

ABILENE SENIORS

magazine

November 2013 - 2014

www.seniorsearchlight.com

PHYSICIANS OFFICE



THE DOCTOR IS IN:
DR. SANDY HAZELIP & THE NEW
PHYSICIANS OFFICE AT WISTERIA PLACE
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BIG LIST OF LOCAL RESOURCES FOR SENIORS
ON PG.8

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Mesa Springs
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BREAKING THE PROMISE

WHEN IS THE RIGHT TIME FOR A NURSING HOME?

By Theresa Clarkin, LBSW, Admissions Care Inn of Abilene

Many of my days are spent talking to families about parents or older family members needing more care than can be provided at home. So often I hear them say that they are breaking a promise they made years earlier to their family member. The guilt can be overwhelming. Promising to never put a loved one in a nursing home can sometimes be a hard vow to keep.

Nursing homes today do not have to be “that place,” with its negative connotations, that people imagine from the past. Each person’s experience with this type of setting can be different. And the variables really depend on the family’s perspective and involvement. Most nursing homes actually become home over time. It is a major adjustment; all the changes families go through at this time can be difficult.

Health care needs aside, I always try to focus families on quality of life and socialization. These can become the keys to longer life... even for people who claim they prefer to be alone.

As we grow older, getting around becomes more difficult. For our aging family members, life becomes a process of giving up control. The children they used to care for and guide are now trying to care for and guide them. People who were once independent must now depend on others for their basic needs. Grocery shopping, cooking, and cleaning become more burdensome as our bodies age and we begin to tire more quickly.

Many families I meet with have been trying—some successfully, others not so much—to keep their parents at home as long as possible. This can be challenging, especially for their children who are working or raising their own families. Elderly people have to choose between staying at home and paying for help, moving to a center, or relocating to where their children are. All of these choices are difficult. Moving away from

their friends and neighbors, changing churches, and limiting outings due to transportation concerns can all add up to challenges.

I try to educate family members on socialization needs and safety concerns that their family member may be facing. Sometimes having a family member in a care center allows the family to take a step away from being “caregivers” and back toward love and friendship. When children do not have to bathe or wash their parents, they can become children again. Their time together can be focused on visiting and sharing instead of cleaning and cooking.

Nursing Care Centers can be a very positive option for many people. They offer social events and, most importantly, companionship. Our elder ladies and gentlemen often come from places where they feel they may be imposing, getting in the way and causing strains in family relationships. They may not want to come to a facility—any change can be difficult—but after an adjustment period, they can see that they are not alone, as the center’s staff members and caregivers become an extension of their families. They discover that sitting alone is far from the only option for spending their time.

Finding the right place for your family member to call home is so important. The fit has to feel right not only for the new resident, but also for the family members. The environment should be welcoming for family involvement, meal sharing, holiday events, and entertainment for all. Visiting should be an activity to look forward to for families.

Families who come into long-term care settings should invest in the community at the home. Create a cozy environment, volunteer, visit regularly, and emphasize a nurturing atmosphere. Create a place for your family member to feel secure with some of their own belongings, pictures, and memories. Follow through with your involvement to show they will not be abandoned. Sometimes the difference could just be you, working with what is needed! After all... you promised!

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- Music Therapy



Hospice of the Big Country

4601 Hartford | 325.793.5450
WestTexasRehab.org

LOCAL RESOURCES FOR SENIORS

ADULT DAY CARE CENTERS		
Operation Lighthouse For More Info, See Page 17	125 Sayles Blvd	(325) 670-9577
ADULT PROTECTIVE SERVICES		
Adult Protective Services of Abilene	4601 S. 1st Street, Ste. F	(325) 795-5755
ALZHEIMER’S CARE		
Alzheimer’s Association	301 S Pioneer Dr # 105	(325) 672-2907
Windcrest Alzheimer’s Care Center For More Info, See Page 5	6050 Hospital Drive	(325) 692-1533
ASSISTED LIVING		
Mesa Springs Retirement Village For More Info, See Page 2	7171 Buffalo Gap Rd	(325) 690-1400
Royal Estates For More Info, See Page 20	6565 Central Park	(866) 354-2048
University Place For More Info, See Page 19	1250 E. N. 10th St	(325) 676-9946
Wesley Court For More Info, See Page 2	2617 Antilley Rd	(325) 437-1184
Wisteria Place For More Info, See Page 14	3401 South Willis St	(325) 437-6204
AUDIOLOGISTS & HEARING AIDS		
Ear Level Communications	3301 South 14th St	(325) 437-4327
Holland Hearing Center	7 Hospital Dr	(325) 437-4730
Livingston Audiology & Hearing Aid Center	3329 Turner Plaza Dr	(325) 437-3885
Texas State Hearing	598 S. Pioneer	(325) 695-1133
West Texas Rehab’s Hearing Center For More Info, See Page 7	4601 Hartford	(325) 793-5450
BEHAVIORAL HEALTH		
Oceans For More Info, See Page 17	6401 Directors Pkwy Ste 200	(325) 691-0030
CARDIAC CARE		
Cardiology Clinic Of Abilene	1680 Antilly Rd #270	(325) 437-5555

