



HomeLife
on Glynco



Quality Care that
you and your loved
ones **can trust**

Senior
LIFE
A GUIDE TO ASSISTED LIVING



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Welcome to HomeLife on Glynco

As the Executive Director for HomeLife on Glynco, I would like to introduce you to our personal care and memory care home in Brunswick, GA. HomeLife on Glynco is a caring, peaceful community designed to promote life with dignity while offering our residents health services, personal care assistance and medication management. Our Magnolia Court Memory Care is a secured environment specially designed to provide care and support for individuals with Dementia or Alzheimer's disease and other cognitive issues. We also offer short term stays at a daily rate with no minimum stay, perfect for individuals in need of assistance after a surgery or hospital discharge.

We are committed to making your life easier. We strive to provide the highest level of service to our residents; from the time they inquire about our services until their last day here. HomeLife on Glynco is a hidden gem in the heart of the Golden Isles and we would be honored to have a visit.

Stop by and see us!

Sincerely,

Michael Herrington
Executive Director
912-280-0078
michael@homelifeonglynco.com
www.homelifeonglynco.com

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Meet the Staff



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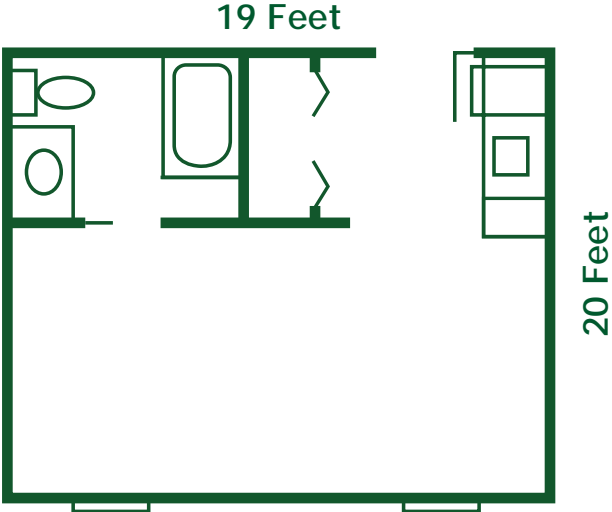
Austen Wells

Maintenance
Director

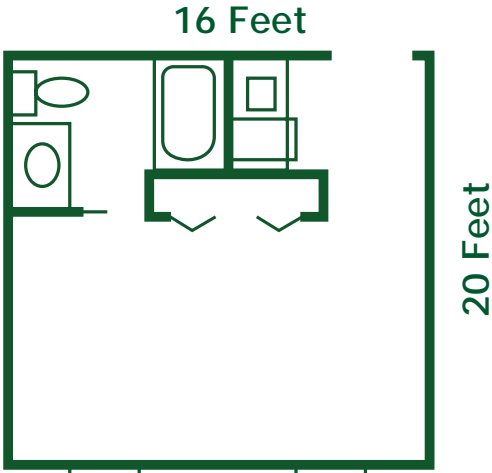
The HomeLife difference

The moment you walk through our doors you notice the welcoming atmosphere, our caring staff, and the friendliness of those who live here. You will find company when you seek it and privacy when you need it. We want our residents to remain as active as possible, and get more out of life while here at HomeLife on Glynco. When you need a helping hand, we offer quality care through an experienced, compassionate team of professionals.

