

In Good Company

The Good News in Home & Personal Care

Summer 2013



CFL Welcomes New HR Manager



We are pleased to announce that Frank Day has joined our team as Manager, Human Resources. Frank is already making a difference by ensuring that we are providing the best programs for our staff, and that we are in compliance with all state and federal regulations. Welcome Frank, good to have you on board!

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Daily helpful and healthful articles.

Life Plans Help You to Stay Home Longer

Marc Sandler

"Plan for the future because that is where you're going to spend the rest of your life" - Mark Twain

We all share the goal of living in our own house as long as possible. There are a number of steps that we may take to make this possible. Included here is the ability to identify and employ professionals who may help with the physical structure of the home and individuals who may help with various activities of daily living. One other key supporting part of independent living is having all of your key information organized in one document called a life plan. It should be accessible and available before you need it.

Specifically, the life plan focuses on your financial, medical, legal, housing and legacy areas. This information will help you outline what you want to happen in various situations before a crisis or emergency arises. It will also serve as a reference document for all family members.

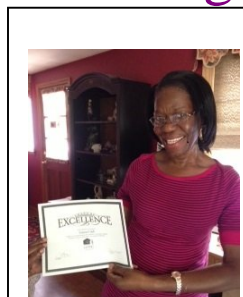
For example, in the short run, if you fell and broke your hip requiring you to be out of commission for eight to ten weeks, who would be able to pay your bills, take in your mail, go to the bank for you and take care of your pet? From a longer perspective, have you outlined how you want your estate handled? One of the most explosive issues is how you will divide your personal property among your family. Have you outlined what you want your legacy to be and have you communicated your funeral plans? If you don't have all of your choices outlined, someone else, possibly your family or the probate court, will make some of these decisions for you and they may not be what you would have wanted to happen.

How do you get started on this arduous task of identifying what you should collect, figuring out where this information is located and capturing the data in an organized reference document? Like many tasks in life, there are professionals you may hire to work with you to compile this information for you. If you want to know more about how you start and complete this task, consider working with a professional such as Senior Organizational Services. Senior Organizational Services creates a LIFE PLAN to document important information; hence easy access to needed information before a crisis arises. They may be reached at 203 623 7580.

Are you a great cook? Do you have a favorite or a famous recipe?

If so, please send one (or more) recipes to us to be selected for our Companions for Living Homecookin' Cookbook! Help us create a Companions for Living cookbook and take your page in history! Email recipes to info@companionsforliving.com or send them to us in the mail.

Caregiver Spotlight: *Eileen*



Eileen

Eileen is a dedicated live-in caregiver for Companions for Living. Her character is best reflected in a touching letter written by the daughter of her client. "We feel so fortunate that Eileen is taking care of our mother. She's able to be home, and be treated with great care and dignity. It warms our hearts to see the bond that has developed between them, and gives us great peace of mind. Eileen is a very special person to our family and we will never be able to thank her enough for all she does for our mother." Congratulations Eileen on receiving the Caregiver Excellence Award!

Homecare Workers are Now Legally Mandated Reporters

In the past we all may have felt responsible to report abuse or neglect of the elderly if we'd witnessed or suspected it, but now we're legally required to do so. The Connecticut Legislature passed a bill in the past session that expands the list of mandated reporters to include homecare workers. According to the DSS website, "the program is designed to safeguard people 60 years and older from physical, mental and emotional abuse, neglect and abandonment and/or financial abuse and exploitation. DSS social workers devise a plan of care aimed at assuring an elder's safety while preserving the person's right of self-determination. Staff may help the person remain in the living situation he or she prefers, safeguard legal rights, prevent bodily injury or harm, determine service needs and then mobilize resources to provide necessary services."

The statute reads that Mandated Reporters "shall within five calendar days report such information or cause a report to be made in any reasonable manner to the Commissioner of Social Services or to the person or persons designated by the commissioner to receive such reports. Any person required to report who fails to make such report shall be fined not more than five hundred dollars."

To report cases of suspected abuse, neglect or exploitation, call the toll-free In State referral line at 1-888-385-4225. Out of State call Infoline at 1-800-203-1234. After Hours Elder Abuse Emergencies, In State call Infoline at 211, Out of State call Infoline at 1-800-203-1234.



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SAVE THE DATE for Vino and a Show! Our 5th annual benefit for the Alzheimer's Association will be held on October 24 at 5:30pm. Details coming soon!