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# Lexie & Bud Rogers' Story

## *A Long Recovery from Covid-19*



At the end of July 2021, after learning they had been exposed to someone with COVID-19, Bud and Alexia (Lexie) Rogers did the prudent thing—they got tested. Even though they came back positive, the Rogers weren't concerned. The couple was active and healthy. The parents of two adult daughters, both worked demanding jobs and cared for elderly parents. Still, they took the proper steps to stay on top of the condition, quarantining for 10 days and taking the recommended doses of vitamins and zinc.

"Bud started feeling a little off, and I felt like I had a sinus infection, so we asked the doctor what to watch for," Lexie recalled.

Their symptoms worsened quickly. Lexie was nauseous, and both experienced loss of appetite, extreme fatigue and weakness. By the end of the first week of August, Bud was sent for an antibody infusion, but a mix-up resulted in him being turned down and sent home.

### **The Medical Journey Begins**

As the days passed, even the simplest of tasks became daunting. The couple realized this wasn't something that was going to pass without medical attention. When Bud fell in the kitchen and neither he nor Lexie had the strength to get him up, Lexie called 911. In a few short hours, Bud was hospitalized on a ventilator, and Lexie was in the intensive care unit on oxygen. Three and a half weeks went by before the couple would see one another again.

Both Bud and Lexie were diagnosed with COVID pneumonia, and Bud developed serious complications. He went into septic shock, a life-

threatening condition, and remained on the ventilator for over a week. During that time, he had a mild heart attack and had to have kidney dialysis when his organs began to fail.

Meanwhile, Lexie remained in the ICU for over a week fighting her own battle with low oxygen levels and difficulty breathing. Their adult daughters acted as healthcare advocates and cheerleaders for their parents, keeping their spirits up while picking up the slack on the home front.

A week and a half later, Bud improved enough to come off the ventilator, but he and Lexie remained in the hospital. The couple still hadn't seen one another, and phone conversations were difficult because Bud was suffering from COVID-related confusion and fatigue.

### **Ready for Rehabilitation**

When the hospital began talking about releasing the couple around Aug. 20, they knew that going home wasn't a possibility. Although both were improving, they were in no condition to return to their normal activities or care for themselves at home.

"We knew we weren't ready to go straight home, but we had no awareness of skilled nursing or rehabilitation facilities," Lexie said. "A friend recommended Encompass Health, and, luckily, our insurance covered that, so on Aug. 25, I went to Encompass Health, and the next day Bud followed."

Bud was finally taken off COVID isolation, and at long last he and Lexie were reunited. The event was celebrated by the entire Encompass Health team. "It was very emotional for the staff to see Bud and Lexie together again," said Susha, Director of Therapy Operations at Encompass Health.

Throughout rehabilitation, Lexie focused on building her strength and improving her breathing. Although she had enjoyed frequent three-mile walks before COVID, when she arrived at Encompass Health, simply standing at the bedside could cause her oxygen level to drop.



Bud didn't experience the same lingering breathing difficulties, but he had lost 35 pounds during his hospitalization and was weak and unable to even turn himself over in bed.

"Lexie's mobility was great, but her oxygen saturation dropped with walking," said Lara, physical therapy assistant at Encompass Health. "Bud weaned off oxygen faster, but he had mobility and cognitive problems that made it hard for him to grasp information."

According to Thomas, COVID-19 patients who have severe symptoms, such as Bud, can experience an almost total paralysis that requires intensive therapy. It is important to start slowly and build their strength at a gradual pace. In Bud's case, physical therapy was needed to regain the core strength and balance that allowed him to turn and sit up in bed, and eventually progress to walking. Bud's occupational therapist also focused on fine motor movement, enabling him to carry out important self-care tasks.

"The therapy at Encompass was individualized, so Lexie and I had our own therapy sessions, but we were able to get together between sessions, and once in a while we bumped into each other while at therapy," Bud said. "We were also able to eat some of our lunches and dinners together. At least we could see each other after weeks apart."

Both Bud and Lexie progressed quickly under the guidance of the skilled staff at Encompass Health. While there, they learned about the rehabilitation process and important safety lessons, such as fall prevention. They also received three hours of daily therapy, taking breaks as needed, while increasing endurance and distance in walking.

One of the therapies Lexie considered the most beneficial was the respiratory therapy. In addition to breathing exercises designed to improve lung strength and regulate breathing, she learned about an important respiratory tool.

"The first time anyone mentioned getting a pulse oximeter to measure oxygen concentration in the blood was at Encompass

## TAX PLANNING AND WEALTH ACCUMULATION

*COVID 19 has firmly injected itself into how we conduct our lives and has resulted in a continuing rollercoaster ride of tax law changes*

.....

*We can guide you through those tax laws and help to ensure the minimization of your overall tax liability and the maximization of your wealth accumulation now and into the future*



### Tax planning tips for 2021 and beyond:

- For 2021, non itemizing married filers can deduct \$600 in charitable contributions\* and singles can deduct \$300. Itemizing taxpayers may claim contributions up to 100% of AGI (was 60%)
- Taxpayers 65 or older are eligible for an **additional** standard deduction in lieu of itemizing - \$2,700 for married filers - \$1,700 for singles
- As of 2020, there is no age cap for qualified traditional IRA contributions
- Federal estate and gift tax lifetime exemption is \$23.4 million for married couples in 2021 (\$11.7 million for singles) – annual gift tax exemption remains at \$15,000 per donor, per recipient
- 529 plans can now be used to pay student loan debt up to \$10,000\*\*
- Medical expense threshold will remain at 7.5% instead of returning to 10%
- Earned income credit now available over 65 with investment income of \$10,000 or less (up from \$3,650) based upon level of wages, disability benefits, tips, etc.
- The IRA charitable transfer allowing retirees over 70-1/2 to donate IRA assets up to \$10,000 directly to charities continues to be available in 2021—the donations count toward the required annual payout
- 2020 and 2021 stimulus payments are not taxable—overpayments may not need to be returned to the IRS

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\*Excludes non-cash contributions (i.e. Goodwill, Salvation Army, etc.)