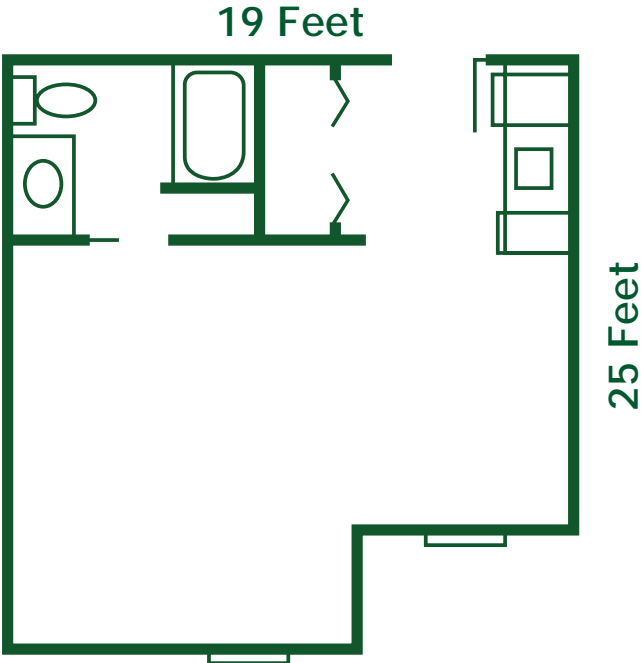
Floor Plans



Medium Suite
19 X 20 (380 Square Feet)



Small Suite
16 X 20 (320 Square Feet)



Large Suite
16 X 25 (475 Square Feet)

Personal Care

HomeLife on Glynco is a caring place designed to promote life with dignity while offering health services and personal assistance. Our service package includes daily meals and snacks, laundry, housekeeping, activities, and scheduled transportation. We will work with you and your family to develop a customized plan of care.

Our community features a beautiful dining room, complimentary laundry facilities, hair salon, spacious lounges for visiting friends and family, and private mail boxes.

An abundance of leisure activities, intellectual pursuits, and spiritual contemplation are our hallmark. Residents enjoy a calendar filled with fitness classes, movies, games and puzzles, social events, and local outings. Our home cooked meals are enjoyed among friends and served restaurant style.



