



*Mayfair* MANAGEMENT, INC.

**Corporate Headquarters** 15064 Carrollton Blvd. Carrollton, Virginia 23314

## Health Care Decision Making 101

It was a scene played out in the national spotlight: a family struggles to come to an agreement on the decision to remove artificial nutrition and fluids from a loved one in a persistent vegetative state. The scenario only highlights the need for health-decision planning.

A little attention and planning now can go a long way towards preventing family misunderstandings and governmental involvement if you are ever unable to make health care decisions for yourself. Right now, while you are still capable of clearly expressing your wishes, is the time to make your desires known. The primary legal tools in Virginia to help make health-related and end-of-life choices known are advance directives, which may include: health care power-of-attorney and/or a living will, also called a health care medical declaration. A lawyer who is familiar with estate planning, health care law or elder law can help you make your advance directives. Many organizations, such as the Virginia Department for the Aging, provide sample forms free of charge. For more information, call Virginia Department for the Aging, 800-552-3402. For assistance in finding a lawyer, contact the Virginia Lawyer Referral Service, 800-552-7977.

*Mayfair* MANAGEMENT, INC.

... LOCATIONS ...

**Mayfair House Portsmouth**

901 Enterprise Way, Portsmouth, VA 23704  
Phone: 757-397-3411

**Mayfair House Hampton**

1030 Topping Lane, Hampton, VA 23666  
Phone: 757-826-3728

**Mayfair House Petersburg**

590 Flank Road, Petersburg, VA 23805  
Phone: 804-861-6977

**Mayfair House Woodstock**

935 Ox Road, Woodstock, VA 22664  
Phone: 540-459-2525

**Mayfair House Berryville**

413 McClellan St., Berryville, VA 22611  
Phone: 540-955-4557

**Mayfair House Kilmarnock**

460 S. Main St., Kilmarnock, VA 22482  
Phone: 804-435-9896

**Mayfair Strasburg**

14 Maynard Lane, Strasburg, VA 22657  
Phone: 540-465-9249

**Eden Pines Petersburg**

550 Flank Rd., Petersburg, VA 23805  
Phone: 804-861-4358

**Eden Pines Hampton**

1034 Topping Lane, Hampton, VA 23666  
Phone: 757-826-5415

**Eden Pines Hagerstown**

310 Cameo Dr., Hagerstown, MD 21740  
Phone: 301-766-9202

**Eden Pines Strasburg**

304 Bowman Mill, Strasburg, VA 22657  
Phone: 540-465-5900

**Golden Age Retirement Home**

128 Glenwood Street, Cedar Bluff, VA 24641  
Phone: 276-596-9248



# Mayfair MANAGEMENT

## TIDINGS

*excellence in Assisted Living Care*

Mayfair Management, Inc. 15064 Carrollton Blvd. Carrollton, Virginia 23314

volume VIII • fall 2005

phone 1-877-799-8686 web [www.mayfairedengroup.com](http://www.mayfairedengroup.com)



covering the issues that matter most to seniors and their caregivers.

### IN THIS ISSUE:

- Medicare to Help You Quit Smoking
- Good Day Sunshine
- Errors Common in Elder Law Planning
- Medicare Modernization Act
- Health Care Decision Making 101
- Insert — Around Our Facilities

## Medicare To Help Seniors Quit Smoking

**KICKING THE SMOKING HABIT CAN BE TOUGH, BUT WITH SOME ASSISTANCE FROM MEDICARE, IT MAY BECOME A LITTLE EASIER.**

Officials for the Centers for Medicare and Medicaid Services (CMS) announced that Medicare now covers the cost of counseling for certain beneficiaries who want to quit smoking. CMS Administrator Mark McClellan, M.D., Ph.D. says the new smoking cessation program “has great potential to save and improve lives for millions of seniors.”



The Center for Disease Control and Prevention says nearly 300,000 seniors die annually from smoking-related illnesses. “The evidence available fully supports the hope that seniors at risk of the diseases caused by smoking can quit, given the right assistance,” noted McClellan. “As we add the ‘Welcome to Medicare’ exam and other preventive benefits and drug coverage, this is another step in using the medical evidence to turn Medicare into a prevention-oriented program.”

Seniors who quit can reduce their risk of death from heart disease to that of nonsmokers within two to three years after quitting.