\*\*May have state tax ramifications

Health. It is a small device and very affordable, but it is so important. I wish I had known about that and what to watch for earlier," Lexie said.

### Home at Last

Two weeks after entering rehabilitation, both Bud and Lexie were home. Lexie plans to return to work in October, and Bud is looking forward to going back soon. Lexie continues to use supplemental oxygen, and they're both still working toward regaining their strength and energy and getting back to a fully normal life, but they have made great strides. Bud attributes much of his recovery success to the therapy he received at Encompass Health.

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## Two weeks after entering rehabilitation, both Bud and Lexie were home.

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"The three hours of daily therapy was so helpful. I couldn't have done it if we had just been released straight from the hospital to home," he pointed out.

They have nothing but praise for the staff at Encompass Health and are grateful for the passion of the therapists, nurses, doctors, food service employees and others who

cared for them and inspired them to get better.

The staff acknowledged the goal from day one was to help the Rogers return to as full and healthy a life as possible, but they said much of their success was due to their own motivation.

"Both Bud and Lexie were very hard workers who wanted to get better. They were willing to do whatever it took, and that is a huge factor. Motivation is everything."

*Editorial provided by Encompass Health Staff. Adapted story from [blog.encompasshealth.com](http://blog.encompasshealth.com).*



## Is Supportive Housing For You? *Staying Independent*

You have made the decision to move out of your home into a smaller, yet comfortable apartment that you can more easily manage on your own - where do you start looking?

Select a location that fits your lifestyle: There are plenty of location options in senior housing. Some are in the heart of the City offering easy access to bus lines, as well as amenities within walking distance. Others are in more suburban locations away from the hustle and bustle of City life.

While the exteriors look similar, it is important to know that not all apartment buildings are alike. Are you looking for somewhere that you may age in place, somewhere that assists you as your needs change?

If so, "supportive" housing for older adults is an excellent option to stay in your new apartment for as long as possible. Generally, to qualify for supportive housing, there are requirements based on age and income. Be sure to research the requirements before you begin the application process.

**Search for wrap-around services:** Simply stated, as your needs change, services are available to help you. Some buildings have Service Coordinators who go above and beyond to ensure your wellness, safety and comfort. Service Coordinators will sit down with you, help to assess your needs, and monitor and schedule services as you need them. They are responsible for establishing ties to service providers and agencies in the community, referring residents to such providers and monitoring the provision of these services.

**Ask what amenities are offered:** Look for housing communities that offer on site laundry facilities, fully equipped kitchens and the majority of utilities included in the rent. Additionally, many communities offer on site wellness, exercise and educational programs, as well as optional meal plans to support the needs and desires of residents. Wouldn't it be nice to have everything you need right in your building – it is stress-free living!

**Consider personal comfort and safety:** If you are active and plan to be in and out of the building, check to see if the building has parking and a secure entrance. If you have a pet, be sure to ask if you may bring them and if the size of the animal is restricted.

*Article by Cassandra Law, Senior Director of Supportive Housing, SeniorCare Network. SeniorCare Network is the non-profit real estate affiliate of Presbyterian SeniorCare and is committed to serving the needs of older adults and persons with disabilities through the development and management of quality housing communities that support a person's ability to age in place.*

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# What a Certified Aging-In-Place Specialist Can Do For You

If you're like the majority of Americans over the age of 45, you want to continue living in a familiar environment throughout your maturing years. According to the AARP, older homeowners overwhelmingly prefer to age in place, which means living in your home safely, independently and comfortably, regardless of age or ability level.

The NAHB Remodelers of the National Association of Home Builders (NAHB) in collaboration with the NAHB Research Center, NAHB 50+ Housing Council, and AARP developed the Certified Aging-In-Place Specialist (CAPS) education program to help serve consumers who require these modifications. While most CAPS professionals are remodelers, an increasing number are general contractors, designers, architects and health care consultants.



According to a recent NAHB survey (Remodeling Market Index), 65% of remodelers already perform aging-in-place related home upgrades. Remodelers report that the most requested aging-in-place improvements include the following: installing grab bars, upgrading with higher toilets, widening doorways, building ramps or lower-thresholds on doors, and adding task lighting.



## Questions to ask as you consider remodeling or modifying your home:

### How should you modify your home to make it more comfortable?

To age-in-place, you will probably need to modify your house as you mature to increase access and maneuverability. These modifications range from the installation of bath and shower grab bars and adjustment of countertop heights to the creation of multifunctional first floor master suites and the installation of private elevators.

### What is the CAPS designation?

A Certified Aging-in-Place Specialist (CAPS) has been trained in:

- The unique needs of the older adult population
- Aging-in-place home modifications
- Common remodeling projects
- Solutions to common barriers

Keep in mind that when you hire a Certified Aging-in-Place Specialist, you are buying a service rather than a product. Each CAPS professional draws from a different knowledge base and will approach your project in a different way. No matter where you start in the process, you will eventually need to hire a professional remodeler to make the modifications to your home.



### How should you choose a remodeler?

- Figure out how much money you wish to spend on the home modification project.
- Seek referrals from friends, family, neighbors, co-workers and

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others who have had similar work done.

- Contact trade associations such as your area's local Home Builders Association or Remodelers Council.
- Check with your local or state office of consumer protection and the local Better Business Bureau.
- Verify the remodeler has the appropriate license(s) in your state.
- Look for professional designations such as CAPS.
- Ask your professional remodeler for a written estimate of the work to be done based on a set of plans and specifications.
- Select a professional remodeler with plenty of experience with your type of project. Remember, lowest price does not ensure a successful remodeling project.

