

# Antioch Senior Journal

An illustration of a woman with a halo, a dog, and a man in a car. The woman is on the left, smiling and looking towards the right. A dog is lying down next to her. The man is on the right, wearing a hat and glasses, looking towards the left. They are all inside a car, with the man's hand on the woman's shoulder. The background is a light, warm color with horizontal lines.

EXPLORE QUAIL LODGE

SELLING YOUR HOME  
CONSULT CHRISTINA RICE

WHY WE STILL LOVE LUCY

DO PETS IMPROVE YOUR HEATH?

TAKE THE QUIZ

ARE YOU READY FOR RETIREMENT LIVING?

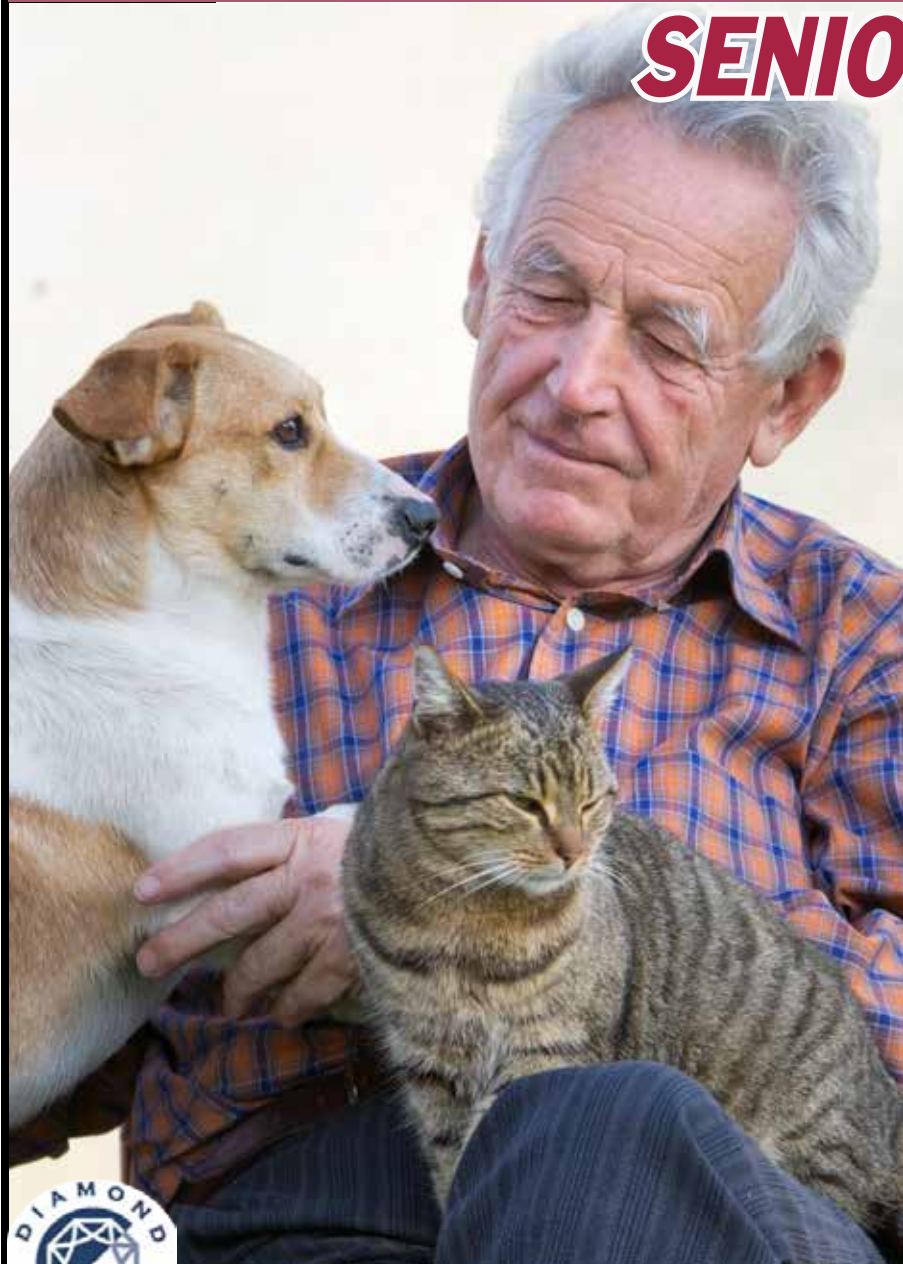
EAST BAY SUCCESS STORY

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# *Greetings* FROM MIRANDA FELIX.

It's our pleasure to invite you to enjoy this issue of the Antioch Senior Journal! Our magazine is intended to educate, enlighten and entertain. You will find information regarding Quail Lodge Retirement Community as well as meet some of our many vendors who provide valuable support for our residents and families.

Quail Lodge Retirement Community is an Independent Living community located in beautiful Antioch, CA. We are located conveniently close to freeways, shopping, banks, hospitals and medical centers and well as two major airports. We are minutes away from BART, restaurants, senior centers and movie theaters. We are an active retirement community and take advantage of all the area has to offer.

When you enter the doors of Quail Lodge there is a definite feeling of home. Music fills the hallways, the wonderful scents from our culinary department tempt your taste buds. Friends are nurtured during our gatherings and happy hours and there is a general sense of calm and friendliness.

We seek to empower our residents to begin a new phase in their lives. Join us for a complimentary lunch and tour and let us show you how we can help make your retirement fabulous!