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CHIROPRACTORS		
Advanced Chiropractic & Spinal Rehab	5309 Buffalo Gap Rd	(325) 695-9355
Big Country Clinic of Chiropractic	4150 Southwest Dr	(325) 793-9989
Peak Performance	3266 Chimney Rock Rd	(325) 692-7400
Specht Chiropractic Center	2721 Buffalo Gap Rd	(325) 692-2227
Waldrip Clinic	3301 N 3rd St # 134	(325) 676-7444
West Texas Back Clinic	1750 S Clack St	(325) 695-2225

DENTAL CARE		
Abilene Advanced Dentistry	4321 Southwest Dr	(325) 692-3332
Abilene Crown and Bridge	2618 S 7th	(325) 673-6355
Abilene Dental Care	602 Hickory St	(325) 676-7707
Kappel Dental Arts	4601 Buffalo Gap Rd	(325) 690-9109
Lorenzen Crown & Bridge	3026 S 7th	(325) 673-1348
Medical Care Mission	302 Medical Dr	(325) 677-3455

DIETICIANS & NUTRITION		
Meals On Wheels Plus	717 N. 10th St	(325) 672-5050
Rural Taylor County Aging Services	PO Box 282	(325) 695-2372

ELDER LAW		
Fowlkes Law Firm	402 Cypress St # 709	(325) 437-4365

FUNERAL HOMES & FUNERAL PLANNING		
Elliott-Hamil Funeral Homes	542 Hickory St	(325) 677-4355
Elmwood Memorial Park	5750 US Highway 277 S	(325) 692-0655
Girdner Funeral Home	141 Elm St	(325) 676-5000
Hamil Family Funeral Home	6449 Buffalo Gap Rd	(325) 692-2232
Lawrence-Adams Funeral Home	732 Avenue I	(325) 823-3251
Piersall Benton Funeral Directors	733 Butternut St	(325) 677-3783

GOVERNMENTAL RESOURCES		
Abilene Call For Help	400 Oak St	(325) 673-8211
Area Agency On Aging For More Info, See Page 9	3702 Loop 322	(325) 793-8490
Texas Aging & Disability Department	4601 S 1st St # D	(325) 795-5714
West Central Texas Council of Governments	3702 Loop 322	(325) 672-8544

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• **Information and Referral Assistance**
Intake and initial screening and referral to appropriate resources.

• **Nursing Home Ombudsman Program**
Training volunteers to advocate for residents living in long-term and assisted care facilities. Certified Ombudsman Staff are available to assist family members with questions, concerns, or choosing a facility.

• **Meal & Transportation Program**
Administered through local senior centers and non-profit providers in our 19-county region.

• **Care Coordination**
Planning, arranging, and coordinating services to help maintain independent living. Services include light house-keeping, light cooking, chore maintenance, emergency response systems, income support, and residential repair.



• **Veteran Services**
Case management services are designed to assist homeless veterans and their families by obtaining stabilized housing.

• **Community Living**
A variety of programs coordinated with partners and service providers to promote independence and inclusion in our communities in West Central Texas.

• **Long-Term Services and Supports**
Long-term services and supports are community-based service options preferred for long-term care, rather than institutional care. ADRC staff can assist in identifying needs, preferences, values, and individual circumstances through an initial screening process.

ASSISTING OLDER ADULTS IN MAINTAINING INDEPENDENCE

• **Health & Wellness Initiatives**
A variety of programs that provide activities and information on aging well.

• **Benefits Counseling**
Assisting with applications, questions, and resolving Medicare-related issues. Staff provide information on choosing a Part D prescription plan and applying for various programs to help pay for the costs of Medicare.