Medicare beneficiaries who have an illness caused by or complicated by tobacco use qualify for the new benefit. Only counseling sessions are covered by the program, not the cost of such aids as nicotine patches, gum or other products. For more information about Medicare’s Smoking Cessation Program, call 1-800-MEDICARE or visit [www.medicare.gov](http://www.medicare.gov).



*excellence in Assisted Living Care*

page 2



## Good Day, Sunshine

**EVERYONE ENJOYS GETTING OUTDOORS AND SOAKING UP THE SUN; NOW A NEW STUDY SHOWS JUST HOW GOOD THAT MAY BE FOR YOU.**

Recent research indicates that sunlight has a positive effect on people who may be suffering from the doldrums. Sunshine also creates more Vitamin D within the body. However, there are some things that seniors should be aware of:

- Generally, as people age, blood circulation may be altered. Also, when temperatures are very hot, blood flow to vital organs is lessened, and may make seniors susceptible to heat stroke and also aggravate other medical conditions.
- To keep cool, wear a hat and light clothing that covers your arms and legs, avoid strenuous outdoor activity, and wear sunscreen. Consider hiring someone to mow your lawn during the summer months and take your stroll through the neighborhood during the early morning or late evening hours.
- Some medications may make you more prone to heat stroke or sunburns. Contact your pharmacist or doctor to discuss this matter.
- Seniors tend to be susceptible to dehydration in hot weather because of inadequate intake of fluids and use of medications such as diuretics. One way to beat dehydration is to increase fluid intake by drinking more frequently. Carry a small bottle of water in your purse or take along an insulated bottle cooler.
- Humidity and pollution are other factors that may make breathing more difficult, especially for those

with asthma and other lung conditions. On humid days, spend shorter periods of time outdoors and limit physical activity. Enjoy the sun, but remember to play it safe when playing outdoors.

## Errors Common in Elder Law Planning

When estate planning, attention to detail is critical. When sitting down to map out details of your estate, be mindful of these common Elder Law planning errors:

- **Lack of or inadequate disability planning.** A customized durable power of attorney and an advance medical directive should be parts of the estate plan for every senior should they become incapacitated.
- **Failure to plan for the payment of long-term care.** Every senior should consider long-term care insurance or Medicaid planning if they are unable to pay for long-term care out of their income.
- **Outdated wills and designation of beneficiary.** Seniors should review their wills and beneficiary designations whenever there has been a significant change in their circumstances and at least every five years.
- **Poor choice of agent, trustee or executor.** It is important to pick a person who has the respect of other family members and has the time, the ability, and the willingness to serve in these capacities. In some cases, a professional would be best.
- **Lack of adequate records.** The failure to keep organized records, such as deeds to property, life insurance policies and bank statements, may make it difficult for



them to be located when needed.

- **Overuse of revocable trusts, joint ownership or designation of beneficiary.** Many seniors fear probate, however, the cost and effort of funding these trusts and accounts may exceed the cost of probate.
- **Failure to hold a family meeting.** Many family disputes can be eliminated or the damage minimized if the senior holds a family meeting to discuss their estate planning objectives.
- **Inadequate financial planning.** It is recommended seniors retain a financial planner to assist with the wide assortment of investments they have accumulated over their lifetime.

Planning is key to avoid these mistakes. Because there is no one right answer that is appropriate for everyone, an experienced Elder Law attorney can help seniors avoid these common estate planning errors.

*Reprinted with permission from Oast and Hooks.*

## Some Facts about the Medicare Modernization Act

The Centers for Medicare & Medicaid Services have been working diligently to implement the Medicare Prescription Drug, Improvement, and Modernization Act of 2003 (MMA). This law brings the most dramatic and innovative changes to the Medicare program since it began in 1965.

A modern Medicare brings more affordable health care, prescription drug coverage to all people with Medicare, expanded health plan options, improved health care

access, and preventive care services, such as flu shots and mammograms.

**Medicare Part D** is the new prescription drug insurance program available to everyone eligible for Medicare. The initial signup period begins November 15, 2005, and coverage begins as early as January 1, 2006.

