

**Subject:** Re: Moving Dad to the Bay Area around 9/10

**From:** Mark Cao <mark.cao@gmail.com>

**Date:** 8/7/2023, 2:03 PM

**To:** Hanh Cao Yu <hanh.cao.yu@stanfordalumni.org>

I am starting the process of moving Dad out of Sterling. This has to be started early because I'm sure they have an advance notice that has to be adhered to. I am assuming that is 30 days.

If his move needs to be delayed, we'll cross that bridge later ...

On Mon, Aug 7, 2023, 11:40 AM Hanh Cao Yu <[hanh.cao.yu@stanfordalumni.org](mailto:hanh.cao.yu@stanfordalumni.org)> wrote:

Okay.

I'll keep an eye on the staff when I'm there next week and help out where I can. Caretaking of the bedridden elderly is difficult work. Dad has a lot of needs. I noticed that if he's physically weak, he's sweet and mellow. As he gets stronger, he can get psychologically unstable, demanding, and foul tempered.

If Dad is more stable by early Sept, it's good to get him up here. LMK if you need help with visiting sites in Fremont. There's a cluster of Kaiser facilities on Paseo Padre, including a Kaiser Hospital.

Kaiser hospital

39400 Paseo Padre Pkwy · (510) 248-3000

Open 24 hours

FYI. I have a number of trips coming up:

- 8/14-18 - OC
- 8/22-29 - N. Carolina
- 9/6-9/8 - MN
- 9/12-15 - Portland
- 9/18-23 - OC
- 9/26-9/29 - LA

I bought plane tickets to visit Dad 9/18- 9/23, but can cancel the flight if Dad's in the Bay Area. H.

On Mon, Aug 7, 2023 at 9:33 AM Mark Cao <[mark.cao@gmail.com](mailto:mark.cao@gmail.com)> wrote:

Hanh,

I'm thinking that Dad should move to the Bay Area in September. I'd like to target Sunday, September 10th. Ideally, to Fremont, since that is right at the midway point between your home and mine. Dad is all for it. Once I narrow down to two or three good spots, I'll let you know

what they are.

I'm thinking of hiring a private nurse to accompany him during the long transport. But I am told that that's hard to do, because nobody would want to assume the legal liability.

Originally I was thinking of a minimum of two months of him staying at the B&C in HB, but I'm not that impressed by what I have seen so far.

- \* He says there was physical therapy, but not daily.

- \* Erly is fine (thought she seems too petite to handle heavy people). The guy seems really lazy. He also has an attitude, and he doesn't appear to have a good temperament to handle old difficult people.

- \* I don't see them fortifying drinks with protein like they said they do. I don't see any evidence of activities for the residents.

- \* I don't see them following instructions about putting thickener in liquids.

- \* The bell and call button weren't where Dad could reach them.

So, this is just an average B&C. Hyped sales. But at least with some experience, now we know what to look for in the next B&C.

Huy

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Hanh