### What information should you think about?

- Do I want to add a bathroom and possibly a bedroom to the main level?
- How can I make my kitchen more functional?
- Am I worried about preventing falls?
- How much money can I budget for this project?
- Will I need to get a home equity loan?
- Will other members of my family benefit from modifications?
- Will remodeling increase the energy efficiency of my home?
- Where do I find a professional I can consult with about my needs?

*Editorial provided by The National Association of Home Builders Remodelers (NAHB).  
For more information please visit their website at [www.NAHB.org](http://www.NAHB.org).*

## Know Your Meds — All of Them!



Many physiologic changes occur as we age. These physiological changes affect how we feel and heal: Our strength, fitness and endurance may decrease. We may fall more. Our organs may function less effectively. We experience more inflammation and oxidative stress. Even our ability to fight infections may be more impaired.

As such, clinicians may not treat older adults with the same medications, nor at the same doses as younger folks. It is especially risky if a person takes more than one medication or sees more than one clinician; one provider may not be privy to what the other provider is prescribing. Another factor to consider is that taking over-the-counter supplements or medications may interfere with prescription medications; there is a significant risk of drug to drug interactions. Medication errors is one of the biggest causes for a hospital readmission in the elderly.


You should always reconcile all your medications each time you visit any of your health professionals.

A few suggestions are listed below to help you successfully reconcile your medications and to reduce any risk of medicine errors:

1. Make a list of all the medications you take.
2. Make sure you write down the dose and the frequency for every medication including what time of day you take the medication.
3. Include all vitamins, minerals, herbal supplements and/or over the counter medication.

4. Update it often! Review it every time you see any health professional.
5. Keep a copy in your wallet or purse; take a picture of it on your phone. You may also ask a family member to also keep a copy.
6. Bonus points for keeping a copy of it in your refrigerator (Vial of Life) for responding fire fighters/police/paramedics to find.
7. Be medically literate! Know what you are taking and what it is taken for.

Article written by Dr. Timothy Campbell, Medical Director, Gallagher Hospice, [www.GallagherHomeHealthServices.com](http://www.GallagherHomeHealthServices.com). Gallagher Home Health Services is proud to offer a true physician-directed palliative program.




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# Are Balance Problems Related to Hearing Loss?

It's common for people with hearing loss to have balance issues, and vice versa.

This phenomenon might even affect you or a loved one. Do they occur together as a coincidence or are hearing and balance related? It turns out the answer is, "It depends." Let's look at some basics first.

## The Inner Ear

The inner ear is also known as the bony labyrinth, and it consists of both the cochlea and the vestibular system.

**The cochlea (hearing):** The cochlea is where sound signals are captured, converted to electrical signals, and sent to the brain to be interpreted as sound.

**The vestibular system (balance):** This comprises three bony canals and two pouches. These work together to tell your brain where your head is in space, as well as when and how it's moving.

## Hearing and Balance Problems

Both hearing and balance depend heavily on the status of your inner ear, so it makes sense that what affects one may affect the other. But let's look at some examples to see how parts of the inner ear can be affected by different conditions.

### Noise-induced Hearing Loss

Noise-induced hearing loss is an example of hearing loss with no inherent balance problem. It is caused when the hair-like hearing cells in your cochlea are damaged. This damage means less (or distorted) sound input is sent to your brain. Because it's only in your cochlea, this

damage usually doesn't affect your balance.

### Benign Paroxysmal Positional Vertigo

Usually abbreviated BPPV, this is an example of a balance problem with no hearing loss. It causes sudden, brief spells of vertigo (a false feeling of spinning) and may be triggered by certain head movements.

What causes BPPV? The two pouches in your vestibular system hold a gel filled with crystals. These crystals react to gravity and help you understand when you're speeding up and slowing down. But sometimes a crystal gets loose and floats into one of the three bony canals. When enough of these crystals end up in a canal, the fluid in that canal doesn't flow as it should, and incorrect balance signals get sent to your brain. Because this doesn't involve your cochlea, it doesn't affect your hearing.

### Ménière's Disease

Ménière's disease is an example of hearing loss and balance problems that are often related. In fact, those are the chief symptoms — hearing issues in conjunction with balance problems.



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HearWellCenter.com   Dr. Suzanne Yoder, Au.D. 

This condition results from a buildup of endolymph, a fluid that fills the chambers and tubes of your inner ear. The increased pressure from the buildup confuses the hearing and balance receptors throughout, resulting in incorrect signals getting sent to the brain.

### Other Health Issues Bring Complications

Unfortunately, there are also health issues not related to the ear that can cause balance issues. For example, there is a strong link to balance disorders for many medications that older adults take. In fact, there are over 2,000 drugs that are known to cause dizziness in some people.

Visual problems will also impact balance. Not being able to see will reduce the brain's ability to navigate the surroundings. Visual issues like macula degeneration, diabetic retinopathy and retinal stroke are age-related conditions that seniors may face.

Arthritis, osteoporosis and history of fractures or surgeries to replace joints pose additional challenges for balance. This is primarily because the mechanics of walking are made more challenging. Without the ability to walk easily, the body will struggle with balance.

Any issue that impacts the feeling in the bottom of the feet, such as neuropathy or circulatory problems in the legs, further complicate balance making it hard for the body to sense where to stand and how to walk. Obesity or sedentary lifestyle can also lead to a loss of coordination and a weakness in balance skills.

### It's Not a Slam Dunk

Many things lead to hearing loss. Many things lead to balance issues. As specialists in all things inner ear, an audiologist is uniquely suited to consider all your symptoms and determine which parts of your inner ear are causing you trouble. If you're worried about a balance problem—yours or a loved one's—contact an audiologist to start the evaluation process.

Article by Dr. Suzanne Yoder, Audiologist and Owner of HearWell Center - [www.hearwellcenter.com](http://www.hearwellcenter.com).