• **Caregiver Support Programs**
By assisting with the arrangement and costs of respite care, providing caregivers a chance to run errands, keep appointments, or attend a support group. Providing limited income support and small residential repairs. Allowing caregivers monthly support meetings, newsletters, and a resource room of information.

• **Over 35 Grandparents or Family Member Raising Grandchildren**
Assisting with respite care, to provide grandparents a chance to get a break from caregiving. Services include income assistance and residential repairs.

What Is Our Mission?

The West Central Texas Aging and Disability Resource Center is your access point for information and assistance on issues affecting older adults and those with a disability, their family and caregivers.

• **Housing Advocates**
The staff advocate and focus their efforts on opportunities to increase the availability of affordable and accessible housing for persons with disabilities.

• **CHICES**
Starting October 1, 2013, consumers in all states will be able to choose new affordable health insurance options through Consumer Health Insurance Marketplace Enrollment Services.

• **Options Counseling**
Few people plan ahead for long-term services. Our ADRC staff can provide personalized information and assistance with identifying needs and discussing available choices through education and connection to service providers in the region.



Helping Individuals Make Informed Decisions

3702 Loop 322, Abilene, TX 79606 1-800-928-2262 (325) 793-8490
wctadrc.org www.wctadrc.org

HOME HEALTH - MEDICAL		
BHCS For More Info, See Page 17	3657 Hwy 377 S. Brownwood, TX	(325) 643-4999
Big Country Health Care	3444 North 1st St	(325) 675-0559
Generations Home Health	1290 S Willis St # 209	(325) 690-5913
IntegraCare Home Health For More Info, See Page 18	1665 Antilley Rd Ste 100	(325) 691-9947
Kinderhearts	842 N. Mockingbird Ln	(325) 672-6135
Renew Home Health	5189 Texas Ave	(325) 692-9100

HOME HEALTH - NON-MEDICAL		
Home Instead Senior Care	240 S. Mockingbird	(325) 670-9610
Visiting Angels For More Info, See Page 7	1500 Industrial Blvd. #209	(325) 437-9500

HOME MEDICAL EQUIPMENT		
Choice Medical Supply For More Info, See Page 13	17 Windmill Cir	(325) 677-2250

HOSPICE CARE		
Hospice of the Big Country For More Info, See Page 7	4601 Hartford	(325) 793 5450
IntegraCare Hospice For More Info, See Page 18	1665 Antilley Rd Ste 100	(325) 691-9948

HOSPITALS		
Abilene Regional Medical Center	6250 US Highway 83	(325) 428-1000
Anson General Hospital	101 Avenue J	(325) 823-3231
Hamlin Memorial Hospital	632 NW 2nd St	(325) 576-3646
Hendrick Health System	1900 Pine St	(325) 670-2000
Medical Care Mission	1857 Pine St	(325) 672-5601
Stamford Memorial Hospital	1601 Columbia St	(325) 773-2725

IMAGING - MOBILE		
PDQ X-Ray	www.pdqxray.com	(888) 879-7379

INSURANCE		
Alexander Insurance	634 Lillia St	(325) 676-0353

INFORMATION & REFERRAL SERVICES		
Abilene Call For Help	400 Oak St	(325) 673-8211

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Area Agency On Aging For More Info, See Page 9	3702 Loop 322	(325) 793-8490
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MASSAGE THERAPISTS		
Bowtech For Health	1150 Estates Dr	(325) 676-9227
Healing Touch	1317 N 8th St # 100a	(325) 670-0622
Inner Balance	4865 Annette Ln	(325) 692-4464
Serenity Massage Therapy	3385 N 3rd St	(325) 673-3141

NURSING & RESIDENTIAL CARE HOMES		
Care Inn Of Abilene For More Info, See Page 13	4934 S 7th St	(325) 692-2172
Chisholm House	1450 E.N. 10th St	(325) 670-0961
Covenant Place Of Abilene	3234 Buffalo Gap Rd	(325) 793-1144
Mission at Mesa Springs For More Info, See Page 2	7171 Buffalo Gap	(325) 690-1400

