

## BUSINESS SPOTLIGHT



### About the doctor:

Roy Bassett M.D. is a US Army Veteran and served three tours in Iraq with Infantry, Airborne and Special Forces. Currently the State Surgeon for the Florida Army National Guard. Extensive experience in private practice

### About the office:

- Senior- focused primary care that goes above and beyond
  - Same day appointments & urgent walk-ins
  - More time with the doctor at every appointment
- We provide private transportation to and from our office.
  - Bloodwork and labs in office

### More Information:

Location: 899 N. Congress Ave, Unit 1  
Boynton Beach, FL 33426  
Gad Jacobs - Community Liaison  
VIPcare (Boynton Beach)  
<http://www.getvipcare.com/>

## ABOUT SENIOR OPTIONS HUB

- I'm Nancy, Founder/Owner, Social Worker and Long-Term Care Surveyor w/25+ years working with seniors.
- We provide 2 visits/day and ensure the senior is safe, and provide nutrition/hydration support and socialization for \$38/day. NO MINIMUM HOURS REQUIRED FOR OUR SERVICES.
- Bonded, Insured and Screened.  
IG @senioroptionshub FB: Senior Options Hub

## CHATGPT & SENIOR OPTIONS HUB CHAT ABOUT SENIORS

I consulted ChatGPT about the biggest challenges for adult children who are taking care of their aging parents. ChatGPT reported one of the most significant challenges was the emotional toll it takes. Watching a parent age can evoke a number of feelings. When I started seeing my mother deteriorate I was amazed at the feelings I experienced. Everything from sadness and a deep sense of loss to frustration which then manifested into guilt. I also didn't know how to handle a lot of what I was feeling even though I had worked with seniors for 25 years. I learned it was very different when it was MY mother. ChatGPT recommended seeking support from others and using available resources to help cope with these challenges and changes. What I experienced until my mother died in 2021, was that it was very different for me to work with seniors every day and see adult children experiencing these things versus me experiencing them with my own mother. (to be continued on the next page)

PROVIDING SERVICES IN DELRAY BEACH,  
BOYNTON BEACH, WELLINGTON, WEST PALM BEACH &  
BOCA RATON



**SENIOR OPTIONS HUB, LLC**  
**561.336.1364**

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**WWW.SENIOROPTIONS HUB.COM**

WEEKLY NEWSLETTER: 4/26/24

## TAKE CARE OF YOURSELF TO BETTER SERVE OTHERS

### MENTAL HEALTH HABIT: BEING VULNERABLE

Being vulnerable is scary but a huge step towards self-care, especially when caring for others. It involves admitting limitations, seeking support, and setting boundaries. In the context of caregiving, vulnerability is essential for maintaining mental and emotional well-being. It's acknowledging that one cannot do everything alone and that it's okay to accept help from others. This vulnerability allows for the sharing of responsibilities, alleviating the burden and preventing burnout. It also fosters deeper connections and empathy, enhancing the quality of care provided. Moreover, embracing vulnerability promotes personal growth, as it requires courage and humility to confront one's limitations. By prioritizing self-care and seeking support when needed, caregivers can ensure they have the resilience and strength to continue fulfilling their caregiving role effectively. In essence, being vulnerable is not a sign of weakness but a testament to the strength and compassion it takes to be a caregiver.

## BUSINESS SPOTLIGHT



CONDE CENTER



Dr. Mason Harris is a Board-Certified Chiropractic Physician in two different states. He specializes in all forms of manual therapy and spinal manipulative techniques. He has multiple certifications in advanced physical rehabilitation and non-invasive physical rehabilitation and non-invasive physical medicine. He believes that a combination of chiropractic medicine movement-based rehabilitation and cutting -edge technologies should be implemented to treat the whole patient and not just the condition.

561-330-6096  
thecondecenter.com

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SENIOR OPTIONS HUB  
YOUR SENIORS SAFETY IS OUR PRIORITY

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## GROWING OUR BUSINESS IN THE SENIOR CARE SPACE

### UPCOMING EVENTS

Business Development Group:

This group is for Women who own a business or are in sales, marketing or business development for another business who all have the same ideal customer (defined below). The group is for women who want to develop/build a brand, explore marketing strategies, network, learn sales skills and tactics, create uniqueness in their brand and provide other useful information to grow a business.

Group is limited to 12 women.

LOCATION, TO BE DETERMINED, BASED ON  
PROXIMITY OF MEMBERS

Email [nancy@senioroptionshub.com](mailto:nancy@senioroptionshub.com) if interested  
THE BD GROUP WILL MEET THE 3RD WEDNESDAY OF  
THE MONTH FROM 12:30 - 2  
THE FIRST MEETING WILL BE HELD MAY 15TH

Ideal Customer Defined:

- An adult child (typically a daughter) who has a senior in their life (typically their parent) who requires additional support (Medical/Non-Medical Home Care, Senior Placement, Assistive Devices, PT/OT, IL, AL, or SNF).
- The daughter is heavily involved in decisions about their loved one's care.
- The daughter lives in Wellington, Lake Worth, Boynton, Delray or Boca or has a loved one who lives in the area.
- She has a demanding career, very little time and possibly children at home.
- She has an annual income of \$80K/year or more.
- The senior also has funds to pay for their care.

## OTHER WAYS SENIOR OPTIONS HUB HELPS SENIORS

We provide safety, nutrition and depression assessments **FREE OF CHARGE**. I will typically spend 30-45 minutes with the senior conducting an interview and completing the assessment. As a Social Worker I've worked with seniors for over 25 years, I have experience identifying when a senior has had a medical or cognitive change. When I notice these changes I will work with the family to provide insight as to what the changes may be attributed to. As well as make recommendations to other companies that best fit the seniors needs.

## CHATGPT & SENIOR OPTIONS HUB CHAT ABOUT SENIORS CONTINUED

I really didn't believe my mother would get old, much less die and when I started to see changes, I wasn't sure what to do, there were many unknowns. I would remind myself of what I had told hundreds of adult children that I had worked with for so many years but it was different. I had trouble understanding what I needed to do to support myself. Fortunately, my best friend was a social worker, who had worked with seniors. She was there for me and understood what I was going through. ChatGPT is right about the challenges. But no matter how much tech we have with AI, our phones, and Facebook groups. Nothing replaces face to face contact with a friend who can listen, help us understand, vent and most importantly support us. Also, when we are working with seniors and their families, we have to remember this perspective. We need to put ourselves in the position of the daughter who knew her mom would get older but honestly didn't believe this would actually happen to HER. This experience is new to her and those of us