The advertisement for HACP Pittsburgh Landlords features a photograph of an elderly couple sitting closely together on a park bench, looking at each other affectionately. The background is a soft-focus outdoor setting. Overlaid on the image is the HACP logo in large white letters. Below the logo, the text 'Caster D. Binion Executive Director' is written in a smaller font. The website 'www.hacp.org' is displayed in a bold, sans-serif font. A quote in italics asks, 'Do you have units that are accessible for seniors and people with disabilities?'. At the bottom of the image, the words 'PITTSBURGH LANDLORDS' are written in large, bold, blue letters.

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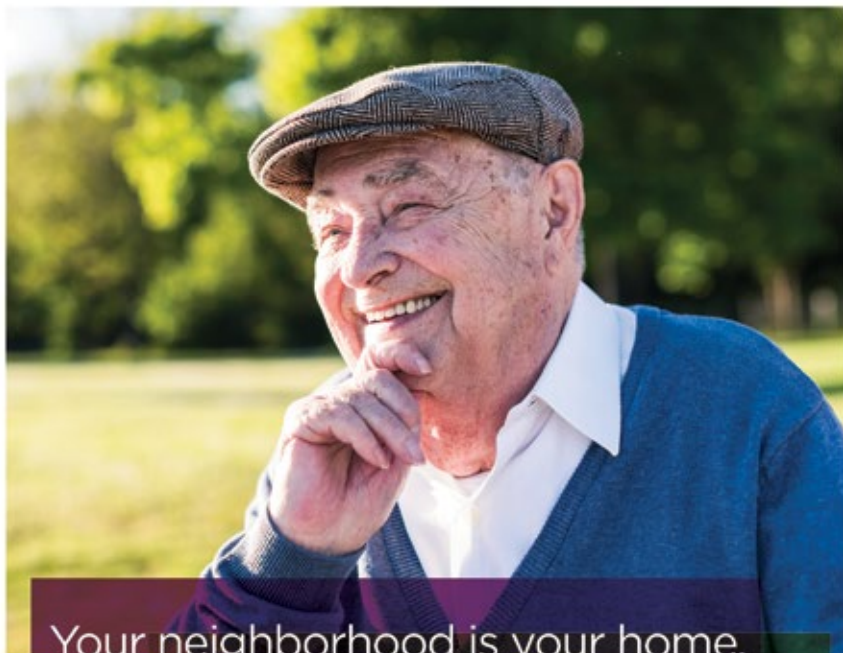


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1001 New Brighton Road • Avalon, PA 15202



# A Cup of Coffee, Maybe a Lunch, and Fun for Sure through Lifelong Learning

People live longer and more happily when they are as active and social as they can be. We know, in every way, “use it or lose it” applies in all areas of growth and development at all ages. So what can we do? Lifelong learning supports this growth and development for it can engage many aspects of the mind, body, and spirit—maybe even all three at once.

In the greater Pittsburgh area, we have so many resources through community centers, local school districts, community libraries, and local colleges and universities that offer an array of free or economically-priced, non-credit classes for seniors. What good fortune for us.

Lifelong learning may look like typical academic classes. We may study the horror tales of Edgar Allan Poe, religion classes like contemporary Judaism or Christ as God, social science courses on topics like racial justice or gender and society. Intellectual exercises may include participating in academic discussions on challenging topics such as the changing role of women relating to men today or listening to lectures on how to strengthen the mind's functioning to keep our minds active and alert.

Alternately, these courses may look more practical

although still academic in nature. We might try fiction writing or studying memoir. Life story writing helps lower high blood pressure. Revisiting our past experiences helps us integrate them in our present life and creates empathy for the self.

The more we engage in intellectual activity that uses our minds, the more we remain sharp and stave off atrophy of the mind. We keep our minds busy and challenged through such activities as reading, doing crossword puzzles, Sudoku, and participating in reading or discussion groups.

Lifelong learning classes need not be academic, however. We might try classes in local venues that challenge us in other ways such as painting and drawing, healthy eating and vegetarianism, or gardening.

Doing things together, socially, also plays a critical role in successfully aging. Social activities like taking classes, joining interest groups such as quilting clubs, attending senior citizen center

**Doing things together, socially, also plays a critical role in successfully aging.**



## Experience Parkview Towers.

Efficiency and one bedroom apartments for those 55 and older or 18 and older with mobility impairment.

Located within walking distance to public transportation, places of worship, banks, medical offices, pharmacies, restaurants and more!

**[www.umcu-parkview.com](http://www.umcu-parkview.com)**

Affiliate of the United Methodist Church Union





## ✓ **Yes, the Pittsburgh area provides so many opportunities for us retirees to enjoy everyday...**

.....

luncheons, and participating in religious services keep all of us “in the loop.” Research has shown that social connection raises one's spirits and maintains a positive feeling of relationship with others in your “community” whatever that community is. Here, people show their care for you and give you opportunities to care for them. This reciprocity is both life giving and life affirming.

Often the physical body may show the most challenges to a person as she or he ages. Fear of falling, possible knee or hip replacement, or recovery from surgery—many of these concern most of us as we age. Yet quite a bit of research suggests that regular physical activity is the key to minimizing loss of muscle mass and slowing down atrophy. Fortunately, again, many venues offer us age-related, realistic solutions. Senior centers, local colleges and universities, local school districts and such offer lifelong learning classes with programs especially geared to the retired population. So, for example, some yoga classes allow participants to sit on a chair for part of the exercises or stand behind a chair “just in case” they need extra help with stability. What wonderful opportunities to help strengthen balance and ward off that terrible fear of falling.

Yes, the Pittsburgh area provides so many opportunities for us retirees to enjoy everyday activity intellectually, socially, and physically. We can investigate new areas of interest that we never had the time to examine before because we were too busy working fulltime. We have absolutely no reason for our brains, bodies, or social beings to atrophy any sooner than is absolutely necessary, and until it is beyond our control.

