

THE FRONT PORCH

All the happy happenings at Cotton Grove Estate



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Tips For Talking To Your Loved One About Moving To A Senior Living Home

Broaching the topic of senior living with your older adult can be difficult, emotional, and scary. However, putting the conversation off until a later date could leave you without time for planning.

If you're considering talking to your loved one about personal care homes (and you probably should be), we have a few tips that can help make the process as easy as possible for those involved.

To begin with, if you have siblings, discuss the prospect of senior homes with them first. And prepare yourself for the reality that you will likely need to have the conversation multiple times.

Additionally, even though it can be uncomfortable, be prepared to discuss the financial aspect of moving your older adult into a facility for seniors.



Talk to your siblings first.

The plan for your older adult as they age might be different in your mind than it is in your siblings'. Make sure you can all agree, or find ways to discuss your disagreements before bringing the topic up with your parents.

If disagreements are strong and you can't have a healthy discussion, it may be a good idea to involve a social worker in your conversations. An unbiased third party can often bring about resolution more successfully.

Be ready to have the conversation multiple times.

Speaking about senior homes with your older adult the first time around might be unsuccessful; just the thought of getting too old or not being well enough to live on your own is unsettling. Know that the initial discussion may only be the first step in a much longer process, so be ready to stick it out.

Have options in mind.

Be willing to look at brochures, or even tour different facilities. And have materials, websites or addresses ready. Being involved in the decision may make your loved one feel better about the eventual move.

Be ready to discuss the financial aspect of moving to a senior living facility.

Are you aware of your parent's financial situation? Have they planned for long-term care or is there a fixed budget in place for daily living expenses?

Personal finances are just that - personal - and delving into the checkbook, savings account, and investments (or lack thereof) may cause friction.

If it's possible to involve a financial coach or expert, look into services in your area.



Try to keep an open mind.

If your goal is to convince your older adult to move to a personal care home, you'll want to discuss the pros and cons.

For example, never having to mow a lawn or shovel snow again, having tasty meals prepared each day, meeting new friends, or becoming involved in social activities with peers.

The safety of an on-site healthcare team might also be appealing if declining health is an issue.



Make an effort to listen to how your loved one is feeling about the situation and really try to understand their view point.

Assess the situation.

If you begin the process early enough, and you don't face decisions under duress, the topic of senior living can be one you assess on an ongoing basis.

After six months or a year have passed, look at how your loved one is doing. Assess his or her health, abilities, happiness and safety.

By giving yourself the gift of time, the decision can be made progressively, instead of all at once.

Don't forget to breathe.

Whether you've chosen the pro-active path and have time to research the issues and options, or you're facing a crisis and feel pressure to make an immediate decision, remember to slow down and breathe.

Use resources like [AARP](#), [American Seniors Housing Association](#) or the [National Council on Aging](#), to help with the tough decisions.

Christmas At Cotton Grove Estate







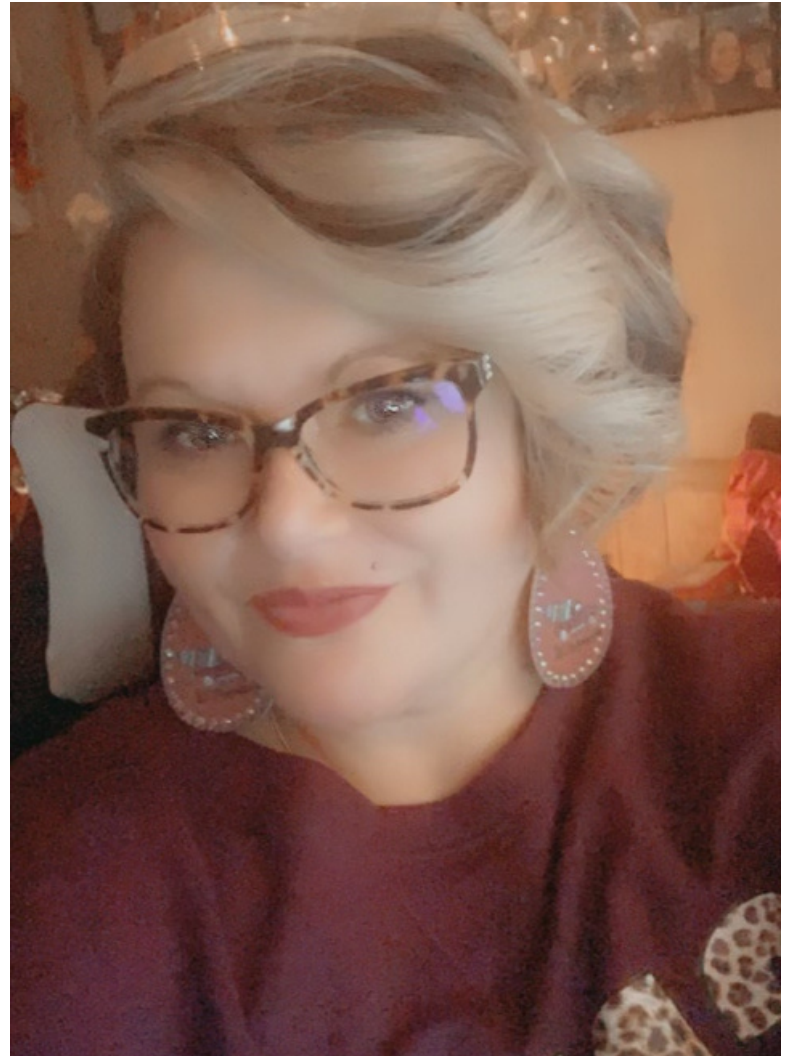
Caregiver Spotlight: Jasmin McNeal

The Cotton Grove management team would like to recognize the hard work and tireless dedication of Mrs. Jasmin McNeal.

