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to Maintain Lifestyle
& Financial
Independence

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**What to Consider Before Moving your
Aging Parents**

6 Fall Activities for Seniors

Parents spend a large portion of their lives looking out for their kids. Even as they enter adulthood, many parents are still a huge source of support for their children. However, there comes a day when the people that always looked out for their children's best interest may need some help doing the same for themselves.

At some point, many adult children will face the reality of caring for their aging parents, whether it's in their own home or moving them to an assisted living facility. But before a major life decision is made, it's important to consider a few key questions.

**What Kind of Care Does Your Aging
Parent Need?**

If you've considered moving an elderly parent or aging relative, you'll need to ask yourself: what kind of care do they need? Does your loved one have a physical and/or mental condition? What chronic illnesses does he or she have?

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What Our Clients Say About Us

**"Marcia & her staff make it a
professional and yet friendly
experience."**

—DM

Nothing feels more refreshing than the crisp air of fall after three months of summer heat. As you celebrate the new fall season, find activities that can make your loved ones happy. Here are some of the things that will put a smile on your senior family member's face during fall:

1) Arts & Crafts

Teach the seniors how to make some fall-themed crafts, which you can use to decorate the house. Experiment with garlands, decorated pumpkins, and more exotic crafts like pomander balls. As the weather gets chilly, your elderly loved ones may also enjoy knitting hats, gloves, sweaters, and scarves. Bring the autumn atmosphere indoors with their handmade crafts!

2) Hiking

The arrival of fall presents a perfect opportunity for hiking. If your senior loved one is in good enough physical condition for a walk (consult their doctor to be sure), find a nearby park or nature preserve for an afternoon hike. The beautiful autumn temperatures will help both of you enjoy the outdoors so much more.

3) Making Autumn Snacks

Preparing homemade treats is one of the fun activities that seniors enjoy doing. Head to the kitchen and prepare some easy-to-make treats together. You can try delicious fall snacks like baked apples and pumpkin sugar cookies. And of course, don't forget to take further advantage of October's abundance of pumpkins with pumpkin pie, roasted pumpkin seeds, and more!

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What to Consider Before Moving your Aging Parents
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It's important to move them to a place where they can receive the mental and physical care required to keep them healthy. While it can be more cost efficient to have them live with a relative, this option must be given serious consideration. If that relative doesn't have the proper time or resources, the results could be disastrous. The new living arrangement could put a strain on both parties and end up in a family feud.

Can They Afford to Move?

When considering a move, it's also critical to think about the financial aspect. You'll need to take a look at their situation and better understand how they can sustain the costs of long term care.

Do they have property to sell that could help subsidize future bills? What kind of care will they need now and in the future? Do they have regular income or social security benefits? If so, how much do they receive each month?

If you decide to move your aging parents into a family member's home, you'll need to talk about a financial plan ahead of time. Who will take the burden of added costs? Make sure your family comes up with an agreement about who will contribute and how much.

Will They Thrive in Their New Environment?

Another important question to consider is how well your aging parents will acclimate to their new environment. Educate yourself about programs available in the area for people their age; this will ensure they won't feel isolated or alone.

If they're moving a long distance, remember that they're leaving behind their social network and friends. It can take a long time for someone to adjust to a new lifestyle. Senior centers are a great way for the elderly to stay active and make new friends.

Source: www.mccampbellcpa.com

Please contact our office for more information.†

6 Fall Activities for SeniorsContinued From Pg.1

4) Make Halloween Goodie Bags

If you or your loved ones plan to share some treats with children in the neighborhood during Halloween, try making cute pumpkin pouches to hold a few pieces of Halloween candy. If trick-or-treating isn't an option (due to social distancing or simply the neighborhood), encourage your senior loved ones to give their goodie bags to friends or fellow residents and caregivers in their community. Let everyone safely join the fall festivities.

5) Autumn Gardening

With beautiful weather and mild temperatures, fall is an excellent time to start a garden of perennial plants. Seniors who enjoy gardening will love planting flowers and other fall-friendly plants. Additionally, don't forget to inspect the rest of the garden for any other plants in need of attention as cooler weather sets in.

6) Visit a Pumpkin Patch

With social distancing still in place in some areas, some pumpkin patches may not be open or may only be open to a certain number of people. However, if you can safely visit a pumpkin patch, definitely take advantage of the opportunity. Bring back a few pumpkins and paint them or turn them into succulent arrangements. You can also just roast the pumpkin to use as ingredients in your fall recipes. The possibilities are endless!

These fun fall activities for seniors can help keep your loved ones active and healthy. This autumn season, take advantage of the beautiful weather to spend time with your elderly family members and celebrate with them.

Source: [https://](https://www.unlimitedcarecottages.com/blog/senior-activities/6-fall-activities-for-seniors/)

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Please contact our office for more information.†

HAPPY
HALLOWEEN

Sunday, October 31st



"It isn't where you came from;
It's where you're going that counts."

~ Ella Fitzgerald



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by e-mail!