

Fall–Winter 2010 Newsletter

Share the Care Network

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PUBLISHED BY
SHIRLEY POLK, OWNER
SHARE THE CARE
NETWORK

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MediCal Entitlements Could Help

Americans who make it to age 65 live another 18.5 years on average.

27% of non-institutionalized people age 65+ need assistance with one or more activities of daily living.

There are currently 39 million adults age 65+ in the U.S. This number is projected to reach 89 million over the next 40 years.

Between the years 1997 and 2006, the number of patients requiring home healthcare increased by 53%

Home healthcare is a vital product. It's projected growth in the next years will always increase. But the issues families face is how to offset the cost. Many families often go out-of-pocket to pay for in-home healthcare services. Recently, I attended a conference and met two wonderful people who are in the business of helping families understand the MediCal maze. Their company is [MRS MediCal Regulation Specialist](#) (800) 997-0009 www.needmedi-cal.com.

Kathryn Humphres and her staff at MRS can evaluate your family's

potential for Medi-Cal entitlement benefits. MRS knows the California Medi-Cal system and may be able to assist in answering questions on homecare issues and other benefits you could be entitled to under MediCal.



Home healthcare is vital for your loved ones.



Cookies for Seniors and Santa

One of the favorite things my Grandma loved to do at Christmas was bake. And so do I. I find that the traditions our elderly use to do are still apart of them, yet they need a little assistance from us to accomplish them. When we help them they

feel joy.

This year I had the idea of asking our clients to submit their favorite cookie recipe along with a picture of their loved one making them. Once received Share the Care will post them at our

website starting

Dec. 21st through Jan. 1, 2011, for all to view. So, pull out the cook book, get your Grandma, Mom, Auntie or your friend that you care for and start baking! Send pictures to



*Season's Greetings
from
Share the Care Network*

Share the Care Network

Home Health care Solutions

1704 Manchester Ave. #207A

Los Angeles, CA 90047

(323) 280-3586

www.sharethecarenetwork.com

Shirley A. Polk, Owner, CEO

Email: info@sharethecarenetwork.com

info@sharethecarenetwork.com

In the subject box type "cookies".





Activity Ideas for Older Adult During the Holidays

These ideas can be adapted year-round for all holidays.

- Making Christmas & Hanukkah gifts can be enriching. There are many books at the library and ideas on the Internet. Make gifts for family, friends, children, or a craft sale.
- Trips to view Christmas lights are magical. Perhaps some will become inspired to decorate their home or center with twinkling lights.
- Holding a toy drive or canned food drive for a food bank is rewarding and requires only a box with a sign and a little advertising.
- A cookie exchange can work well with each person involved baking a dozen cookies per each other person in the group (plus a dozen to keep). For instance, if 5 people join in, then each person bakes and wraps (or bags) 5 sets of 12 cookies each (60 cookies total). At the exchange, each person trades cookies until everyone has 5 varieties of treats. Add extra fun by printing up recipes for each individual. And of course, stay, chat and have a warm drink.



“In a tight economy, this new web site offers families an affordable option to find caregivers.”

Announcing MyPrivateCaregiver.com

Thanks to God for all the things He has done and continues to do.

Share the Care Network is proud to announce a **new** product to our family of services coming January 2011. Now individuals and families (called “care seekers”) seeking a caregiver, for a small fee, can go to this new web site,

sign-up and view a list of available caregivers seeking work. And if you are a caregiver looking for work you too can sign-up, post your profile and become a “caregiver” with MyPrivateCaregiver network. There is no charge for caregivers to sign-up and post a profile online. As a “holiday” gift for the first 10 “care

seekers” looking for a caregiver, I will waive the sign-up fee for 30 days. This is a great opportunity to try our web site. This offer will expire January 15th, 2011, so hurry and sign-up at info@myprivatecaregiver.com. Businesses interested in advertising with us call 323-280-3586.

“Acknowledging the Giver” From The Upperroom



One of our treasured keepsakes is a homemade table decoration: a turkey made of feathers, pipe cleaners, construction paper and “googly eyes.” It was created and given to us by our niece several Thanksgivings ago. It graces our table every holiday.

Over time, this turkey has become dilapidated. Still, every year, we bring it out and

set it on the table because of our love of our niece and the memory of her joy in presenting this gift.

We have so much to give thanks for that we cannot name them all. But when we pause to acknowledge the Giver of all these good gifts, a real spirit of thanksgiving rises within us. When we view our many blessings in light of our

relationship with God, life takes on a true sense of wholeness, and giving thanks becomes more than a holiday tradition. It becomes our natural response to God who, in infinite love, has given us all that is good in our lives.

*By Michael W. Lowry (Ohio)
from The Upperroom
www.upperroom.org*