Northern Oaks Living & Rehab For More Info, See Page 11	2722 Old Anson Rd	(325) 676-1677
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Oaks At Radford Hills For More Info, See Page 19	725 Medical Dr	(325) 672-3236
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Wesley Court For More Info, See Page 2	2617 Antilley Rd	(325) 437-1184
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Wisteria Place For More Info, See Page 14	3401 South Willis St	(325) 437-6204
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OPTICAL GOODS & OPTICIANS		
Eye Masters	4150 Southwest Dr # 100	(325) 692-9440
Eyemart Express	3474 Catclaw Dr # A	(325) 793-9011
Lens Crafters	4310 Buffalo Gap Rd	(325) 692-8698
Vision Express Of Abilene	3398 N 1st St # B	(325) 672-1011

REHABILITATION CENTERS		
Mission at Mesa Springs For More Info, See Page 2	7171 Buffalo Gap	(325) 690-1400
Northern Oaks Living & Rehab For More Info, See Page 11	2722 Old Anson Rd	(325) 676-1677
Oaks At Radford Hills For More Info, See Page 19	725 Medical Dr	(325) 672-3236
Reliant Rehabilitation Hospital	6401 Director's Pkwy	(325) 691-1600
West Texas Rehabilitation Center For More Info, See Page 7	4601 Hartford	(325) 793-5450

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It's time for you to get the care you need...

And when you're in our hands, you can rest assured that you're getting the best there is. We strive every day to be the skilled nursing facility of choice in our community, so we make sure that each day you spend with us is filled with the caliber of service that will make your stay comfortable, safe and therapeutic. The entire staff will know you by name, and each day when we greet you, we'll ask you how you are, and whether there is anything we can do for you. We never forget that you're our valued guest, and the reason we're here! And remember, if you have a special request, please don't hesitate to ask.

That's why we're here — for you!

Wisteria Place For More Info, See Page 14	3401 South Willis St	(325) 437-6204
RETIREMENT & INDEPENDENT LIVING COMMUNITIES		
Abilene Senior Village For More Info, See Page 7	2225 Covenant Dr	(325) 232-7552
Anson Park For More Info, See Page 3	2249 Vogel Ave	(325) 701-4769
Mesa Springs Retirement Village For More Info, See Page 2	7171 Buffalo Gap	(325) 690-1400
Royal Estates For More Info, See Page 20	6565 Central Park	(866) 354-2048
University Place For More Info, See Page 19	1250 E.N. 10th St	(325) 676-9946
Wesley Court For More Info, See Page 2	2617 Antilley Rd	(325) 437-1184
Windsor For More Info, See Page 3	401 Pine St	(325) 677-0824
Wisteria Place For More Info, See Page 14	3401 South Willis St	(325) 437-6204

SENIOR CITIZENS CENTERS		
Baird Senior Center	401 Chestnut	(325) 854-1937
Buffalo Gap Senior Citizens	1142 Williams St	(325) 572-3234
Clyde Senior Citizens Building	123 N 4th St W	(325) 893-4556
Cobb Park Senior Center	2302 State St	(325) 676-6447
Fisher County Senior Citizens Center	772 State Hwy 70N	(325) 735-2359
G V Daniels Senior Center	541 N 8th St	(325) 676-6443
Hamlin Senior Citizen Center	312 SW Avenue B	(325) 576-2267
Lawn Senior Citizens Center	6417 US Highway 84	(325) 583-2264
Rose Park Senior Citizens Center	2625 S 7th St	(325) 734-5300
Tuscola Senior Citizens Center	702 Graham St	(325) 554-7876
Winters Activity Center for Senior Citizens	601 Wood	(325) 754-4205

TRANSPORTATION		
Area Agency On Aging For More Info, See Page 9	3702 Loop 322	(325) 793-8490
CityLink Bus	1189 S 2nd	(325) 676-6287
CityLink Van	1189 S 2nd	(325) 676-6402

VETERANS NEEDS		
Veterans Service Office	400 Oak St	(325) 674-1328

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THE DOCTOR IS IN

DR. SANDY HAZELIP & THE NEW PHYSICIANS OFFICE AT WISTERIA PLACE

by Donna J. McCartney, LMSW-IPR

I felt honored and privileged to be given the opportunity to interview this well-known area physician. Dr. Sandra Hazelip is a West Texas physician who is board certified in both Family Practice and Geriatrics. Growing up in the Ft. Worth area with three siblings, her father worked hard in the foundry and her mother was a homemaker. Humor and lightheartedness are among her many attributes. She even had thoughts of becoming a comedian. It was not until her infant was diagnosed with diabetes that she became interested in, and then passionate about, becoming a physician.