Miranda Felix

Community Development Director  
4850 Deer Valley Road, Antioch, CA 94531  
Miranda.felix@sunshineret.com | 925-595-7710  
www.QuailLodgeRet.com



Miranda Felix  
Community Development Director

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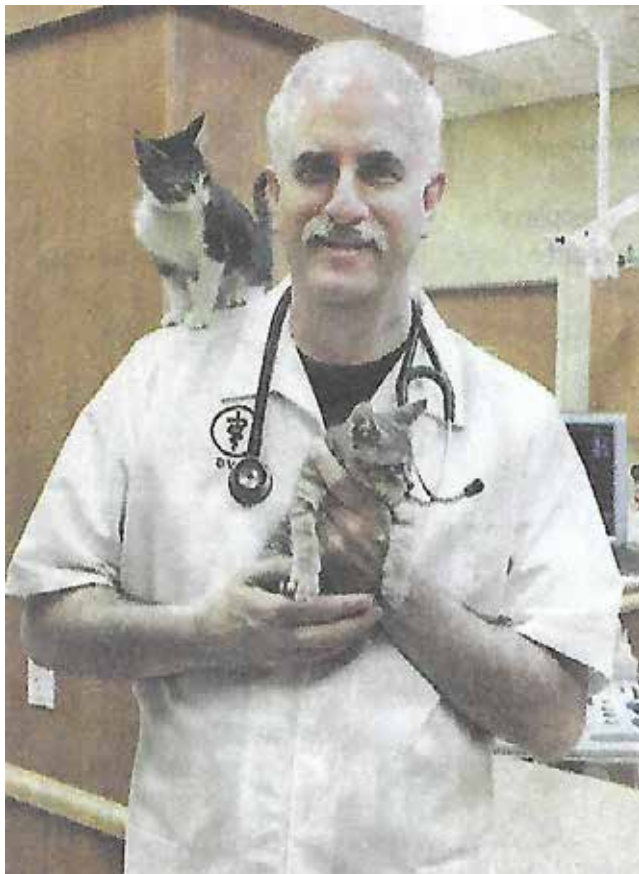
# *Do Pets Improve Your Health?*

**O**wning a pet is one of the most rewarding things in life; it can even improve your mental and physical health as you age.

Research shows that pets can help seniors reduce stress and depression; lower blood pressure, heart rate and cholesterol levels; increase social interaction and physical activity; decrease loneliness; and reduce anxiety, agitation and irritability of patients with Alzheimer's or dementia. While the benefits to seniors owning pets

are clear, pet ownership also comes with daily chores and responsibilities that can become challenging as we age and lose mobility.

Antioch Veterinary Hospital recognizes the importance of keeping seniors in retirement homes and those who have lost their mobility.



Dr. Howard Schutzman

Dr. Howard Schutzman, owner of Antioch Veterinary Hospital takes pride in contributing to the community by offering educational tours to schools and organizations; educational grants; internships and externships to college students; and working closely with local rescue organizations and senior citizens.

“Getting old is hard enough.” said Schutzman. “It is so important for older people to keep their pets as they age. The difference it makes in their lives is incredible.” Antioch Veterinary Hospital’s senior-outreach program includes visiting senior living facilities and providing veterinary services, vaccinations and exams. They also pick up and return pets for lab work and deliver prescriptions.

*Pets Improve your Health -Continued on page 18*

# Are you ready for retirement living?

Miranda Felix

## HOW TO BRING UP LIVING IN A FUN RETIREMENT COMMUNITY TO YOUR PARENTS

**M**any of us don't plan on living alone as we age, and your parents are probably the same way. You may often worry about them living alone and feel as though you aren't in a position to change this fact. However, this may not be the case and now may be the perfect time to bring up living in a fun retirement community to your parents. They may have some of the same concerns and worries that you have about them living alone.

### TOUCHY SUBJECT

You may be shaking your head and thinking that this is too touchy a subject to bring up to your parents - even if you do worry about their safety and health. It can be hard for you to talk to them about going to live in a retirement community, like Sunshine, and it may be hard for them to want to talk to you about it too. It's easy to have that thought of a retirement home being akin to a nursing home, or feeling like someone is being abandoned, but exploring the option of a retirement community is nothing like that at all.

The key to focus on in this conversation is joining a community. This is an opportunity for them to be among peers and enjoy their retirement years, thanks to the amenities that are available to them through a

community. This conversation can help to re-evaluate what everyone is thinking, and highlight all the benefits that are offered.

### CONCERNS YOU MAY SHARE

The number one concern that most people have about their parents living alone is probably safety. Living alone is not always the safest situation for a variety of reasons. Falls and other accidents can happen in the home, and living by themselves means that there may be a long wait before someone discovers what happened.

The same is true for medical emergencies, like problems with diabetes or heart attacks. There is also the factor that someone living alone may be targeted by identity thieves or other criminals because of the main fact that they were alone. It is easy to see how a child may worry over a parent that is alone for the majority of the day because of these safety concerns.

### QUAIL LODGE RETIREMENT COMMUNITY IS YOUR SOLUTION

These concerns shouldn't be swept under the rug to be ignored until something doesn't go as planned. At Quail Lodge Retirement Community, our mission is to make all of our residents feel as though they are home. Home should be a place

# When Lucy Met Desi



## For most of us, Lucy was born on October 15, 1951,

when *I Love Lucy* premiered. But by that time, Lucille Ball, already 40 years old, had appeared in some 60 Movies. Born in 1911 in Jamestown, New York, she quit high school at age 15 and headed for New York City. there she found work as an Earl Carroll showgirl and a Hattie Carnegie fashion model. A stint as the Chesterfield Cigarette Girl of 1933 led to her first Hollywood role as a window dressing in Eddie Cantor's *Roman Scandals*. Lucy evolved into a reliable second banana actress, but despite nearly 20 years in movies, and dyeing here hair red in the early '40s, she never found the solid Hollywood image that ensured stardom.