When the new Medicare prescription drug plans become available, some 41 million seniors are expected to be covered. Insurance and other private companies will work with Medicare to offer these drug plans. These plans are different from the Medicare-approved drug discount cards, which phase out by May 15, 2006, or when your enrollment in a Medicare prescription drug plan takes effect, if earlier.

Medicare prescription drug plans provide insurance coverage for prescription drugs. Like other insurance, if you join, you will pay a monthly premium and pay a share of the cost of your prescriptions. Costs will vary depending on the drug plan you choose. All drug plans will have to provide at least a standard level of coverage set by Medicare.

Medicare is doing a strong outreach effort to inform beneficiaries about Part D and MMA.

For more information about Medicare Part D and MMA, call Medicare at 1-800-MEDICARE or visit [www.medicare.gov](http://www.medicare.gov). For more information about some extra help with the plans, call the Social Security Administration at 800-772-1213 or visit [www.socialsecurity.gov](http://www.socialsecurity.gov).





Eden Pines Strasburg is located just 90 minutes west of the Washington D.C. metro area.



Mayfair House, we managed to keep the garden watered through the hot weather. As an Eagle Project, Boy Scout Andrew constructed two picnic tables designed for our residents' comfort and two raised garden planters. What a wonderful job Andrew did, and the residents certainly appreciate his hard work.

The courtyard began to be transformed when the residents continued their planting and created a garden of color with beautiful perennials and annuals. WOW - what colors: orange, pink, and white, yellow, purple. It looks so beautiful and the residents love looking out of the windows. We have a variety of plants including vinca, rose bushes, black-eyed susans, marigolds and a ton of giant zinnias and sunflowers. One resident, Mrs. Thelma Seat says, "This is the most beautiful garden I have ever seen. I love looking out of the window in the mornings at all of the beautiful colors. It's the way to start a new day." Another resident, Mrs. Christina Patch, picked her room upon moving in just to be able to look out at the garden.

You may see Mrs. Parker or Mrs. Hughes out in the evening watering and tending to the garden. You will always be able to get great gardening tips from Mr. Christian and he will always have a few tomatoes in his pocket as well. You can see Mrs. Parker with several squash we picked. The vegetables have been enjoyed in a salad and also fried as a side dish by our kitchen.

Come on over to our facility, grab a glass of lemonade, sit under our new umbrella and view the beautiful courtyard. We may even share a tomato or two.

## Eden Pines Strasburg Now Open

The newest Mayfair Management facility has opened. Eden Pines Strasburg is a new assisted living community for memory care in Strasburg, VA. At full occupancy, the community will accommodate up to 50 residents.

The facility, conveniently located near the intersection of Interstates 66 and 81, and just a short, 90-minute drive from the D.C. metro area, opened in June 2005.

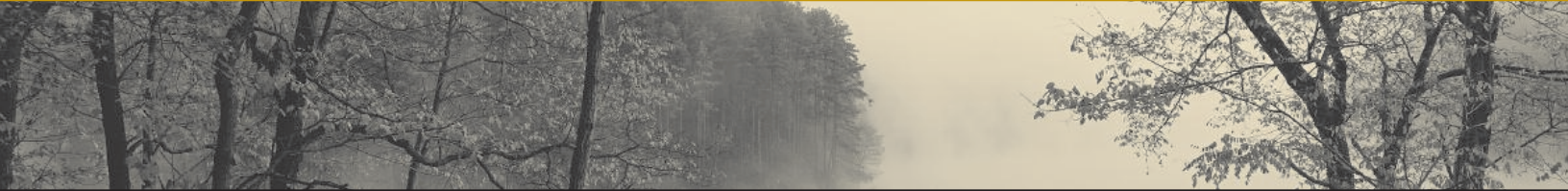
Eden Pines is exclusively for the care of those with Alzheimer's or other dementias. It offers a wide range of residential services including three daily meals, snacks, general housekeeping, laundry services, assistance with medication management, a wellness program and a full range of daily activities. It is also completely secure for residents' safety. Residents can choose from private or semi-private/companion rooms with private baths. Eden Pines also will offer respite care (or short stay).

In addition, Eden Pines Strasburg features a full-service hair salon, a variety of sitting rooms for social activities, telephone, television and classic traditional furnishings throughout. Staff will include a state Licensed Practical Nurse (LPN), Certified Nursing Assistants (CNAs), housekeeping and dietary staff plus a full-time Director of Activities. Strasburg resident Theresa Taplin, LPN, is facility administrator, and brings years of Alzheimer's and dementia care experience to Eden Pines.