*Ellen J. Dehouske, PhD, once a high school English teacher, later became a Carlow University professor of early childhood education in Pittsburgh. She continues to write and to facilitate life story writing groups around Pittsburgh.*

*Comfort & compassion when it's needed most.*

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# Discussing Your Medicare Coverage With Your Broker

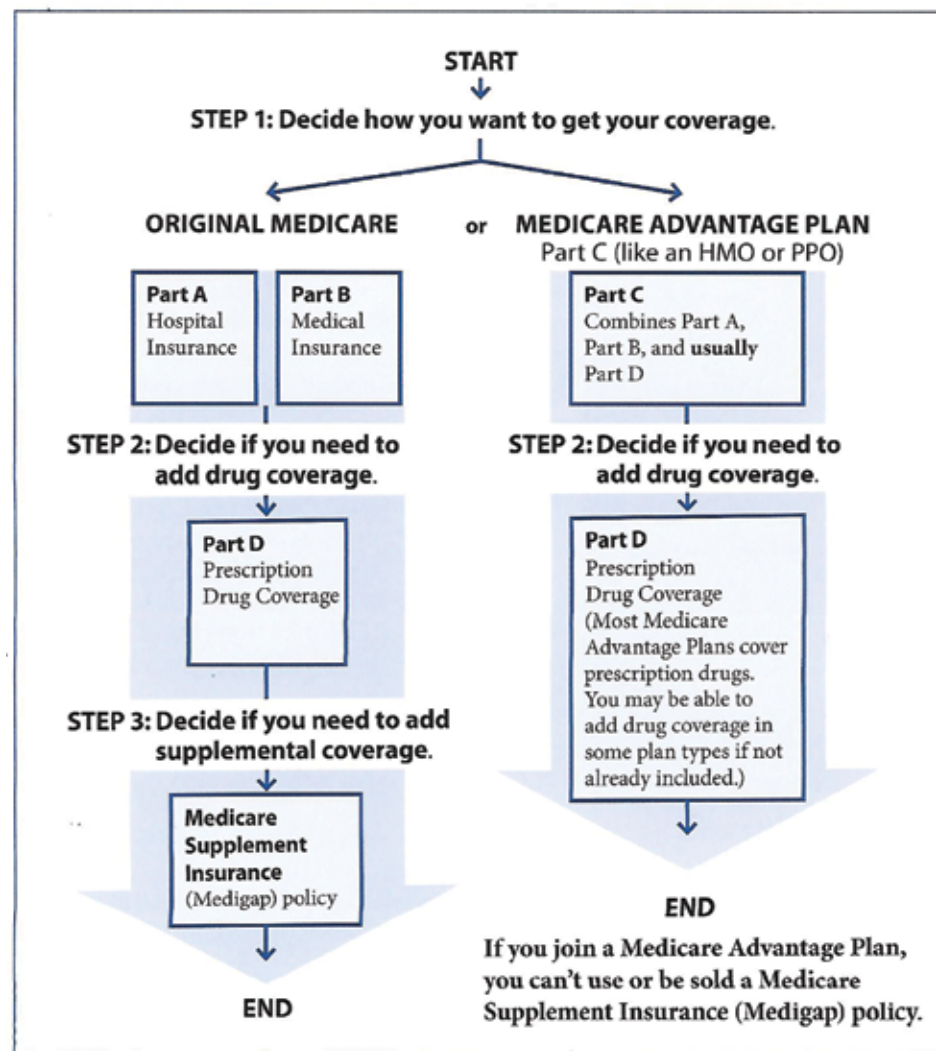
When an individual is coming onto the Original Medicare Plan, how does he or she decide between staying on Original Medicare, the standard government issued A and B Plans, with a Supplemental Plan or choosing an Advantage Plan, plans from private insurers that work within HMO and PPO networks? This article aims to help everyone through this important and often confusing decision, which is highlighted in the diagram to the right as Step 1: "Decide how you want to get your coverage."

The left column details Original Medicare Plans. An individual on an Original Medicare Plan does not have to worry about the different types of networks, such as HMO or PPO. The network is any provider in the United States that accepts Medicare, making it very inclusive. Since Original Medicare Parts A and B have deductibles and coinsurance, an individual sticking to these plans should add a Medicare Supplement Plan to help cover most or all the out of pocket costs. Supplemental Plan premiums are usually higher than premiums for most Advantage Plans. However, Advantage Plans come with greater out-of-pocket cost exposure, which may actually exceed the Supplemental Plan's premium. Navigating this balance is key to choosing between Original Medicare Plans with a Supplement and Advantage Plans. That being said, other factors must also be considered. For example, if an individual may consider traveling far away from their residence for care, Original Medicare with a Supplemental Plan may be



## What are my Medicare coverage choices?

There are 2 main ways to get your Medicare coverage — Original Medicare or a Medicare Advantage Plan. Use these steps to help you decide which way to get your coverage.



*\*Provided by Medicare Specialists of Pittsburgh.*



preferred due to its inclusive, national network relative to Advantage Plans, which work within HMO and PPO networks on a regional basis.

Due to these various factors and considerations for choosing between Original Medicare with a Supplement and an Advantage Plan, it is always advisable to talk to a broker that specializes in Medicare. Find a broker that is licensed with multiple Advantage Plans, supplements, and drug (Part D) plans. Brokers are paid on commission from healthcare carriers, not by individual Medicare recipients, so a broker's services are often free to individuals. If an individual has already chosen an Advantage Plan, they may be able to switch back to Original Medicare with a Supplemental Plan, and vice versa, with the help of a broker. A broker will be able to discuss this important decision in greater detail, looking at an individual's personal needs to decide if Original Medicare with a Supplemental Plan or an Advantage Plan is preferred. Medicare can be a confusing, difficult marketplace to navigate, and brokers can help, often at no cost to the Medicare recipient.

*Information from Medicare Specialists of Pittsburgh, 412-343-0344.*



**Medicare Specialists**  
of Pittsburgh  
Medicare Made Easy

We are a Medicare Brokerage Company that represents **ALL** the Medicare Advantage Carriers and Medicare Supplement Carriers in Western Pennsylvania.