In 1940, appearing with Ann Miller in a musical, Lucy went gaga for Ann's onscreen dance partner, a handsome Cuban name Desi Arnaz. "It was love at first sight," Miller recalls. "Lucy swooned when she met him. She kept saying, 'Oh, Annie isn't he cute?' He was more cool than toward her-he had girls by the pound-but she was just enthralled." Even after the two had become a Tinseltown item, Desi called Ester Williams for a date. "Lucy was ready to kill me," Williams recalls. "I told her, 'He's too short for me!' and she said, 'Well he's not too short for me!' I said, "Then honey, marry him!" She did, within a year. But Lucy was stuck in Hollywood; Desi was a traveling nightclub star. They nearly



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Call Miranda Felix 925-234-4631  
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**GLAMOUR GIRL**  
In 1945, Lucy was still searching for a big-screen breakthrough. Real fame came only after she gave up her dreams of movie stardom and instead found her own path.

10 She began her career as a high fashion model who became in movie roles, a burlesque queen (*Dance, Girl, Dance*), a noir femme fatale, or a struggling actress (*Stage Door*). She was memorable in all.

*Why we still Love Lucy -Continued on page 20*



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# Are you considering buying or selling your home? Let me ease the process for you – here's what some of my clients have said about me!

**“I would highly recommend Christina Rice for the sale or purchase of a home. I was new to California and was out every weekend looking at open homes. I met Christina while looking and decided to have her help us purchase a special place to call home. Christina knows the market well; she worked with my husband and I to purchase our home. My husband was always out of the country, which made it a little trying, but Christina made it all happen. She was amazing at negotiating with the sellers and a few weeks later, I am now in my perfect home. Christina made it all happen with no stress to myself. Not only did I get my dream home, I also made a really special friend.”**

~ Pauline and Joe M.

**“Initially my wife and I weren't sure if we wanted to work with a realtor, so we started the home buying process on our own. Christina called us after finding one of our flyers that we were passing out and took us to dinner to talk about the current market environment. She was incredibly personable, knowledgeable, and professional, and we decided that night that we needed Christina's help. She was fantastic to work with. She fought for us when she thought we were being treated unfairly or taken advantage of. She promptly handled every action, no matter how small. She took care of everything that she could behind the scenes so as not to disturb us. She got us the house we loved with almost 20 other offers on it. Even when we had issues with the loan, Christina was there talking to the lender, realtors and mortgage brokers to ensure everything got back on track. We'll never buy another home in this area without the help of Christina!”**

~ Tyler and Nikki C.

**“Christina Rice is a wonderful person and an excellent, hard-working real estate Agent. As our agent, she led us through the crazy process of buying our new house. We wouldn't have made it without her.**

*Selling your Home? -Continued on page 13*





CHRISTINA RICE

REALTOR®

CALBRE #01934850

760 CAMINO RAMON, SUITE 200

DANVILLE, CA 94526



DIRECT: 925.216.0596 | FAX: 925.855.1333 | CHRISTINARICE@KWREALTY.COM | CHRISTINARICE.KWREALTY.COM

**We met Christina at the open house**, where she was a visiting agent. She walked through the house with us explaining the real estate buying process. The house was perfect for us, in the perfect neighborhood, but we didn't think that we could get it.

Because we had such a good connection, we chose Christina as our agent.

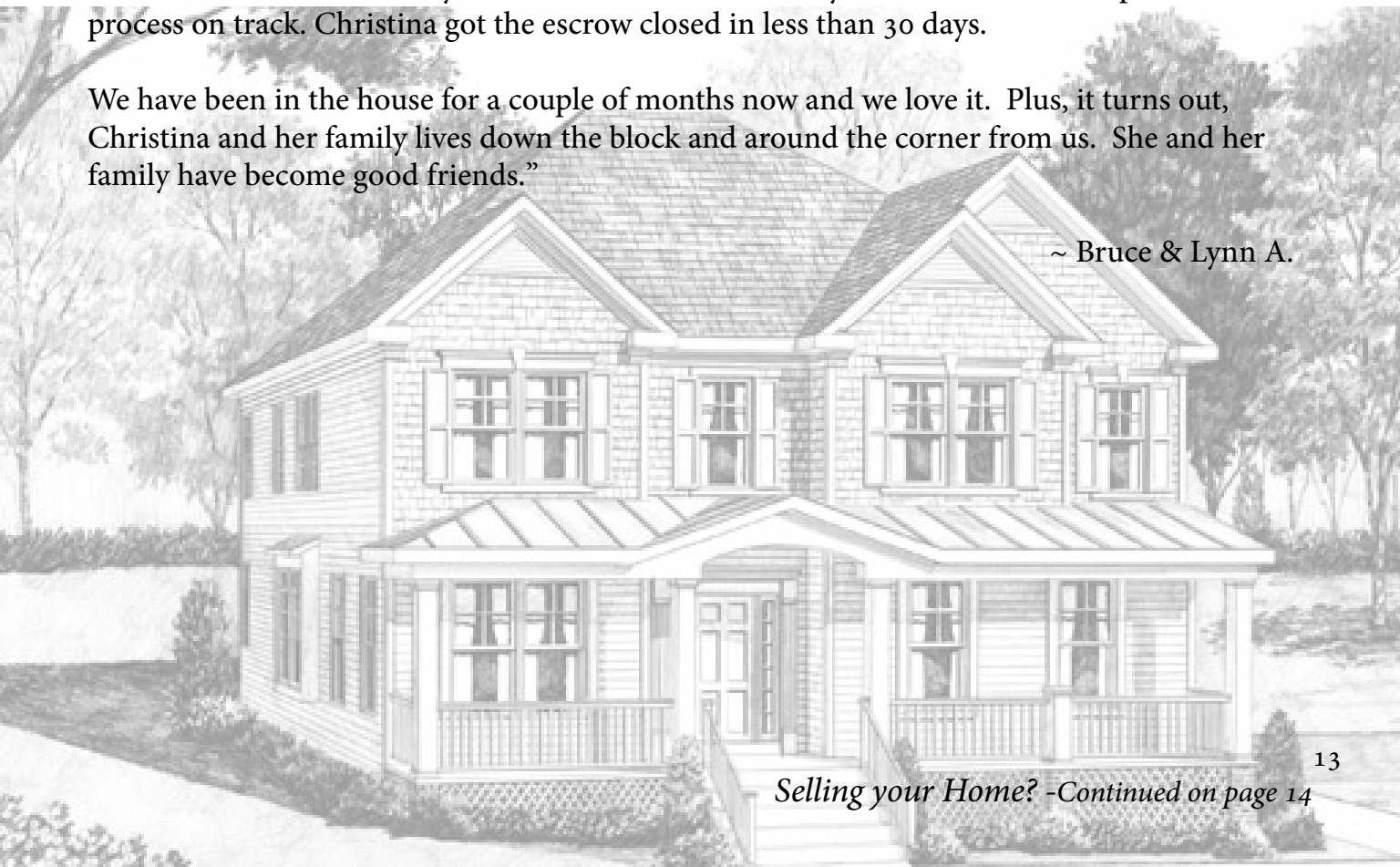
Christina suggested that we put in a bid and see what happened. She also recommended that we write a letter to the seller introducing ourselves and telling her how much we liked the house. The letter plus Christina meeting with the seller several times did the trick. We got the house.