The facility is currently accepting applications for admissions. A complimentary assessment and a minimal security deposit are required for entry. The facility rents on a monthly basis and requires no large endowment or admission fee. Rates begin at just \$2,700 a month. Eden Pines Strasburg is licensed for residential through intensive assisted living care. Eden Pines Strasburg is located at 304 Bowman Mill Rd. in Strasburg. For more informa-



*special insert: what our Residents are doing*



## Colorful Plantings at Mayfair House Petersburg

Mayfair House Petersburg is blessed to have **Nell Sawyer** as a resident. She has helped care for the beautiful potted plants at the front of the building.

Some of the plants at Mayfair House, thanks to Mrs. Sawyer's help, include begonias, dusty millers, petunias, geraniums and ferns. She also is growing two tomato plants outside her room. Mrs. Sawyer does not claim to be a master gardener, but says she loves flowers and being outside.

Fortunately, Mrs. Sawyer uses a product that reduces the need for watering in the warm summers in Petersburg. But when the plants need watering, Activities Director Pam Venable helps with that duty.

Mrs. Sawyer developed her love of gardening in the 1950s when she helped form a garden club in her neighborhood. She says she knew nothing about gardening at first, but eventually, she said, "I learned a fair amount of things."

She especially loves azaleas. She had a neighbor who raised and sold azaleas, so she was able to have them in her yard. But while azaleas are her favorite, she says, "I love them all."

Mrs. Sawyer was born Ruth Wynelle Williams in 1924. She married Raymond Vincent Dudley. She has one child, a daughter, Wynelle (Penny), from this marriage. Mr. Dudley died in 1968. She later met and married Charles C. Sawyer in 1970. He died in 1982.

Mrs. Sawyer has a long and impressive resumé. She worked for the City of Petersburg as a city employee with the Credit Union.

Mrs. Sawyer is a member of Washington Street United Methodist Church. She also has been a long-time member of the Federated Women's Club, where she has held many offices. She also served as hostess for Designer Homes in Petersburg and as a volunteer for the Southside Chapter of the American Red Cross. She helped the Red Cross when a hurricane came through in 1993, dispensing emergency water, and in Hopewell when Hurricane Isabel hit in 2003. She suffered a stroke just after the hurricane and following rehabilitation, Nell came to Mayfair House and still remains a resident.

"It has been a pleasure having her here as she has helped me with numerous projects to improve the look of Mayfair House," said Pam Venable. "She is always open for suggestions or willing to step in to give a helping hand."

Nell, we thank you for choosing us and helping to make Mayfair House more beautiful.



Mrs. Nell Sawyer and Cynthia Chattman, CNA, enjoy a moment outside Mayfair House of Petersburg.

(over)

# Around Our FACILITIES



(L-to-R): Melissa Hicks, director of Preferred Hospice, Tammy Vencil, hospice social worker, and Alice Reynolds, administrator of Golden Age Retirement Home.



Merlie Audrey Mullins with her daughter-in-law, Louise Mullins.

## Annie's Attic of Richlands

A terminal illness can be devastating to a family, not only emotionally, but also financially. Families find it difficult to deal first with losing someone they love and then facing a large financial responsibility as a result of the illness.

We all have experienced the helpless feeling of wishing we could do something to help, but not knowing what to do or how to make a difference. Because of this, *Annie's Attic* was opened in Richlands. **Sandy Hogsdon**, owner of *Annie's Attic*, opened the store and honored a friend, Annie, who had a terminal illness, with the store's name.

*Annie's Attic* is a not-for-profit gift shop that offers folks in the community an opportunity to purchase needed items and gifts and to help others at the same time. *Annie's Attic* works by giving people an opportunity to donate items or handmade crafts that can then be sold in the gift shop.

One hundred percent of the money made from the sale of items in the store goes into an account, to be used, when needed, for hospice patients. An example of a need might be a medication that the patient is unable to afford. Because of proceeds from *Annie's Attic*, the expense of needed medications can be met.

Hospice is a caring program for people who have been diagnosed with a terminal illness. The care not only extends to the patient but also for their family and caregivers.