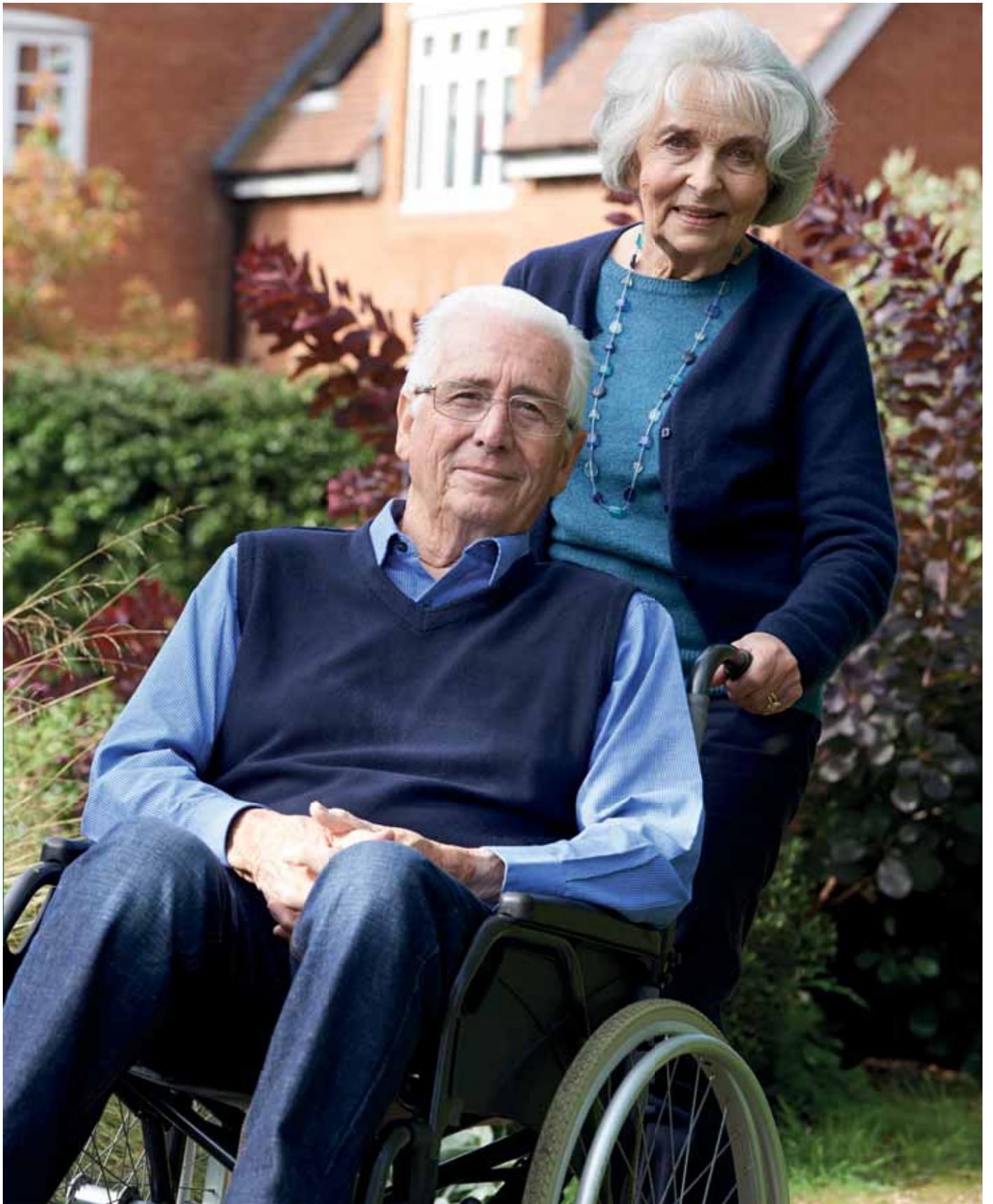
Services

- Nurse on-call 24 hours
- Linen service
- Health monitoring
- Housekeeping and maintenance
- Three nutritious meals daily
- Medication reminders
- Assistance with bathing, dressing, and grooming
- Wellness and fitness programs
- Wheelchair transportation
- Reassurance checks
- Memory support assistance in private suites

Amenities

- Private bath with walk-in shower
- One floor design
- Cable TV hookup
- Spacious studio apartments
- Library and games room
- Hair salon
- Inviting conversation areas
- Social and recreational areas
- Individual climate control
- Picturesque walking areas







“The most caring staff and dedicated professionals. Beautiful place and I would consider it an honor for them to care for my loved ones. Their team goes above and beyond in quality care and customer service...Highly Recommend.”

S.S., Executive Director, Hospice of South Georgia, Inc

“When people used to ask me what I was going to do in the future, I never had a good answer. I recently got to thinking about it, and the answer has been in front of my nose the whole time! I’m going to stay right here! I love it here, they are wonderful, the people are nice, the food is great, and I honestly couldn’t ask for a better home.”

S.C, Resident

Memory Care

Caring for a loved one with memory loss can be a long and difficult journey. We understand, and we are here to help. The Magnolia Court Memory Care program at HomeLife on Glynco is specially designed to support residents who have Alzheimer's disease and other forms of dementia. Located in a supportive, and safe environment our specially trained staff provides an individual approach for those who live with dementia. Our program is designed to diminish anxiety and lessen confusion while encouraging our residents to become involved in a variety of life-enriching activities, resulting in an enhanced sense of well-being.

Services

- Assistance with bathing, dressing, and grooming
- Incontinence management
- Health monitoring, reassurance checks
- Medication administration
- Memory support assistance in private suites
- Fitness and wellness programs

Amenities

- Spacious private rooms
- Private bath in every room
- Single floor design
- Cable TV hookup
- Scheduled transportation
- Wheelchair transportation
- Social and recreational programs
- Resident lounge







Short-Term Respite Care

HomeLife on Glynco's short-term care is designed to be the intermediate step between recovering from a hospital visit and settling back at home with your loved ones. Our short-term care program eases the transition by providing personalized care to ensure you have a speedy and meaningful recovery.

Respite care is available for family members and caregivers who need a chance to rest and re-energize.

Hospice respite stays are available at HomeLife on Glynco. Living arrangements can be made for individuals whose families are planning a vacation or will be away for extended periods.

Services

- Daily personal care
- Furnished apartments
- Trained staff available 24/7
- Rehabilitation Services
- Incontinence management
- Medication management
- Other services include physical and occupational therapy

Dining

Meals at HomeLife on Glynco provide some of the most popular times of the day, where our dining room buzzes with conversation and laughter. We offer a variety of delicious selections, we go to great lengths to ensure that our residents stay well hydrated and receive nutritious meals with the necessary caloric intake. We want our residents to remain active and healthy and a well-balanced diet helps to strengthen the immune system and guard against illness. Join your friends daily for 3 delicious meals in our beautiful dining room. Guests are always welcome!