Then came the hard part. The seller wanted a very fast escrow – less than thirty days! We were on the fast track with documents to deliver, forms to fill out and sign, money to move, and more documents to sign. We worked with Christina daily to get everything done on time.

Christina was there for us every time – she was the expert that held our escrow together. She shuttled documents and messages back and forth between the seller, the lender, and us. Christina worked constantly with the lender, and tirelessly with the seller to keep the escrow process on track. Christina got the escrow closed in less than 30 days.

We have been in the house for a couple of months now and we love it. Plus, it turns out, Christina and her family lives down the block and around the corner from us. She and her family have become good friends.”

~ Bruce & Lynn A.



Continued from page 13

**“I highly recommend Christina’s realtor abilities** and her unflagging devotion to finding the right fit for a home for me. She was always cheerful and professional and went out of her way to see to all the myriad of details involved in the home buying process. Christina always made me feel like I was of the utmost importance to her— taking phone calls at all days and times and never failing to answer any questions I had. Christina made home buying an adventure—she was excited about seeing a new house as I was! It all led to a happy ending; I found my home with Christina’s great help.”

~ Anne G.

**“After retiring and living in our home for 33 years,** my wife and I decided to downsize and move to a retirement community. After placing our names on a waiting list, we began a significant remodel to ready our home for sale. Shortly after we began, the unit we desired unexpectedly became available. Given that, we embarked on a crash program to hire a realtor, complete the remodel and put our home on the market.

This became a very stressful and daunting task until Christina came to the rescue. With her network, and knowledge of the local market, she helped us complete the remodel and generate a marketing plan for our home. She is an extremely knowledgeable, dedicated, and trustworthy person who was a delight to work with. However, in the end, what matters is a successful sale. Our home sold in a matter of days considerably above asking price.

As it turned out, we didn't care for the retirement community and decided to buy a townhome. Once again, we turned to Christina to help us find the perfect home. As before, she succeeded and found us the perfect home. Having dealt with Christina on both sides of a sale we found her to be not only extremely competent and knowledgeable of the local market but a delight to work with. When we decide to move on to a retirement community we will once again turn to Christina.”

~ John and Fran G.

Christina Rice's cell number - 925-216-0596



*Selling your Home? -End*

# Grand Living - Quail Lodge

At Quail Lodge Retirement Community, we pride ourselves on offering you choices that allow you to live your life the way you want. It's a simple concept that means you can take control of your time, find comfort in your surroundings, and be part of a community of friends and neighbors.



## WELLNESS AND FITNESS PROGRAMS

We have developed a robust Wellness Program with the goal of balancing our residents' physical and mental health, providing them with the tools needed to increase their energy and feel their best. Working with our corporate Wellness Director, our community Activity Director is focused on educating residents on ways to improve their range of motion, increase circulation, decrease pain and maintain a healthy weight.

# Grand Living - Quail Lodge

## COMMUNITY AND APARTMENT FEATURES



Our Quail Lodge offers beautifully appointed studios, one and two-bedroom apartments, conveniently available in a variety of floor plans. All of our beloved residents can sleep soundly knowing they live in a secure and safe environment that includes on-site staff 24/7. Additionally, each apartment comes equipped with safety pull-cords throughout, to provide that extra sense of comfort.



# Grand Living - Quail Lodge

## THREE HEALTHY CHEF-PREPARED MEALS DAILY

Delicious, well balanced and nutritional meals are an important part of our resident's lives. We are focused on providing an exceptional dining experience offering three flavorful meals daily, prepared from scratch by our professionally trained chefs.



### Anytime Dining



### Private Dining

Every dish is a masterful integration of freshness and flavor, utilizing only the highest quality meats, seafood and produce available. Meals are served in the community's spacious dining room where residents can share a warm and comfortable social environment. Residents may also reserve the private dining room for a special event or intimate meal with friends or loved ones.

*Continued from page 6*

“A person’s pet might be the last thing they have in their lives” said Schutzman. “The owners feel a camaraderie with their pets, who are also aging and just having another living being to care for makes a huge difference in their life.”

One of the retirement homes Antioch Veterinary Hospital visits is Quail Lodge Retirement Community, in Antioch.

“The visits from Antioch Veterinary Hospital are huge,” said Miranda Felix of Quail Lodge. “Some seniors don’t get pets, because they don’t know how they will get them to and from the vet. These visits make it possible for them to have another living companion in their life to take care of, which brings them so much joy.”

