



SENIOR OPTIONS HUB
PROVIDING SENIOR CARE SERVICES

SENIOR OPTIONS HUB, LLC

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WEEKLY NEWSLETTER: 5/3/24

TAKE CARE OF YOURSELF TO BETTER SERVE OTHERS

MENTAL HEALTH HABIT: PROTECTING OURSELF FROM OVERWHELM

When we're faced with many responsibilities while serving others, it's only reasonable to protect ourself, otherwise it's difficult to be successful. We can easily become depleted of energy and/or become overwhelmed.

Protecting ourself looks different for each of us but there are both emotional and physical interventions that can help.

This protection could be napping, eating, having quiet, reading, moving your body, talking to a friend or just spending time alone. If we don't protect ourselves, we won't be as successful in our roles as we could be. This causes feelings we failed ourselves and others. Then shame sets in. It's a vicious cycle we want to avoid.

To protect ourselves we need to identify what works best. What is the best protection to avoid the overwhelm, then develop a strategy on how to implement your protection when

necessary.

THE ADVANTAGE OF HAVING A SOCIAL WORKER PROVIDE SENIOR CARE

As a Social Worker, I understand the needs of seniors and their families. I've worked with both for over 25 years, as a result of this experience, I can identify when a senior has a medical or cognitive change. These changes may be subtle or very apparent, but all significant. When I notice a change, during my visits, I immediately contact the family and provide insight as to what the changes may be attributed to and recommend next steps. This provides extra attention to the senior and increased comfort for the family.

ABOUT SENIOR OPTIONS HUB

Our mission is to provide seniors with the support they need to remain safe in their home for as long as possible, while ensuring the entire family has peace of mind.

- We provide 2 visits/day and ensure the senior is safe, has nutrition/hydration support and socialization for \$38/day. •After each visit we check in with the family (via text or phone call) to let them know the status of their loved one.
 - THERE ARE NO MINIMUM HOURS REQUIRED FOR OUR SERVICES.
 - Bonded, Insured and Screened
- IG @senioroptionshub FB: SeniorOptionsHub

CHATGPT & SENIOR OPTIONS HUB CHAT ABOUT SENIORS

ChatGPT was prompted to explore the topic of "Decision-Making Burden," that adult children face because of the significant choices they have to make on behalf of their aging parent. ChatGPT explains factors as to WHY these decisions are difficult. These factors include how complex the decision was, and role reversal which can cause guilt, feelings of inadequacy or resentment. Another factor is examining parental wishes and finding the balance between the wishes and values of their parents and the alignment while making the best decisions. Adult children face legal responsibilities also and they may not be prepared or equipped to face the emotional impact of these decisions or have the support while facing these decisions. When my father died, I had my brother to help me with all of the things that ChatGPT described, but my brother died seven

BUSINESS SPOTLIGHT



**Stamp N' Go
Notary**

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Mobile Notary Public & Loan Signing Agent



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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 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.

STAMP N' GO MOBILE NOTARY DELIVERS CONVENIENCE RIGHT TO YOUR DOORSTEP. WHETHER IT'S DAY OR NIGHT, AT YOUR RESIDENCE, WORKPLACE, OR THE NEIGHBORHOOD STARBUCKS, WE'RE THERE FOR YOU. UNLIKE TRADITIONAL BANKS THAT ARE CAUTIOUS OF HANDLING ESTATE PLANNING OR REAL ESTATE DOCUMENTS, OR THE NOTARIES AT UPS STORES, WHO MAY LACK AWARENESS OF THE LATEST LEGAL REQUIREMENTS, WE SPECIALIZE IN ENSURING YOUR NOTARIZATIONS MEET THE LATEST REQUIREMENTS OF THE FLORIDA STATUES. TRUST US TO NOTARIZE YOUR DOCUMENTS ACCURATELY, PROMPTLY, AND WITH UTMOST CONVENIENCE.

CHATGPT & SENIOR OPTIONS HUB CHAT ABOUT SENIORS CONTINUED

weeks later and I was left to make the remainder of the decisions. Although my mother was alive for another 13 months, there were many decisions that she wasn't equipped to handle because of her age and her increased confusion. I personally experienced each of those feelings at one time or another. Additionally, I faced so many unknowns, and things I had to LEARN how to do. While working with adult children of seniors it's important we keep in mind the "Decision-Making Burden" and the impact it may make on the relationships we build. It really is quite amazing to think that while adult children are experiencing grief and a sense of loss they are required to make decisions, that most would agree, are challenging and very important. I remember making decisions and feeling as if I was in a fog, I wasn't sure how to prioritize the things I knew I needed to do but I knew I was the only one who could make the decisions.