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.

The key to battling 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.”

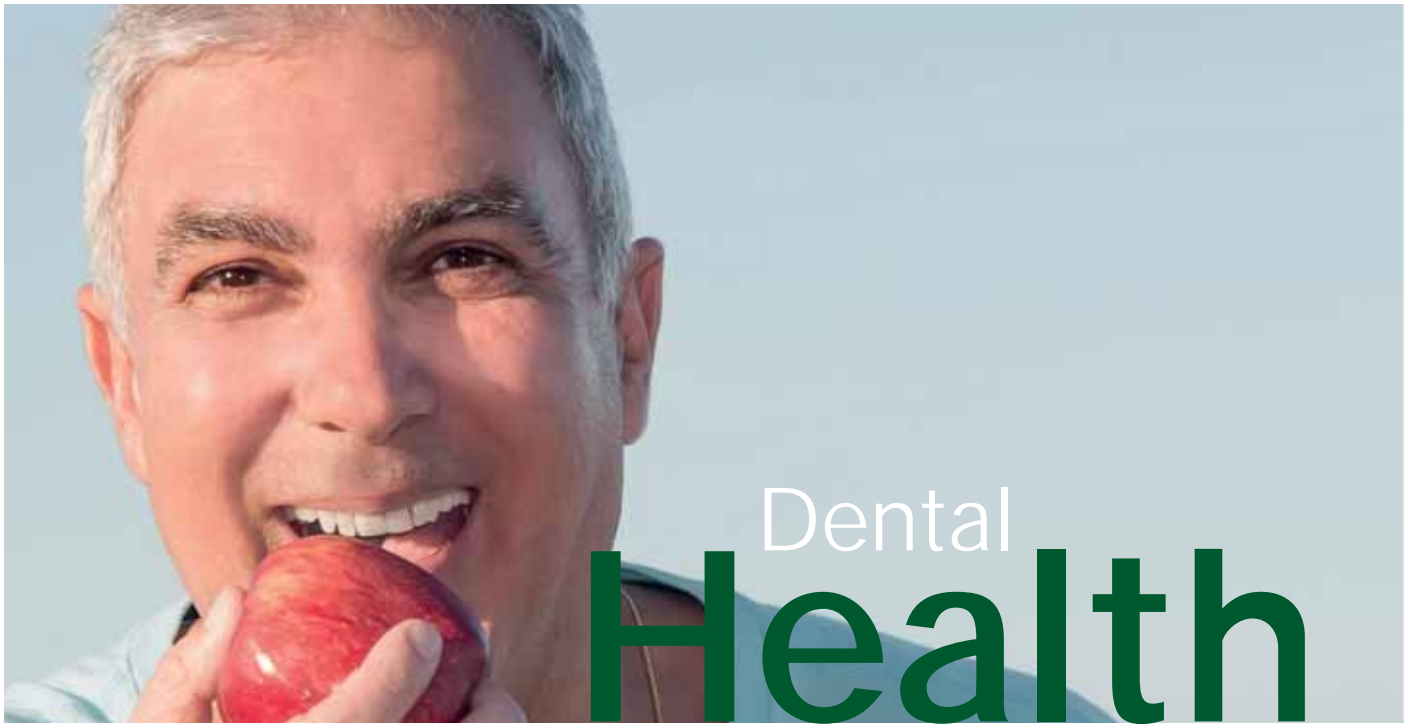


Uncorrected refractive errors is a group of complications that can be a direct result of your body changing with age. When focusing on things near or far, eyes alter their shape to be either convex or concave. Throughout time the elasticity in the eye weakens, making it more difficult to contort into 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 restore all impairment, 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.



With today's technology long strides have been taken 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 out 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.

And, 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.”



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 modern day 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. Plenty of customizable options with these: speed, comfort, tire quality, packaged tools... 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 Center for Disease Control (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, and 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 Center for Disease Control (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.”



“ I can’t thank HomeLife on Glynco enough for how they treated my dad. They answered when no one would, and showed the compassion, dignity and understanding that my family and I needed in a difficult time. I cannot recommend them enough. When your loved one is here, you can rest assured they are getting the best care around. ”

- B.R., Daughter of A.E. Potter.