The reward of keeping seniors with

their pets is something that reminds Schutzman and his team why they do what they do.

“If we can help seniors and their pets together, it makes us feel like we are doing something right” he said.

Antioch Veterinary Hospital has two locations in Antioch: At 5151 Deer Valley Road, open seven days a week; and at 1432 W 10’th Street in Antioch, open six days a week. For more information, visit [www.antiochvet.com](http://www.antiochvet.com) or call 925-350-8938.

Dr. Howard Schutzman, of Antioch Veterinary Hospital, recognizes the numerous benefits of seniors owning pets and works with his team to help seniors keep their pets.

*Continued from page 7*

of safety, and that’s what we provide. Our dedicated staff are experts at providing our residents everything that they need. These professionals are available to your parents on-site every day of the week. There is no problem that our staff can’t help solve. We pride ourselves on bringing a true sense of neighborhood to those involved in our community.

## BENEFITS

There are a number of benefits to living in a retirement community made up of like-minded seniors, in addition to some great amenities and 3rd-party medical personnel available.

## ELIMINATE ISOLATION

18 You may worry that your parent is unable

to get involved in community activities, and that you don’t really have enough time in your day to spend a large amount of quality time with your parent. A retirement community is an excellent solution, and it can be a great place to make new friends.

## FOCUS ON YOUR PARENTS

Another amazing benefit is that your parents will be able to focus on themselves without having to think about all those things that come into play when living alone. Maintenance on an aging house is never a lot of fun; even condos require the homeowner to be involved with maintenance inside and outside of the condo. All of this takes up time that you and your parent(s) may not have and could be spending that time with each other for

*www.QuailLodgeRet.com -Continued on page 25*



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wither like a deflated balloon, her Donald Duck eyelids at half mast, as she begins to feel the alcoholic effects of the “health” drink.

The characters she did, the ruses she played, had an ulterior purpose—or rather a purpose that was both subversive and the subtext of the show: Lucy wanted to get out of the house and into show business. And Ricky, the bandleader, the “star”, would do anything—and did—to prevent that from happening. With their downstairs neighbors, Ethel and Fred Mertz (Vivian Vance and William Frawley), they uncannily intuit today’s celebrity madness; not only did Lucy go gaga over every boldface name that came within her ken, both the Ricardos and the Mertzes were shameless, jumping at every opportunity to get their names in lights.

divorced in 1944, and the rare times they were together they fought bitterly. Finally they found a way to combine their careers, and in front of millions of viewers, and they achieved what Lucy had sought her entire life: stardom in her own spotlight. In the course of the series they had two children: Lucie, born in 1951, shortly after the pilot episode was shot, and Desi, Jr., born to unprecedented publicity in 1953, for the rest of us, they created the most popular TV series of all time. Nothing in her Hollywood career could have prepared us for the wild and crazy Lucy of television. Being a clown with impeccable timing and beauty legs was a contradiction movies weren’t equipped to handle. Beauties aren’t suppose to slouch or mug—it contorts their cover features, ruins their posture, carves permanent lines in their faces. Ball will let the model’s carriage go to slack, sag—and in the Vitameatavegamin episode,



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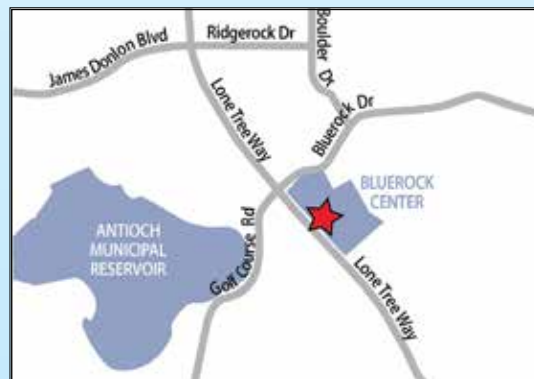


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# East Bay Success Story

When Angela and Vinny DiNicola found themselves in the position of providing care for an elderly family member, the couple learned firsthand the importance and need for quality in-home services. This experience led them to establish HomeLife Senior Care in 2010. “Considering the needs of our own parents,” said Angela, “our desire was to use what we learned to create a premiere, affordable, in-home care service built on a foundation of compassion and dependability; offering families peace of mind by providing their loved ones with the best-trained caregivers in the industry, and the dignity and compassion they deserve.”

Specializing in Alzheimer’s, dementia and hospice care, HomeLife Senior Care provides a wide range of personal and companion care services to help seniors remain in their homes for as long as possible. Someone is available to help 24 hours a day and there is no minimum number of hours; services are available from less than one hour a day to around the clock. HomeLife’s quality of care for elderly patients is recognized by hospitals, skilled nursing facilities, physicians, patients, clients and their families. Their motto, “Our family helping your family” is consistent with how they operate; with loving, personalized and affordable services. Their highly trained, state-licensed caregivers have earned the company numerous awards and an A+

rating by the Better Business Bureau.

HomeLife Senior Care provides free, no-obligation consultations to determine how to best meet their client’s ongoing needs. “The well-being of the seniors in our community is our focus,” said John Maier, CEO of HomeLife Senior Care. “If during the consultation we determine that in-home care isn’t the absolute best option for the senior, we’ll connect them with others in the local health care industry who can better help them.”

Gayle in Antioch called HomeLife Senior Care for help with her mother-in-law’s needs. “My mother-in-law is very happy with her caregivers. They are extremely helpful and kind. She enjoys their company and marvels at how much they get done for her during their shifts. They are exactly what she needs. My husband and I think mom is truly benefiting physically and mentally from their presence. We are pleased to have found you.”

