

SENIOR NEWS

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for Seniors,
Baby Boomers
& Caregivers*

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UNION, N.J.

On March 22, Senior Citizens Council presents “Being Prepared—Advanced Care Planning”

On Thursday, March 22, the Union County Senior Citizens Council will hold a special program on advanced care planning at the Senior Center in Union Township located at 968 Bonnel Court. The purpose of this program is to present the “why and how” of what you can do to be prepared.

“No one has a crystal ball. For the sake of our loved ones and ourselves it is important that we prepare for the future,” said Ellen Steinberg, Chair of the Senior Council. “Whether it is setting up a will, having our medical wishes honored, or naming a

“We have witnessed first hand how important it is to have a trusted family member or friend in place in times of need,” added Richard Stone, Executive Director of the Union County Senior Citizens Council. “Emergencies can strike at anytime.”

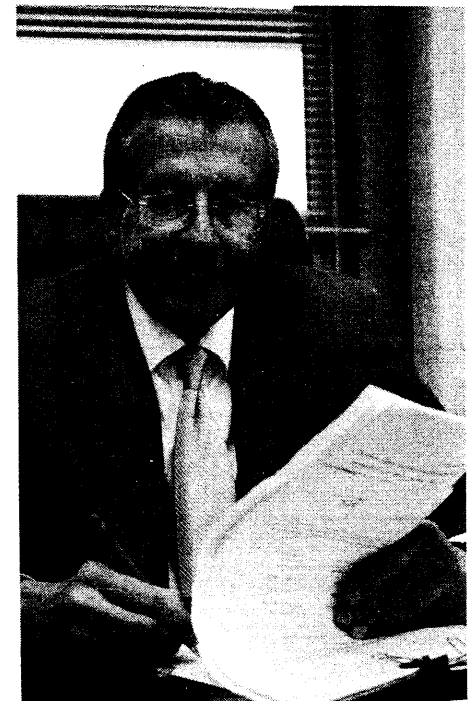
James LaCorte, the Union County Surrogate, will be one of the featured speakers. The Surrogate probates wills, appoints administrators and guardians, and handles applications for adult incapacitated persons and conservatorships.

With today’s medical advancements come many healthcare op-

And what would you want them to do? Following the Surrogate, will be a special presentation by Trinitas Regional Medical Center addressing these issues. Valerie Ramsberger, Director of Palliative Care and Sister Mary Corrigan, Director of Pastoral Care, will discuss “Advance Care Planning—Your Decision Matters.”

Doors will open at 9:30am with coffee and pastry. The program will run until 11:30am with time for questions at the end.

For more information and to RSVP please call the Union County Senior Citizens Council at (908) 964-7555. The Senior Citizens Council is a not for



Central New Jersey Senior Care Company Launches Revolutionary Hospital to Home Care Program

Home Care Assistance, the leading provider of in-home care for seniors, is proud to announce the Hospital to Home Care program, a comprehensive set of educational resources for families managing the difficult transition home after hospitalization. The program helps families prepare for discharge, manage the unique needs of post-hospitalization patients and coordinate recovery at home.

“The hospitalization and discharge experience is a source of tremendous anxiety for patients and their families,” said Kevin McClarren, President of Home Care Assistance of New Jersey. “Individuals are placed in a stressful situation, often without the resources they need

to make the best long-term decisions for their loved ones. As the leading experts in post-hospitalization care, we wanted to provide families everywhere with the information and guidance they need to manage every step of the discharge process and recovery at home.”

The program is supported by the book, *From Hospital to Home Care*, written by Home Care Assistance co-founders Dr. Kathy Johnson, Dr. James Johnson and Lily Sarafan. The book provides a comprehensive overview of the challenges and resources associated with each step in the transition from hospital to the home, explains the discharge process from an inpatient hospital stay, outlines common issues associated with

specific medical conditions, discusses the unique needs of recently hospitalized patients and emphasizes the importance of home care in patient outcomes and quality of life. Home Care Assistance is also excited to unveil HospitaltoHomeCare.com, a free online resource for families seeking information about the discharge process and recovery at home. A 16-page PDF guide to the discharge and recovery process is available for free at HospitaltoHomeCare.com.

“We hope to offer comfort and provide education to patients and families going through the hospital discharge process with these resources,” said Kevin McClarren, Owner of Home Care Assistance of Central New Jersey. “Getting seniors back into their

homes with the appropriate level of care is critical to the recovery process. We find that families are not always knowledgeable about this process or prepared for what to expect.”


For more information about Home Care Assistance or to learn more about the transition from hospital to home, please visit HomeCareAssistance.com or call Kevin at 908-528.4812.

About Home Care Assistance

Home Care Assistance is the leading provider of home care for seniors across Somerse, Union and Essex County. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home.

*Be on the alert to recognize your prime at whatever
time of your life it may occur*

Health & Nutrition



Our Clients Speak for Us


"Home Care Assistance has exceeded my wildest expectations. Our caregiver, Mary, is almost like family and has helped my Mom feel better and enjoy her life again, even though she is homebound. We can't recommend Home Care Assistance highly enough."

—Fran, Westfield, NJ

Home Care Assistance is the leading provider of non-medical, in-home care. Our services—and clients—speak for themselves.



Need help immediately? Want to know more? Call us today.

 **908-668-8200**

www.HomeCareAssistance.com

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