“ With life changing quickly for my mother and father-in-law, we were in need of a good personal care facility. After many visits and conference calls, we chose HomeLife on Glyngo and have not had one day of regret. Everyone from the custodian to the director have treated my in-laws as if they were their own family. They all go above and beyond their duties to be sure that their residents are well taken care of and loved. I cannot say one thing negative about this facility. They meet every need and do it with a smile and a good attitude! ”

J.W., Daughter-in-law of D. & M. Wandless

Financial Planning

for personal care



When it comes to big life events, it's too easy to get wrapped up in making the many arrangements necessary to plan that you may forget to take into account 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 Personal Care Home 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.

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 Personal Care Home. However, most individuals in Personal Care Home programs are enrolled with Medicare, as it covers health care costs while living in these communities, providing access to 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, for example those who surpass the income restriction for Medicaid. When searching for these programs, be aware that each state may use different terms for Personal Care Home, 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.



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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 are not only for necessary admin, but age or disability discrimination and abuse can happen at anytime and it is important to know where to get help quickly if ever the set of circumstances 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 many varied 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 Personal Care Home 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 take the form of:

- Financial abuse
- Physical abuse
- Neglect
- Emotional abuse
- 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 the 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. Help 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 aid is a good alternative to Personal Care Home, 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 aid can assist in dressing, bathing, basic grooming, among other things, in a respectful and knowledgeable manner.

4. Loved ones not able to 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 aid 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.”

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 where 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.

What is hospice?

Hospice is palliative care for those with end-of-life illnesses.

What care does hospice provide?

Hospice provides palliative care: treatment that focuses on relieving or alleviating the pain caused by life-limiting illnesses such as cancer, AIDS, dementia, heart failure, and Parkinson's disease.

What care does hospice not provide?

Treatments focused on curing terminal illnesses are not covered by hospice, nor is treatment related to other non-terminal illnesses the patient may have.

Can a patient receive care related to curing the terminal illness while in hospice care?

No, only hospice care will be provided for the terminal illness. However, if the patient has other illnesses that need to be treated, those conditions will still get the medication and attention they need.

Who can receive hospice care?

Before, hospice care was just for older adults, but now anyone can receive hospice care regardless of age, including children.

What are the signs that someone should have hospice care?

If you or a loved one is ready to forego receiving cure-based care for a terminal illness and wish to live more comfortably, hospice can help make this transition.

Who treats the patient?

Hospice care provides the patient with a team of specialists dedicated to making the life of the patient

as comfortable as possible. This includes social workers, doctors, therapists, nurses, and spiritual advisors. There will always be someone available to the patient at all hours of the day and each person works personally with the patient to ensure they are being cared for the way they prefer.

How long can someone remain in hospice care?

Someone can remain in hospice care as long as they meet the criteria of having six months or less to live, according to a physician.

Do you have to be moved into a hospice facility to receive hospice care?

No, you can receive hospice care in the comfort of your own home if you wish. You can receive hospice care anywhere: nursing homes, retirement homes, hospitals, or wherever you are living.

Who pays for hospice?

Private health insurance, depending on the plan, may cover all or some of hospice care. Medicare covers all care. Hospice care is not something anyone should shy away from, and should be considered seriously when thinking about making end-of-life arrangements. Those who receive hospice care at the end of their lives are able to have greater control over this moment of their lives and greater comfort. Those within hospice care are less likely to have to go through unnecessary painful treatments or take medications they no longer wish to take. Though it can be a difficult topic to discuss, it is important to be open in talking about hospice care with family to ensure you get the control and guidance you deserve when it is that time.





Notes

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If you and your family have questions and queries over what to do over a beloved family home, I can walk you through the process to get the best answers for you all, with my wealth of knowledge and my sincere compassion, I will get you the very best outcome for you and your family.



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Caring for YOU is the



“

Comfort, dignity, and support for the patient and their family are the *heart* of our mission.

”

Dr. Lindsey Rish
Chief Medical Officer
*Board-Certified in Palliative and
Hospice Medicine*



heart



of our mission



912.265.4735



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