Suite 10A,  
Watertown, NY 13601, 315-425-8240,  
[va.gov/syracuse-health-care/locations/  
watertown-va-clinic](http://va.gov/syracuse-health-care/locations/watertown-va-clinic)

City of Watertown Police Department, 751 Waterman  
Drive, Watertown, NY 13601, 315-782-2233,  
[watertown-ny.gov/departments/policedepartment](http://watertown-ny.gov/departments/policedepartment)

## Senior Care Needs:

Seniors Helping Seniors, 315-405-4950,  
[seniorcarenorthernny.com](http://seniorcarenorthernny.com)

Samaritan Home Health, 104 Paddock Street,  
Watertown, NY 13601, 315-782-0415,  
[samaritanhealth.com/home-health](http://samaritanhealth.com/home-health)

Jefferson County Public Health, 531 Meade Street,  
Watertown, NY 13601, 315-786-3730,  
[co.jefferson.ny.us/departments/PublicHealth](http://co.jefferson.ny.us/departments/PublicHealth)

## Transportation:

Volunteer Transportation Center, 24685 Route 37,  
Watertown, NY 13601, 315-788-0422,  
[volunteertransportationcenter.org](http://volunteertransportationcenter.org)

Cleveland Services Medical Transport, 404 Sherman  
Street, Watertown, NY 13601, 315-777-4809

Lundy Services Medical Transport, 426 State Street,  
Carthage, NY 13619, 315-519-3059

Watertown International Airport (ART), 22529 Airport  
Drive, Dexter, NY 13634, 315-786-6000,  
[watertownairport.com](http://watertownairport.com)

Yellow Cab, 1170 Water Street, Watertown, NY 13601,  
315-782-2121

## Wellness:

Fairgrounds YMCA, 585 Rand Drive, Watertown, NY  
13601, 315-755-9622,  
[watertownymca.org/fairgrounds](http://watertownymca.org/fairgrounds)

Downtown YMCA, 119 Washington Street, Watertown,  
NY 13601, 315-782-3100,  
[watertownymca.org/downtown](http://watertownymca.org/downtown)

Family Counseling Services of NNY, Inc., 531 Washington  
Street, Suite 4124, Watertown, NY 13601, 315-782-4483,  
[fcsnny.org](http://fcsnny.org)

Roswell P. Flower Memorial Library, 229 Washington  
Street, Watertown, NY 13601, 315-785-7705,  
[flowermemoriallibrary.org](http://flowermemoriallibrary.org)

This list is not all inclusive and Samaritan Summit  
Village does not endorse any businesses, groups, or  
organizations outside of Samaritan Health.





### **Realtor and Moving Help:**

Jefferson-Lewis Board of REALTORS®, 210 Court Street,  
#112, Watertown, NY 13601, 315-782-1322,  
**[nnymls.com](http://nnymls.com)**

The Kenney Team – Keller Williams Northern New York,  
315-921-1378,  
**[thekenneyteam.kw.com](http://thekenneyteam.kw.com)**

North Star Real Estate & Property Management LLC,  
1634 State St., Watertown, NY 13601, 315,777,4365,  
**[northstarnny.com](http://northstarnny.com)**

PT Movers, 42 Depot St., Antwerp, NY 13608,  
315-816-1241,  
**[watertownmover.com](http://watertownmover.com)**

### **Donate Gently Used Items:**


The Salvation Army, 723 State Street, Watertown, NY  
13601, 315-785-5582,  
**[easternusa.salvationarmy.org](http://easternusa.salvationarmy.org)**

Watertown Urban Mission, 247 Factory Street,  
Watertown, NY 13601, 315-782-8440,  
**[watertownurbanmission.org](http://watertownurbanmission.org)**


### **Financial Services:**

First Command Financial Advisor - Jay Ringenbach, 215  
Washington St., Suite 214, Watertown, NY 13601,  
315-681-6422,  
**[firstcommand.com](http://firstcommand.com)**






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