**Let us HELP you!**

**Educate:** We can thoroughly explain how Medicare works and what your options are. Since all we do is Medicare, we are Specialists.

**Medicare Enrollment:** We discuss with our clients enrollment issues. Our convenient location above the Social Security Office allows us to better serve our clients with enrollment issues related to Medicare.

**Evaluate:** We discuss your individual situation so you can make an educated choice in Medicare coverage.

**Service:** We have become one of the fastest growing Agencies because our clients have referred their friends and families to us because of our service. Our Agency is based purely on service and helping individuals and families.

**Extra Help:** Many individuals and families face health and financial difficulties. We can help!



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# Cataract Surgery

## Know Your Options



Under most insurance plans, you can select any surgeon to perform your cataract surgery. With this opportunity, our patients can take charge of their health care and experience the region's premier cataract surgeons at Scott & Christie Eyecare Associates. With surgical options available, we deliver state-of-the-art laser cataract surgery with the multi-focal implant for a fine tuned, full range of vision. With new innovations in cataract surgery, selecting the right surgeon has become a once in a lifetime opportunity.

**With today's innovative technology, cataract surgery not only restores vision, but actually improves a patient's quality of life.**

Scott & Christie Eyecare Associates is one of the region's most innovative and experienced eye physician and surgeon groups, delivering advanced, customized surgical treatments with state-of-the-art ocular diagnostics and femtosecond laser technology (laser cataract) designed to optimize vision. Combining this technology with 15 years of cataract Multi-Focal Lens Implant technology experience, Scott & Christie Eyecare Associates can offer cataract surgery as a once-in-a-lifetime opportunity for patients to achieve improved vision, treating cataracts and correcting refractive error all in one precise procedure—thus leaving patients with a fine-tuned, full range of vision.

### Traditional vs. Multifocal/Laser Cataract Surgery.

**Traditional cataract surgery**, which is covered by Medicare and other insurances, involves the implantation of a single-vision lens, which provides good distance vision but most often results in patients wearing glasses for reading and close-up tasks. It also leaves patients with astigmatism, since the surgery doesn't correct it.

# Cataract surgery has become a once-in-a-lifetime opportunity.

With **laser cataract surgery**, many key steps of the procedure that were manually performed can be completed with precision using the laser (including simultaneous correction of astigmatism, if needed), leading to a customized vision treatment and a more gentle procedure. With an implantation of a **multi-focal lens**, it provides vision for close-up, intermediate and distance. Surgeons with experience and knowledge in combining these technologies can offer patients a fine tuned, full range of vision, reducing the dependency on or even eliminating the need for eyeglasses after surgery.

## Selecting a Surgeon.

Cataract surgery has become a once-in-a-lifetime opportunity. When selecting a surgeon to perform cataract surgery, patients should ask these questions:

- ♦ Can my surgeon explain to me all of my options?
- ♦ Can my surgeon provide me access to the latest FDA-approved technology?
- ♦ Is my surgeon experienced with both traditional and innovative cataract surgical techniques and eyecare?

For patients of Scott & Christie Eyecare Associates, the answer to these questions is a resounding yes.

The physicians and staff walk patients through all of their options based on their individual needs, delivering them a customized procedure to meet their personal lifestyle.

Article and photos provided by Scott and Christie Eyecare Associates. For more information, visit [www.ScottandChristie.com](http://www.ScottandChristie.com) or call 724-772-5420.



*The simulated picture is for illustration purposes only.  
Actual results may vary depending on each individual patient's surgical experience.*



# LIFE Pittsburgh

*All Inclusive Care  
for the Elderly*



The LIFE Pittsburgh model of care comes from PACE, a national program pioneered in the 1970's. The idea was to keep people safe at home, rather than have frequent visits to the Emergency Room or a nursing home. The program was so successful, there are now over 116 such programs in the country. Here are some questions we recently asked about LIFE programs answered by Deanna Guarnaccio, Outreach Supervisor at LIFE Pittsburgh.

## What are some of the benefits of being a participant in a LIFE program?

We really focus on the individual at the center of all of our care. As some people age, they might start out and only need a little bit of assistance. As they get older, their needs may increase, and we can adjust for and provide more moderate to a lot of support. We are a good model for all-inclusive, person-centered care.

## What are some hesitations one may have about joining LIFE Pittsburgh?

The main speed bump we encounter is people are afraid of changing their health insurance and their primary care physician. In essence, that is also the beauty of our program. Whenever they join our program, all of those things are comprehensive and included. When somebody joins our program, their medical care transitions into LIFE Pittsburgh, which includes a primary care physician. The benefit is that their physician is on the same multi-disciplinary team along with nurses, physical and occupational therapists, social workers, registered dietitians, and social support. We have all of these people focused on that individual, and they look at the individual from all these different aspects.

For example, the recreational therapist could pick up that somebody is feeling sad and lonely and then they can report that to the nurse and maybe do an evaluation and make a change to medication, or maybe they change the center attendance. It really is a multidisciplinary approach. The thing that really scares people is actually the most beneficial aspect of the program.

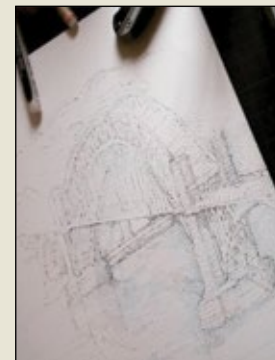
## Meet Henry, aka "Henry the Dotter"!

Henry is a very talented artist and has been creating artwork for most of his life. He was born and raised in Brooklyn, New York – as clearly evidenced by his accent! He graduated from Pratt Institute in 1953 with a bachelor's degree in Fine Arts. He began his art profession as a silk screen artist and then moved on to wallpaper and fabric design.