Dedicated to ensuring their clients are getting the best of care, HomeLife Senior Care hired the industry’s leading satisfaction management firm, Home Care Pulse, to interview their clients regularly and supply them with powerful insight and data that allows them to provide better care to those they serve. “Our commitment to providing the highest quality of care to

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# Fictional Females

## ACROSS

- 1 Ump
- 4 Electric units
- 8 Dixie abbr.
- 11 Recipe abbr.
- 15 Highly spiced stew
- 17 Trench, for one
- 18 Was in front
- 19 Amphitheater
- 20 "Streetcar" passenger
- 23 Handel's "\_\_\_ Music"
- 24 Belle's perch
- 25 Treasurer's collection
- 26 Dirty old man
- 27 Mideast land: abbr.
- 28 Family rooms
- 29 Computer connector
- 30 Make into an "in"
- 33 Lipstick shade
- 34 New World alliance: abbr.
- 35 Trite sayings
- 38 Brewery fixtures
- 39 Congeal
- 40 Highest point
- 41 Greek Letter
- 42 Internet suffix for UCLA
- 43 Discovery shouts
- 44 Fattens the pot
- 45 Floating trash-carrier
- 46 Agent Orange ingredient
- 48 Teen bane
- 49 Guffaws
- 50 Tom Sawyer's beloved
- 54 Imp with a mean streak
- 57 You are, in Yurgay
- 58 Bounds
- 61 Jon Arbuckle's dog
- 62 Like some golfers' pants
- 64 Slices
- 65 "\_\_\_ the land of the free..."
- 67 O'Tooles rank: abbr.
- 68 Speak like Durante
- 69 Sounds of sorrow
- 70 Ashtray item
- 71 Talk back to
- 73 Giants giant Mel
- 74 "\_\_\_ Is Spinal tap"
- 75 Limber
- 76 Item in an exec's car
- 78 Tone-\_\_\_
- 79 Possessive word
- 80 Scoff at
- 82 "The Seventh \_\_\_"
- 83 "The Marseillaise, e.g.
- 87 Alienated

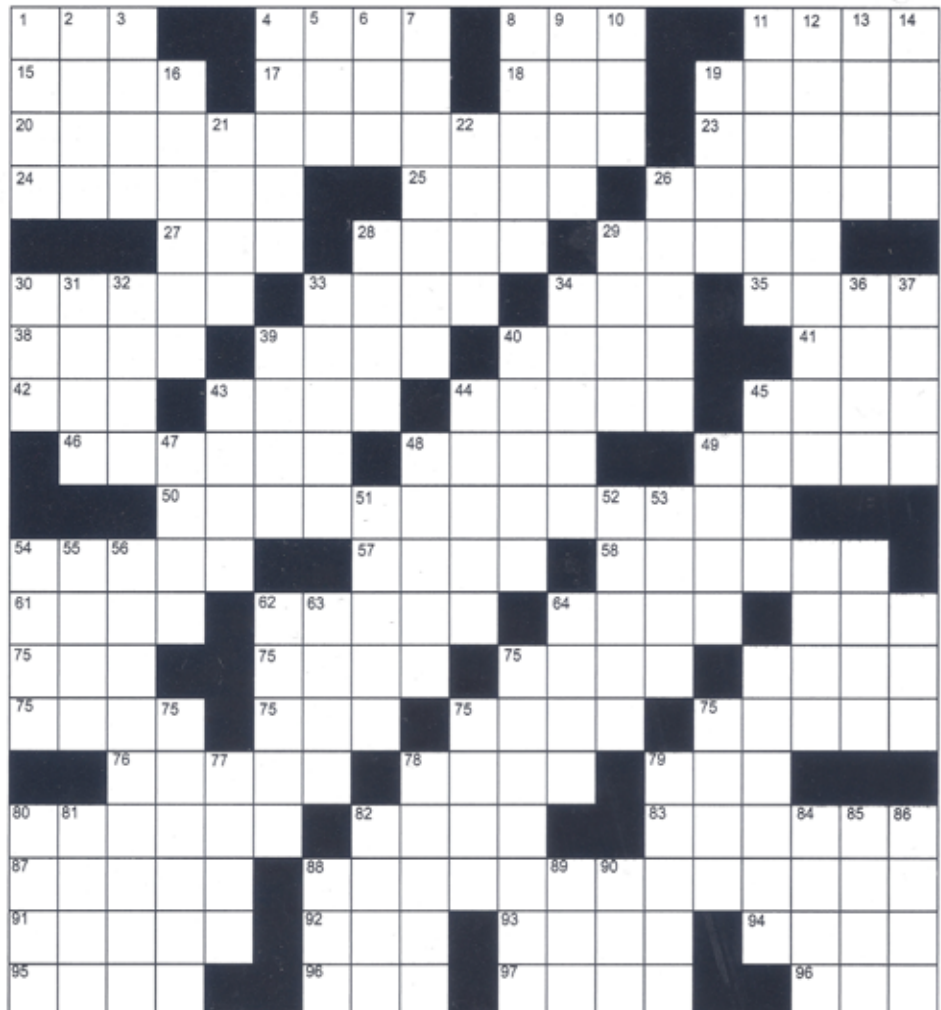
- 88 Bell who married Charles Hamilton
- 91 Scrooge
- 92 Cohort
- 93 Source of terror in tales
- 94 Dove towards home
- 95 Free ticket
- 96 Noon preceders: abbr.
- 97 Sad sack's plethora
- 98 Barely make do

## DOWN

- 1 Plunders
- 2 Glossy fashion magazine
- 3 Before fish or foot
- 4 Yellowish pigment
- 5 Garden Tool
- 6 Like Carroll's Hatter
- 7 Class member
- 8 "A Lesson from \_\_\_"(Fugard)
- 9 Luau accessories
- 10 Billboards, e.g.
- 11 Impressions
- 12 Shy Little Woman
- 13 Dirk, of old
- 14 One of Henry VIII's Catherines