Because of her special interest and knowledge of diabetes, in 2011 she was invited to give a four-day Diabetic Seminar to Cambodian physicians and nurses. It seems that the effects of “modernization”—with its abundance of mopeds, automobiles, and “fast-food” restaurants on every corner—have resulted in Type II Diabetes becoming a major health issue in Cambodia. Compounding the problem is a lack of proper medication as well as a lack of training for Cambodian healthcare workers, the consequences of which are a reduced lifespan of only about four years after a diagnosis of diabetes.

One of Dr. Hazelip’s books, *Total Wellness: God’s Healthcare Plan* can be found at www.heartandsoulmindandstrength.com. She blends her strong Christian faith and professionalism into her life. She is an author and international lecturer who has spoken in the United States, China, Russia, Croatia, Cambodia, and Zambia, Africa on various healthcare issues. Her most memorable, heartwarming trips are to Zambia, where she travels with fellow team members into remote areas of the bush. In July 2013, she made her sixth trip to Zambia. There, with about 120 Americans and 80 Zambian co-workers, the team treated approximately 15,000 patients in six days of clinics.

David Hare, Marketing Director of Wisteria Place Retirement Living, says that Dr. ‘Sandy,’ as she is known by many of her patients, has a vigorous practice in Long-Term Care facilities in West Texas. “She is one the few doctors to actually make ‘bedside’ visits,” he continues. “She has published three books; she has a willingness to share her expertise with community professionals, as evidenced by her many pro bono presentations to the aging network; and she has a heart for the downtrodden internationally, as evidenced by her medical mission trips to Cambodia, Viet Nam, Russia, and Zambia, Africa. Likewise, she is one of the finest examples of a Christian woman, mother, grandmother, physician, teacher, and public servant I have had the honor of knowing.”



Dr. Sandy Hazelip in The Physicians Office at Wisteria Place

Recently, Dr. Hazelip made a change in her professional life. She now limits her practice to patients in long-term care facilities. She states that America is blessed today with better social services and healthcare for our geriatric population. People are living longer, and it is not uncommon to have 90- and 100-year-old residents in nursing homes.

On the personal side, Dr. Hazelip is the mother of three grown children and grandmother to seven grandchildren. As she speaks of them, her pride is apparent by her glowing smile. Her own grandmother was her primary mentor in her life. She describes her grandmother by saying “She loved everyone and taught her grandchildren to always look for and find something good about everyone, because everyone is worthy of respect.”

When asked what words of wisdom she would say to those wanting to become physicians today, her reply was, “Look at what your heart needs. If your heart tells you that you must be a physician, then travel that road, and remember to treat every person with dignity.”

It is said that practice makes perfect. This well-respected, personable, dedicated area physician has proven that her practice has made her a perfectly valuable, permanent figure within our community.



ABILENE HEALTHCARE 101

by Donna J. McCartney, LMSW-IPR

Wait, wait. Before you put this article aside, it isn't about insurance coverage. Many of us are fortunate to go through the years without major health difficulties. However, when it's least expected, a slip on thin wintry ice may land you a trip to the hospital. When that happens, community health services come in handy.

For instance, if your hip is fractured from the fall, you'll spend days in rehab treatment. From there, you may be able to return home. When you do, you may need services to help with with ADLs (Activities of Daily Living). Your physician may order home health services.