Golden Age Retirement Home has begun a relationship with *Annie's Attic* and now purchases any gifts or flower arrangements that it needs from the store.

Individuals have already benefited from *Annie's Attic* in many ways. Whether you are a volunteer, a craftsman, a consumer or a patient, this service gives everyone an outlet for those less fortunate. You can help by:

- Donating your talents and crafts.
- Donating your time to visit hospice patients in their homes or in *Annie's Attic*.
- Donating your resources through gifts or purchases at *Annie's Attic*.
- Sharing the philosophy of *Annie's Attic* with family and friends.
- *Annie's Attic* is located at 2629 Front Street in Richlands, next to the King Kone.

## Ancestry Quilts on display at Golden Age

**Merlie Audrey Mullins** of Golden Age Retirement Home poses with her daughter-in-law Louise Mullins, the wife of Gavin Wallace Mullins, Merlie's son from Plant City, Florida. Louise made an ancestry quilt of the Mullins family for Merlie using photos taken in the late 1800s and early 1900s as well as contemporary shots.

## Eden Pines Petersburg Resident Celebrates 90 Years

**Beulah Scott**, a resident of Eden Pines Assisted Living for Memory Care in Petersburg, recently celebrated her 90th birthday with a celebration with friends, church members and sorority sisters.

Mrs. Scott has led an interesting life as a wife, teacher and world traveler. She was the eldest of six children and attended Virginia State University, where she received her teaching certificate. She is a 50-year-plus member of the Delta Sigma Theta Sorority.



# Around Our FACILITIES



Beulah Scott in the mountains, 1983.



Residents cultivate their love of gardening at Eden Pines.

Mrs. Scott began her professional career in the Roanoke School System. She taught elementary school and was also an assistant principal. She later joined the Petersburg School System, where she taught fifth grade, English, and was a reading specialist.

A well-seasoned traveler, Mrs. Scott has visited Europe, including the countries of Germany, France, England and Switzerland. She also traveled to The Bahamas and to Canada, and spent a lot of time traveling in the United States.

Mrs. Scott was married twice. Her first husband was James Caldwell. Her second husband was Cleveland Scott. They are both deceased. While Mrs. Scott did not have any children of her own, she is fortunate to have many friends that she calls her "adopted children." Among those are Barbara and Benjamin Ford. "We met 18 years ago," Barbara said, "and we've been fast friends ever since."

Mrs. Scott's full life has given others many hours of stories and an abundance of joy.

many tomato sandwiches, an East Coast favorite, for everyone.

The residents planted an entire vegetable garden, complete with watermelons. Since many of our memory loss residents planted gardens, even as young children, the warm memories of the garden still remain for them. There is a calmness, as the residents are thoroughly engaged in watching the soil being turned and seeds planted. The calmness gives way to excitement and smiles as the vegetables are picked and eaten.

Gardening can be therapeutic in treating physical, emotional and cognitive changes in the lives of seniors with memory impairment. Modifications such as raised beds, using small bags of soil and stools can keep our seniors physically active and yet comfortable as they garden. Touching the smooth skin of a red tomato and tasting its sweetness provide a sense of familiarity to the changing world of a memory impaired senior. Keeping our seniors active and happy in the garden has become a priority at Eden Pines Hagerstown.

## The Vegetable Garden

Gardening, the number one hobby in America, has brought joy, health and good eats to Eden Pines in Hagerstown, Maryland.

The residents, staff and families of Eden Pines in Hagerstown have joined together to grow their own vegetables. Bob and Gloria Serig, the family of Catherine Serig, a resident of Eden Pines in Hagerstown, planted a tomato garden in the courtyard. The residents and staff enjoyed watching the tomatoes as they grew larger. There were enough tomatoes that the residents had plenty for all their meals and snacks until Fall. There have been

## Mayfair House Hampton Plants Vegetable Garden

Mayfair House Hampton broke ground for its first vegetable garden in the beginning of June. A wonderful volunteer, Ken Harper, gave his time and services to till the soil for the garden. It took about two hours before the area was suited for planting. Activity Director Juli Haywood planted a row of yellow squash, a row of cherry and regular tomatoes and cucumbers. With the help of Mr. Christian, a master gardener and resident at the

(over)