Mrs. Jasmin joined our caregiving team in late October, and since then, she has become an integral member of our operation. Her support and experience were invaluable during the challenging holiday season!

Caregiving is not an easy vocation; it requires constant self-sacrifice for the safety and comfort of others. While most people could never put aside their own needs for others on a consistent basis, there are some individuals, like Jasmin, who truly have a heart for helping the elderly community.

"I am honored to take care of the elderly," said Jasmin. "I have always said it's a blessing to care for someone that took care of us children."



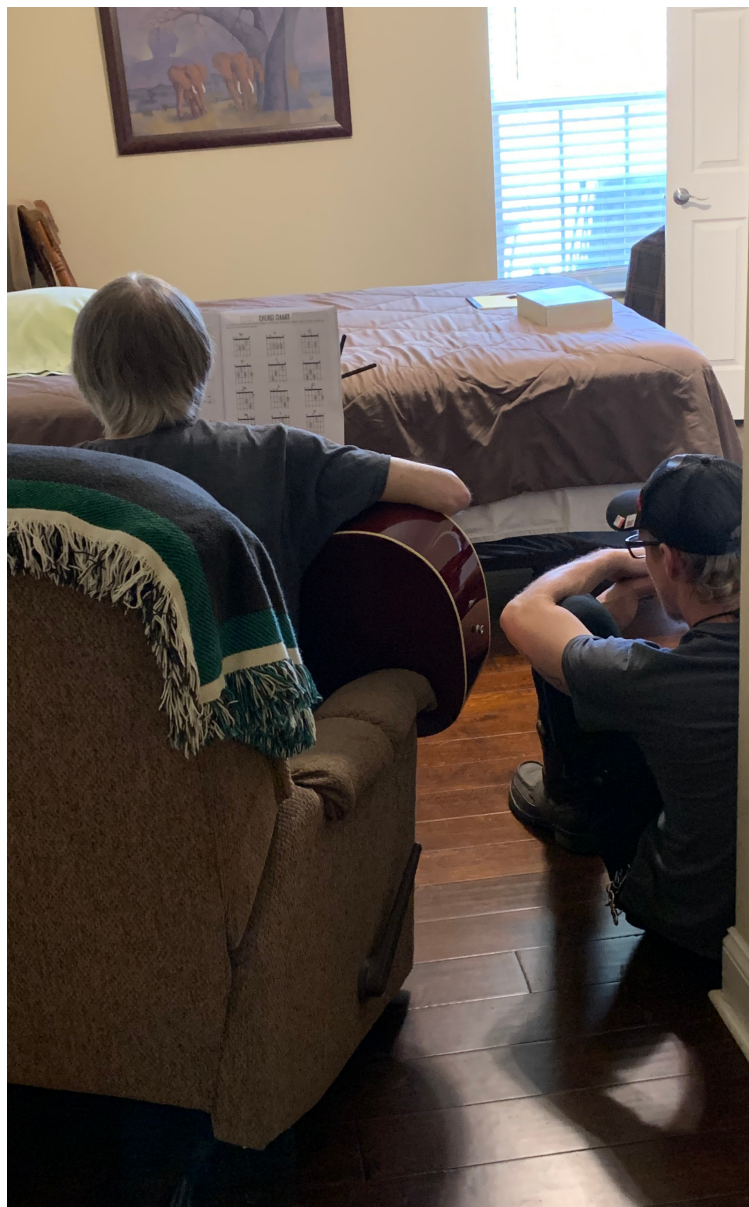
Jasmin came to Cotton Grove with a wealth of caregiving experience, for which we are tremendously grateful! She is also a loving wife and mother-of-three.

In her spare time, Mrs. Jasmin loves crafting. "I believe you can take something small and turn it into something magical," she said. She also loves to fish and her favorite flower is the sunflower.

"I am honored and thankful to be a part of Cotton Grove," said Jasmin. "Being a caregiver is definitely my calling!"

We are grateful for YOU, Jasmin!







A Message From Anna

Dear family and friends,

Happiest of New Years to you! I hope you all had a wonderful Christmas, filled with love and laughter. We sure did out at Cotton Grove Estate. Our residents were spoiled with yummy home-baked goodies and showered with gifts - just the way it should be!

As we head into 2022, I am filled with hope for things to come, but also overwhelmingly grateful for all we have already experienced and the grace God has shown us.

The past couple years weren't easy on any business, but thanks to an outstanding team of women, we have weathered the storm and come out the other side stronger than ever before. It has truly been a season of growth, determination, perseverance, and learning to accept the things we cannot change.

I pray the year ahead brings health and happiness to you and yours. May 2022 be the best one yet!

Warmly,

Anna Pittard
Owner, Cotton Grove Estate
(912) 424-6422

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ANNA JONES PITTARD
OWNER, COTTON GROVE ESTATE