- 16 Larks
- 19 Fearful of
- 21 It is, in Paris
- 22 Hooley
- 26 Mislays
- 28 God: Sp.
- 29 Broadway's Auntie
- 30 Enos's grandmother
- 31 Alan who played Shane
- 32 Vanity case
- 33 Cheap wine, to a Brit
- 34 Group of eight musicians
- 36 "\_\_\_Nellie!"
- 37 Some pigs
- 39 Tony
- 40 Pavlova and Karenina
- 43 Wagon train team
- 44 Needed Anacin
- 45 Colorful Asian dress
- 47 Orchestral instrument
- 48 Aweigh
- 49 Shorten a skirt
- 51 Pizzamaker's need
- 52 Bats
- 53 Batters' desires
- 54 "What \_\_\_ It Take" (Jr. Walker hit)

- 55 Actress Best
- 56 Devoted nurse in "A Tale of Two Cities"
- 59 Racetrack regular
- 60 Green of "The Italian Job"
- 62 Liable (to)
- 63 After the bell
- 64 Hair style
- 66 P.O. course
- 69 Not deep
- 70 Origins
- 72 Beams
- 74 Sign of sadness
- 75 TV host Jay
- 77 River in Germany
- 78 Negotiates
- 79 Detests
- 80 Musty
- 81 Author of "grace Before Meat"
- 82 Confidence game
- 84 Healthy
- 85 Estrada of "CHiPs"
- 86 Constructed
- 88 Spring water source
- 89 "Hang on to Your \_\_\_" (the Beach Boys)
- 90 Three: Ital.





Continued from page 18

games or other fun activities!

A retirement community makes it possible to put the focus on growing relationships and spending time with those your parents love and care about. The same is true for cooking - some people have a passion for cooking, while others couldn't care less if they ever have to cook again, both situations are perfect for Sunshine. You can cook for yourself or let us do the cooking for you. The focus should be on your parents, and not a list of chores that need to be done around the home.

Going into a conversation about a retirement community is never easy, as most people don't want to think about what

happens when you grow older. The time is now to have this discussion about what a retirement community consists of and the benefits that can come from joining one.

Please do not hesitate to contact us if you have any questions about the services we provide, or how we help to take care of your loved one today. Quail Lodge Retirement Community has weekly activities that include physical exercise, brain games and socializing. If any members of the public would like to join the residents at any of their events and outings, or to join them for a home-cooked meal, call a staff member today at: (925) 391-8901 or email [QuailLodge@sunshineret.com](mailto:QuailLodge@sunshineret.com).

*Are you ready for retirement living? -Continued on page ??*

## Take the Quiz: *Are you ready for Retirement Living?*

To determine if you or a loved one could benefit from moving to a retirement community, please answer a few questions below.

1. Do you feel lonely and wish you had someone to talk to regularly or a friendly face to stop by and ask you if you need anything?
2. Do you feel insecure in your home? Are you worried About your personal safety?
3. Do you have to arrange your appointments around other people's schedules or is it difficult for you to find transportation?
4. Do you worry about the expense of having to replace appliances or the air-conditioning system—or pay home owners taxes or HOA fees?
5. Are your housekeeping chores and laundry becoming too difficult for you?
6. Do you worry that in an emergency there is no one available to help?
7. Does it feel like everyone you know is in poor health or has moved away or died?
8. Are you isolated from fun activities and opportunities to do something with people your own age?

If you answer YES to three or more of these questions, it may be time to consider moving to a Retirement community. Let us us help.

Miranda Felix at 925-234-9631  
[Miranda.felix@sunshineret.com](mailto:Miranda.felix@sunshineret.com)

Visit Quail Lodge and join us for lunch and tour so you can see first-hand why so many of your friends and neighbors have chosen to say good-bye to the worries of living alone! 25

# At Home and on the Go!



## *Keeping You Connected: At Home and on the Go!*

**Imagine** having your own personal connection – at the touch of a button. ANYWHERE-ANYTIME peace of mind.

Horizon Home Health provides patients with a remote monitoring option for them to receive help 24/7. The service is meant to coordinate patient care and reduce the risks of ER visits and/or hospital readmissions. This service is known as **Horizon Connect**. Patients with Horizon Home Health that receive this service can use it for anything that they need, whether it be questions regarding medication or finding transportation to an appointment. **Horizon Connect** wants to make sure the patient is taken care of no matter their question or issue so that they can remain independent as long as possible.

**Horizon Connect** is designed to ensure that patient's main caregivers and clinical providers stay informed of their health status and that their individualized care plans are followed. The service is bundled within the first 60 days of Horizon Home Health patients' service with no cost to the patient.

Director of Patient Care Services, Wanda Pene RN, remarks "I like knowing what our patients' needs are right away. With the **Horizon Connect** device we are able to coordinate whatever the need is (and not just emergencies) very rapidly, which ultimately results in preventing hospitalizations or ER visits."



# HORIZON CLINICAL SERVICES

Before using **Horizon Connect**, 94-year-old Eugene B., a patient of Horizon Home Health, who suffers from Dementia, would call 911 once or twice daily. Many of these calls resulted in ambulance rides and hospital visits. He and his family received many bills from the hospital due to those rides and visits. With **Horizon Connect**, Eugene is now able to press the button as many times a day as he needs and one of our live Care Center representatives can assist him with whatever his request may be, emergent or non-emergent. Recently he activated the button for an emergency as he was having chest pain and shortness of breath. The Care Center team dispatched emergency services and he was transported to the hospital. Per his doctor, if he hadn't pressed the button when he did, he would've gone into cardiac arrest. **Horizon Connect** saved Eugene's life.

**Horizon Connect** is especially recommended for anyone who has a chronic illness, takes multiple medications, has a history of falling or dizziness, has vision deficiencies or experience muscle weakness or mobility problems when walking or climbing stairs.