Henry worked with fashion icon Ralph Lauren while designing fabric! Henry also worked on the design of the wallpaper for the "Blue Room" in the White House in the 1970's where he did the printing of the wallpaper. He is still working on projects today; mainly ink dotting or Pointillism, which is an intricate way of creating artwork by using dots of ink in pure form using only four colors – magenta, cyan, yellow, and black. He uses fine and articulate ways of dotting the ink to create amazing pieces of artwork.

Henry has been a Participant with LIFE Pittsburgh for over three years! He says that his favorite part of LIFE Pittsburgh is "lunch!" Henry also notes that he enjoys the rehabilitation that he receives at the center. Henry summarizes his overall love of LIFE Pittsburgh by stating, "It is great just being with people you can talk to."

Thank you, Henry, for being a part of our lives at LIFE Pittsburgh. We appreciate you, we are here for you, and we love you!



## What steps should one take to get started with LIFE Pittsburgh?

We always recommend that people just call us and talk through specifics. Generally speaking, participants have to be 55 years or older and live in our service area. We cover the Western half of Allegheny County. Participants have to be medically eligible, so they have to have some kind of medical diagnosis or need that determines that they need extra support. In addition, they have to be able to safely live in the community. And lastly, if they qualify financially, the program is free for them. There are no costs, co-pays, or deductibles. If they don't qualify financially, they can still privately pay. We don't set the financial guidelines; they are set by the Pennsylvania Medical Assistance Program. Almost all of our folks have the program at no cost.

## In addition to LIFE Pittsburgh's many services, why should a participant attend the center?

We encourage people to attend the center, and I think now more than ever we can tell about the benefits of socialization that come along with



center attendance. Just being able to get out of their home, get some fresh air while they're waiting for the van, and then to socialize, interact, have meals. But it isn't required. We do recommend it though.

It is also great for families and caregivers as it provides respite and a break for them. We have all kinds of situations with participants living alone and those who do live with families. Caregivers can go to work, go to the grocery store, and even just catch up on rest. Caregiving is hard.

Recreationally speaking, relationships are formed among participants in the program; people look out for each other. The centers are neighborhood-based, so you might see friendships reignited between people who haven't seen each other in years. They may have lived down the street but couldn't get out to see each other. We've even had a couple of romantic relationships begin at the center where participants have gotten married. Most importantly everyone really looks out for each other.

## LIFE During Uncertain Times:

We are dedicated to continuing to provide care to keep our Participants safe and healthy during this time. While we are adapting our process, we are also committed to continuing to enroll new Participants into our program at this time, as we are a valuable resource to those who need our help.

**You're safer at home... you're safer with LIFE.**  
**LIFEPittsburgh.org**  
**412-388-8050 TTY:711**



# Find the Perfect Fit

## Three Types of Home Based Care



Today's seniors and adults with disabilities may encounter three types of home-based care:

### Home Health

Medicare-funded home health is provided when a physician orders skilled care, including nursing, physical, occupational or speech therapy, or assistance by a home health aide, to individuals who are homebound and need medical care. This care usually lasts less than 60 days.

### Non-Medical Homecare

Non-medical homecare provides assistance with activities of daily living, such as bathing and dressing. This continuous care may be paid for by Medicaid if a person meets certain income and functional eligibility rules. However, most is paid for privately or through a long-term-care insurance policy.

### Hospice

Hospice, or end-of-life care, brings together medical care, pain management, and emotional and spiritual support for terminal patients and their families. This is covered by Medicare and Medicaid for people who have a life expectancy of six months or less.

All three types of providers are licensed by the Department of Health in Pennsylvania, and are surveyed regularly to ensure quality. The department maintains a complaint hotline, where consumers can report concerns or issues.

**Department of Health Complaint Hotline: 1-800-254-5164**

### Adult Day / In Home Services

#### **LIFE Pittsburgh**

(see page 36)

*One Parkway Center, 875 Greentree Rd., Suite 200.....* **412-388-8050**

An Interdisciplinary Team (IDT) consisting of geriatric doctors, nurses, social workers, rehabilitation specialists and other health care professionals assess participants and develop an individualized care plan based on participant's needs. Participant receives health care services in-home, hospital, nursing facility and through our Adult Day Health Centers. No co-insurance, deductibles or payments for services or medications. In some cases there may be a monthly premium required to participate in the program based on your income. TTY: 711.

### Aging Services

#### **PA Lottery**

(see page 42)

.....**www.palottery.com**

When older Pennsylvanians make the most of programs supported by the PA Lottery, we all benefit. Programs include free transit and reduced fare shared rides, prescription drug programs, property tax and rent rebates, hot meals programs, and long-term living services. Learn more at palottery.com.

### Eye Care / Eye Surgery

#### **Scott & Christie Eyecare Associates**

(see outside back cover)

*Fox Chapel .....* **412-782-0400**

*Cranberry .....* **724-772-5420**

We treat cataracts, glaucoma, diabetic retinopathy, macular degeneration and also offer laser treatment for eye diseases, eye lid surgery, and full eye exams. Medicare and most insurances accepted.

### Hearing

#### **HearWell Center**

(see page 19)

*Pittsburgh .....* **412-208-4462**

Devices sold through the practice include hearing aids, assistive devices and phones, alerting devices, and varieties of earmolds. Patients will also receive significant education about hearing disorders and counseling.

Home Care / Home Health Care / Hospice

Concordia Lutheran Ministries (see page 41)  
1-888-352-1571

With locations and in-home care services throughout southwestern PA, Concordia has the senior and health care services you need: home health care, private duty home care, hospice and palliative care, personal care, including adult day services, retirement living, memory care, rehabilitation services and skilled nursing.