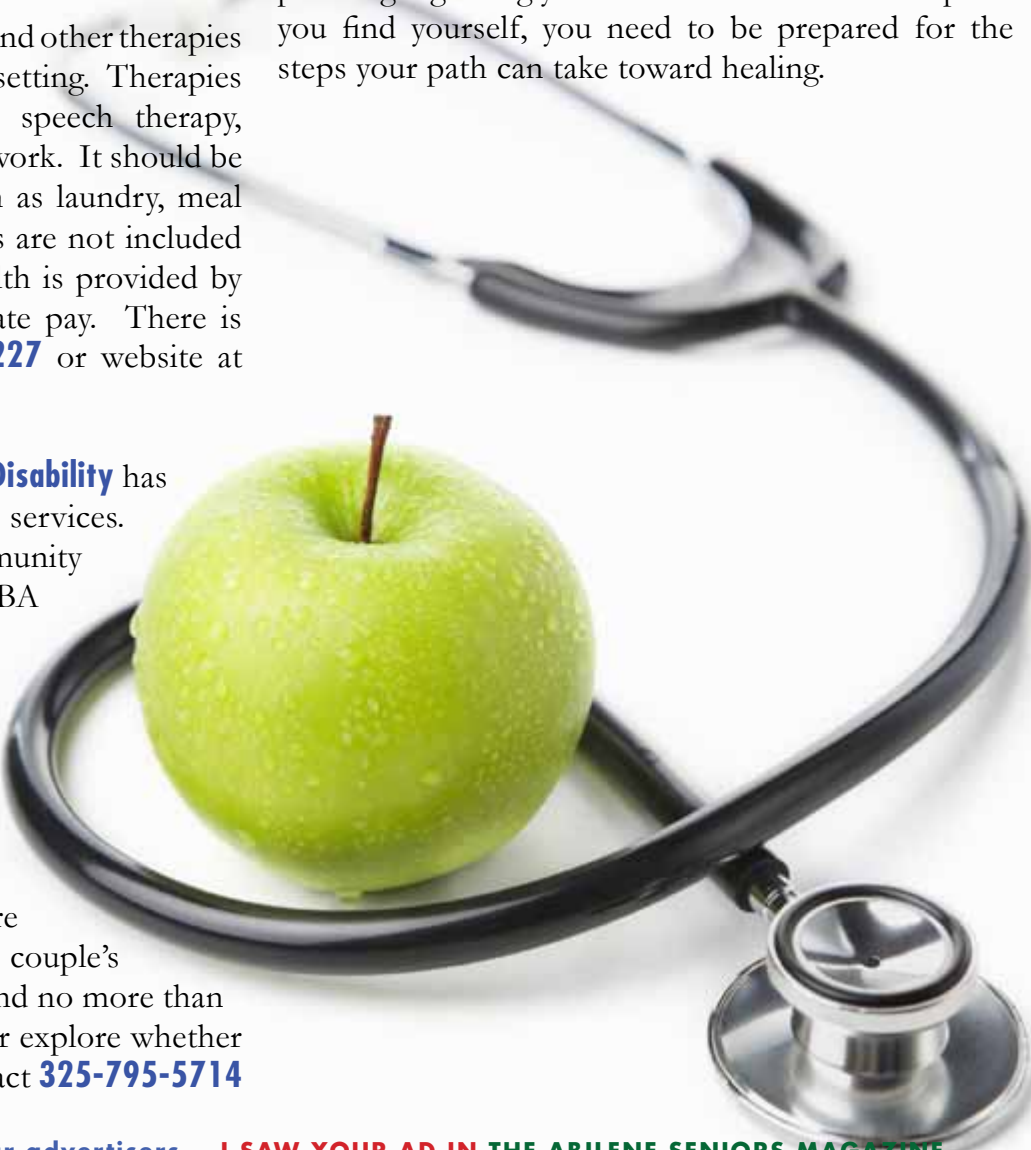
Home health includes skilled nursing and other therapies in the home, instead of an in-patient setting. Therapies include physical, occupational, and speech therapy, home health aids, and medical social work. It should be noted that homemaker services such as laundry, meal preparation, and other personal tasks are not included in home health services. Home health is provided by Medicare, private insurance, or private pay. There is a **Medicare helpline** at **1-800-633-4227** or website at Medicare.gov.

The **Texas Department of Aging and Disability** has Medicaid programs for homemaker services. Programs such as CCAD (Community Care for Aged and Disabled) and CBA (Community Based Alternatives) are funded by Medicaid. Other benefits are the Emergency Medical System as well as home-delivered meals. To qualify for Medicaid, there is an application process. An individual's financial limits are no more than \$2,130 per month income and no more than \$2,000 financial resources; a couple's limits are \$4,260 or less per month and no more than \$3,000 financial resources. To further explore whether you qualify or to refer someone, contact **325-795-5714**

or **2-1-1** or visit **www.211texas.org**.

For medication assistance or to research local social services, contact **Taylor County Social Services** at **325-674-1341**. Likewise, the West Central Texas Area Agency on Aging has an Ombudsman who advocates for quality of life and care to residents in nursing homes and assisted living. The local **Ombudsman** contact number is **325-672-8544**.

This information may certainly come in handy one day. Of utmost importance is the issue of long-range planning regarding your healthcare. At whatever place you find yourself, you need to be prepared for the steps your path can take toward healing.



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