



## April 2021 Edition Michael Leipzig

### Medicare Open Enrollment Update

The "assisted living vs. nursing home" topic is best understood when you know what each term means. It also helps to know the other terms that are frequently used for the same types of senior care options. To that end, here are basic definitions that begin to clarify the difference between nursing home and assisted living options.

An **Assisted Living Facility (ALF)** is a place where seniors or adults with disabilities live semi-independently and receive limited help with certain day-to-day activities. Assisted living communities tend to provide various hospitality and personal care services, 24-hour emergency response protocols, and regular opportunities for recreation and social interaction. The exact levels of care and types of services that are offered vary from facility to facility and often depend on state regulations. Other terms that are sometimes used when referring to assisted living include:

- \* **Assisted care**
- \* **Residential care**
- \* **Supportive housing**
- \* **Supported living**
- \* **Adult foster care (in facilities with no more than four residents)**

A **Nursing Home** is a place where residents who cannot live independently receive extensive and ongoing care due to old age, disabling medical issues, or other kinds of physical or mental conditions that require continuous monitoring or supervision. Nursing homes tend to provide more frequent and comprehensive personal care services than what you will find in assisted living facilities. They also provide easier access to skilled nurses. In some cases, people use the following terms when describing nursing home care:

- \* **Long-term care**
- \* **Extended care**
- \* **Rest home or Care home**

When it comes to weighing nursing home versus assisted living options, it's essential to understand who is best served by each type of facility. That way, you can feel more confident in your decision-making while potentially avoiding a costly or unnecessary move later on.

**Assisted living** is usually suitable for people who:

- \* **Are open to the idea of getting assistance**
- \* **Can benefit from a more socially engaging living environment**
- \* **Are able to walk or use mobility devices on their own**
- \* **Need a limited amount of supervision or personal care assistance**
- \* **Are lucid or have only mild cognitive problems**
- \* **Want or need to be free of the responsibilities of home ownership**





## Portuguese Pea Stew With A Twist

**Total Time:** 30 mins

**Yield:** serves 6

### Ingredients

- 2 tsp unscented cold-pressed coconut oil
- 1 tsp whole coriander seeds
- 1 large yellow onion, finely chopped
- 2 large garlic cloves, center germ removed and finely sliced
- 2 bay leaves
- 1 cup kale chopped
- 1 1/2 cup cherry tomatoes, chopped into quarters
- 1 tbsp organic tomato paste
- 2 handfuls baby new potatoes, washed and roughly sliced
- 4 cups frozen peas
- 1 3/4 cups vegetable stock
- A large handful of cilantro, chopped sea salt & black pepper to taste

### Directions

1. Heat coconut oil in a pot over medium heat
2. Add the coriander seeds and allow to fry until they start sizzling
3. Add the onion, garlic and bay leaves and cook slowly until translucent
4. Add the kale, cherry tomatoes and tomato paste and stir
5. Add the potatoes, frozen peas and vegetable stock and stir
6. As soon as the stock starts boiling, reduce heat to a low simmer and partially



cover the pot

7. Allow to cook for 15-20 minutes or until the potatoes are cooked through
8. Add the chopped cilantro and season with salt and pepper to taste
9. Serve over brown rice and enjoy

## Raffle Prize Winner And Opportunity!!!

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Thank you to all of those that participated in the sudoku prize raffle. The winning submission for March is Sandra Bennett!

Please submit a picture of your completed Sudoku puzzle with your name to [jakob@schultzfs.com](mailto:jakob@schultzfs.com) to be entered into our raffle drawing. Puzzle solution and winner will be announced in the next month's issue.

### March Puzzle Solution

### April Puzzle

3	6	8	4	7	5	9	1	2		1	2	3	4
4	7	1	6	9	2	5	3	8					
5	9	2	8	1	3	4	6	7	5				
6	4	5	7	8	9	3	2	1					
7	8	3	1	2	4	6	5	9	6				
1	2	9	3	5	6	7	8	4	7				
8	5	4	9	3	1	2	7	6					
9	3	7	2	6	8	1	4	5	8				
2	1	6	5	4	7	8	9	3					

#### DOWN

- 1 Elder Obama sister
- 2 Cause for a food recall
- 3 Not as risky
- 4 Have the \_\_\_ for
- 5 Summer activity?

#### ACROSS

- 1 Work well (with)
- 5 Gambling destination on the South China Sea
- 6 High up
- 7 Scrabble squares
- 8 Locks



Thank you to all of those that send your friends and family in our direction for Medicare Education.

*We Appreciate You!*



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