Horizon Clinical Services LLC, Orinda, CA, is committed to provide a wide range of quality home health and hospice services to patients in the comfort of their own homes. Our goal is to assist patients in achieving the maximum level of functioning by individualizing their care and using a multidisciplinary approach. We coordinate with your physicians, and other health providers to help you achieve your best health and attain your highest level of independence.

## For more information on Horizon Connect

Complimentary for the First 60 Days – Start Your Trial Now!

Call 855.707.6983 or visit us at: [www.hhhcs.com](http://www.hhhcs.com)





our clients is only possible if we have a full understanding of their needs,” said Maier. “By receiving their invaluable, untarnished feedback, we are better able to identify and react to our clients’ needs in a very timely and effective way.” HomeLife Senior Care received both the Provider of Choice and Employer of Choice awards for receiving higher than 90% satisfactory feedback from their clients and caregivers in all 20 categories over the previous year.

HomeLife Senior Care’s high level of client satisfaction is due in large part to their hiring and training practices. Any caregiver who is seeking employment with HomeLife Senior Care is put through an extensive pre-hiring process that includes multiple interviews, a background check, a drug test and an orientation process. “Our aim when hiring caregivers is to only hire the cream of the crop who have a genuine passion for helping seniors,” said Maier. All of HomeLife’s caregivers undergo continuous training through a nationally recognized and state-approved certification program and are state-registered, bonded and insured.

local company as one of the reasons for the rapid success of the business. “We are not a franchise or a registry whereby the latter doesn’t employ their own caregivers,” he pointed out. “HomeLife Senior Care is different because our focus is on our clients, their families and on training our caregivers. We are constantly honing our systems and procedures. We personalize our service, we customize it, and we are always improving on it.”

HomeLife Senior Care has grown over the years and now serves all of East and Central County, Rio Vista and Tracy with more than 100 staff members. “Our goal



# COST COMPARISON WORKSHEET

Call for your monthly investment  
 at Quail Lodge **925-234-4631**,  
 ask for Miranda

## Cost of Living Comparison Worksheet

All-inclusive living enables our residents to enjoy a more simplified day to day life, yet highly cost effective, which you may find hard to believe. How do I get all of these services AND save money?

If you are considering a move, we invite you to use our cost of living comparison worksheet to see for yourself. We think you will be surprised and delighted by our bottom line!

	Your Cost	Your Cost with Sunshine (☑ = Included)
<b>HOUSING RELATED COSTS</b>		
Monthly Mortgage/Rent		☑
Property Insurance		☑
Property Tax		☑
Home Maintenance (Includes Appliances)		☑
Security Services		☑
Cable Services		☑
Monthly Water & Sewer		☑
Monthly Electric & Gas		☑
Lawn Care and Landscaping		☑
Pest Control Services		☑
Trash Disposal		☑
Weekly Housekeeping & Linen Service		☑
<b>SERVICES AND AMENITIES</b>		
Healthy Chef-Prepared Meals (3 Daily)		☑
Flexible Transportation to Shopping and Appointments		☑
Daily Wellness and Fitness Programs		☑
Entertainment, Social Activities and Outings		☑
Fire Alarm System (Sprinklers, Smoke Alarms)		☑
Staff Available to You 24/7		☑
<b>TOTAL MONTHLY COSTS:</b>		

Continued from page 28

is to be the very best, most compassionate and most dependable senior care provider in the area," DiNicola said. "We don't judge our success on whether or not we are the largest senior care provider, our only criteria is that we provide the best quality of care."

HomeLife Senior Care's passion is to dedicate themselves to seniors and those in need. They're committed to improving their quality of life and helping them to maintain their independence and promise to provide exceptional in home caregiving assistance by treating them with dignity, respect, and offering peace of mind for their families.

Covered by both long-term health insurance and veteran's benefits, call (925) 240-5440 today or visit [www.homelifeseniorcare.com](http://www.homelifeseniorcare.com) for a free consultation and to learn how HomeLife Senior Care's family can help your family.

*East Bay Success Story -End*



# HEARING SERVICES O F A N T I O C H

**At Hearing Services of Antioch,  
we truly believe that better hearing leads to a better life.**

Our patient-centered approach allows us to focus on satisfying your hearing care need, whatever they may be. Our practice will work with you to diagnose and find solutions for your hearing, tinnitus, and balance needs using state-of-the-art equipment and the most advanced technology. Because our focus is entirely on your unique needs, coming to Hearing Services of Antioch means that you'll experience patient care that is specific to you, with exceptional follow-up care that ensures your hearing and balance needs are being met.

Hearing Services of Antioch wants you to be satisfied with your care. We are a local, independent, community-oriented practice. Our services are fully guaranteed, meaning we are committed to listening to your concerns, and your technology is always perfectly fit to renew your world of hearing. A strong patient-provider relationship based on honesty, integrity, and values is what we strive for, and we feel that this is the best approach to making sure you don't miss any of the precious moments in your life.

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For all our services and details visit: [HomeLifeSeniorCare.com](http://HomeLifeSeniorCare.com)



License # 074700003

# Christina Rice

Cal BRE 01934850

MBA, Marketing Senior Real Estate Specialist (SRES)

Graduate, Realtor Institute (GRI)

*Serving you with intent, insight, and integrity*

- I am a caring realtor who works with you at your comfort level.
- I enjoy building relationships with my clients and always give 150% to ensure that my sellers and buyers have the smoothest, most profitable selling experience.
- I am in charge of your transaction from start to finish ... kickstart to keys!
- I have the team - construction/renovation, packing, staging, cleaning, staging – to beautify your home and heighten its appeal.
- I create an individual marketing plan to maximize exposure and shorten your time on the market so you can move on to your new home quickly.
- I have testimonials from all of my clients and appreciate their repeat business and referrals.
- I am committed to providing a high level of professional services by securing a strong educational foundation.



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