Gallagher (see page 17)  
We are here for ALL your Home Health, Home Care & Hospice Needs

Gallagher Home Health Services 412-279-7800  
www.GallagherHomeHealthServices.com: Skilled Nursing, Mental Health Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Social Services, Home Health Aides

Gallagher Home Care Services 412-279-2257  
www.HomeHealth-Pittsburgh.com: Personal Care Services; Companions, Medication Management, Homemaking, Private Duty Nursing, Home Health Aides

Gallagher Hospice 412-279-4255  
www. GallagherHospice.com: Hospice and Palliative Care

HOPE Hospice (see page 27)  
Pittsburgh 1-877-367-3685

Providing peace, dignity, and comfort to the patient and family when it is needed most. RN/HHA visits, respite care, volunteer visits, grief counseling, social services, and emotional and spiritual support.

St. Barnabas Home Care (see pages 27 and 41)  
724-625-4000

For decades, we have provided home care services to the area. We are not a franchise service, and every employee passes a background check and drug test. Rest assured, we take caring for your family seriously.



Personalized Quality Care from a Name You Can Trust!

Home Care Services from St. Barnabas provides compassion, comfort, and security where you need it most: **at home.**

Call to schedule an in-home assessment today and begin life **Apart from the Ordinary** tomorrow.

**(724) 444-5502**



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- Hospice and Palliative Care
- Personal Care, including Adult Day Services

- Retirement Living
- Memory Care
- Rehabilitation Services
- Skilled Nursing

Senior Care Locations and Services Throughout Southwest PA  
**www.ConcordiaLM.org • 1-888-352-1571**



Insurance – Medicare Specialists

**Medicare Specialists of Pittsburgh** (see page 30)  
*Pittsburgh* ..... **412-343-0344**

Whether you are looking for Medicare Supplement, Life Insurance, Burial and Final Expense Insurance, Annuities, Part D, or Long Term Care, we are your one stop shop for all your senior products. Even if you just want us to review your current coverage, we are here for you. Serving Allegheny, Washington, Fayette, Beaver, and Westmoreland Counties.

Rehabilitation Services

**Encompass Health Rehabilitation Hospitals** (see inside front cover)  
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*Sewickley* ..... **412-749-2396**

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Problem Gambling Helpline: 1-800-GAMBLER



Benefits Older Pennsylvanians Every Day

Senior Living Options

**Concordia Lutheran Ministries** (see page 41)  
..... **1-888-352-1571**

With locations and in-home care services throughout southwestern PA, Concordia has the senior and health care services you need: home health care, private duty home care, hospice and palliative care, personal care, including adult day services, retirement living, memory care, rehabilitation services and skilled nursing.

**Congregate Management Services** (see inside back cover)  
..... **See advertisement for full list of locations**

We take pride in offering seniors affordable, comfortable apartments in beautiful buildings. Rent includes utilities. Locations in Southside, Pittsburgh, Munhall, Carnegie, New Kensington, Duquesne, White Oak, Moon and more!

**Hazelwood Towers** (see page 10)  
*Pittsburgh* ..... **412-421-2000**

Comfortable, affordable one bedroom apartments for seniors 62 years or older or disabled. Income-based rent with gas and electric included. On-site management and 24 hour emergency service. Fabulous amenities. TDD 1-800-662-1220

**Housing Authority of the City of Pittsburgh** (see page 21)  
*[www.hacp.org](http://www.hacp.org)* ..... **412-961-1651**

HACP provides housing opportunities in high rises and other community settings for seniors and families in Pittsburgh.

**Lutheran SeniorLife** (see pages 1 and 16)  
*Call for locations* ..... **724-776-1100**

People join our neighborhood communities for a variety of reasons including social opportunities and escape from the hassles of home maintenance.

**Metowers, Inc. – Senior High-Rise**

(see page 23)

*Avalon* ..... **412-734-4111**

A HUD subsidized senior community for persons aged 62 or older, or mobility impaired. An affiliate of United Methodist Church Union. Retirement living at its best!

**Parkview Towers**

(see page 25)

*Munhall*..... **412-461-2993**

A HUD subsidized senior community for persons aged 55 or older, or mobility impaired. An affiliate of United Methodist Church Union.

**SeniorCare Network Communities**

(see page 4)

*See advertisement for all locations* ..... **www.srcare.org**

Our affordable, award-winning senior apartments (62+) are conveniently located in rural and urban residential neighborhoods. Residents will find an abundance of social opportunities with family and friends.

**Sherwood Oaks**

(see page 23)

*Cranberry Township*..... **1-800-642-2217**

This open, beautifully landscaped campus features two lakes, covered walkways, indoor pool and fitness center, many sizes and styles of patio homes. Lifecare and rental contracts are available.

**St. Barnabas Heath System Communities**

(see pages 27 and 41)

*Gibsonia* ..... **724-443-0700**

Our beautiful suburban campuses are located a short drive north of Pittsburgh, in Gibsonia in Allegheny County and Valencia in Butler County.

**UPMC Senior Communities**

(see page 22)

..... **1-800-324-5523**

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200 Railroad Avenue  
\*Carnegie, PA 15106

**412-276-0102****Munhall Retirement Residence**

1000 Andrew Street  
\*Munhall, PA 15120

**412-462-3200****Retirement Residence of Plum**

620 Repp Road  
\*New Kensington (Plum), PA 15068

**724-339-2925****Ross Hill Retirement Residence**

7500 Ross Park Drive  
\*Pittsburgh, PA 15237

**412-847-0161****Summit Retirement Residence**

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\*Duquesne, PA 15110

**412-466-7755****The Oaks Retirement Residence**

2967 Jacks Run Road  
\*White Oak, PA 15131

**412-675-0412****Woodcrest Retirement Residence**

1502 Woodcrest Avenue  
\*Moon, PA 15108

**412-264-0918****Morningside Crossing**

1808 Jancey Street  
\*Pittsburgh, PA 15206

**412-441-1140****Retirement Residence of Glassport**

220 Erie Avenue  
\*Glassport, PA 15045

**412-896-2109****South Hills Retirement Residence**

125 Ruth Street  
\*Pittsburgh, PA 15211

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