



## Music Therapy for Dementia Care

According to the American Music Therapy Association, music therapy, which is a type of treatment that does not require the use of medications, is used by professionals in therapeutic settings, such as adult day programs and residential care facilities.

Help with anxiety and depression, Unlock past memories, Improve sleep patterns, and Manage pain. Music therapy programs are widely available across the United States. Many senior centers, rehabilitation facilities, hospitals, nursing homes and hospice organizations have music therapists who support individuals with dementia.

To find a local, certified music therapist who can assess your loved one's individual needs, visit the [American Music Therapy Association](http://www.musictherapy.org/) at: <http://www.musictherapy.org/>



## One-Minute Wisdom:

By Scott Greenberg - Chief Executive Officer of ComForcare Home Care.

### Are My Documents Still Current?

About a year ago a member of our family turned 18 and graduated high school. Imagine the shock when his mother was told that should he, God forbid, get sick or be in an accident while away at college she wouldn't be able to control his health care choices or decisions even if he was unable to. Yes, that is true. Once one turns 18 they are an adult, and unless a parent has the legal authorization to make decisions on that child's behalf, they would be helpless in any effort to control those very important decisions.

Turning 18 is but only one of life's events that might impact whether our wishes would be followed the way we would want in certain circumstances. Most of us have prepared our wills (or should have by now), and other necessary documents to give others the power to act on our behalf should that become necessary. So the question then becomes, have things changed since we prepared all those documents? In many cases they have.

The people we designated when our documents were first drafted may no longer be the people we would designate now. Whether it be through divorce, death, financial changes, the addition of new family members through marriage or new grandchildren, life has a history of changing faster than we realize. And so are the plans you made five years ago still valid? It's a good question, right?

So here is the answer. Have your paperwork looked at regularly. We go to doctors for annual check-ups. Shouldn't we have at least bi-annual checkups of our most important documents? We believe so because we often see cases where healthcare surrogates or wills have not been updated and we've watched the turmoil that can sometimes occur as a result. And while we can't help you directly in this endeavor, we know many wonderful professionals who can. So if you don't know who to reach out to for help, call us and we'll help you find the perfect match for you. After all, treating you like our family is what our family is all about.



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## March Wellderly Week

*Wellderly Week is observed in the U.S. on the third week of March and this year it will be commemorated from March 18 to 23.*

Wellderly Week gives a new meaning to "acting your age". The celebrations encourage seniors to pursue a passion, take up a new hobby, and do what makes them happy. It is a reminder that retirement years are an opportunity to develop interests that we were unable to pursue in our youth. Pursuing a hobby not keeps the elderly occupied but is also important for their emotional and mental well-being.

While recognizing and appreciating our elders is a year-round commitment, setting aside dedicated periods for their well-being is crucial. Wellderly Week serves as an invitation for community members to unite and support the elderly in leading fulfilling lives.

Wellderly Week reminds us that age is a just number and age does not have to limit fun, growth, and vitality. If we all assume responsibility for senior well-being, we'll reap its benefits when our time comes.



## Caregiver Appreciation Day

*Caregiver Appreciation Day is observed on March 3 every year.*

Did you know that around 40 million caregivers provide care to 16.6% of Americans in the U.S.? Yes, caregivers play an essential role in providing care and today is a reminder to recognize and celebrate all these professionals who are doing an amazing job.

We aim to honor, appreciate, and express gratitude to the selfless caregivers who dedicate their time and effort to care for those in need.



Kathy Kestler, Monica Pascual, Chris Skillicorn from Medicaid and More..

## A Day with Dementia Care Expert Teepa Snow

As we participated in the insightful session with Teepa Snow, our team gained a deeper understanding of dementia care. Teepa's expertise and interactive approach not only educated us but also inspired a renewed commitment to compassionate and effective caregiving.

We had the opportunity to connect with numerous individuals during the event in our table where we discussed important topics and provided valuable information to enhance their understanding of Medicaid. It was a rewarding experience to exchange knowledge and foster conversations that contribute to a broader awareness of crucial healthcare matters.