



News from Traycee Home Services

November 2011

Dear Andrea

We thank you for your commitment and dedication in relying on and referring Traycee Home Services to Seniors and their families. As we are reminded in this Thanksgiving month, we would like to share this quote with you.

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

Wishing you and your family a
Happy Thanksgiving!

Warmly,

Barbara Traycee,
Vice President and Co-Founder

Sheldon Shlossman, President
The Traycee Home Services Family

On behalf of the Traycee Home Services Family

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Healthy Holiday Eating Tips



Do you know that the average Thanksgiving dinner has over 2000 calories? It can be a real challenge if you are watching your waistline. The following are some eating tips so that you can still look good and be healthy after the Thanksgiving dinner without



having to deprive yourself.
[Learn More](#)

Medicare Open Enrollment; It's Earlier this Year: October 15 - December 7, 2011

Questions About Supplemental Health Insurance

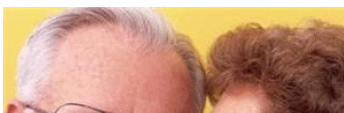
- Why Do I Need Medicare Supplemental Insurance if I Have Medicare?
Medicare Supplemental Insurance (or Medigap) policies are sold by insurance companies to provide benefits that Medicare does not offer. There are up to 12 standardized Medigap Policies (called Medigap Plans A through L). These policies must adhere to State and Federal laws that are designed to protect the insurance buyer. Each of these plans has a different set of benefits.
- Are all Medicare policies the same?
Yes and no. The Center for Medicare Services (CMS) has standardized the benefits associated with all Medicare plans. Medicare Part D, E, F, and so on provide the same coverage to everyone. However, private insurance companies are free to charge any amount for their policies. This is why it's best to compare pricing online and/or speak to an agent who can help you compare.
- Can I sign up with my spouse or through a family plan?
No, your spouse is not covered under your Medigap insurance. Each individual must be covered under his or her own separate policy.
- What if I have pre-existing health conditions?
Depending on your age and the enrollment period you may be in, pre-existing conditions may not be a factor at all. A licensed agent will be able to give you more information.



[Medigap.](#)

Americans Living Longer, Healthier Lives

Americans are living a full year longer than they were a decade ago.



"Within one decade, U.S. life expectancy from birth



increased to 77.8 from 76.8," says Carter R. Blakey, acting director of disease prevention and health promotion at the U.S. Department of Health and Human Services (HHS) in Washington, D.C. "That is tremendous."

The main reasons we are living longer, healthier lives is because fewer Americans are dying from breast cancer, colon cancer, prostate cancer, heart disease, and HIV.

These are some of the bigger "wins" that came out of HealthyPeople 2010. Each decade, the HHS sets lofty goals to improve the health of all Americans as part of the HealthyPeople program established in 1980.

HealthyPeople 2010 aimed to increase how long we live, how well we live, and to eliminate health disparities between ethnic and racial groups.

And by and large, "we are doing terrific," she says.

"We do face persistent changes with respect to eliminating health disparities,"

Blakey says. "We will continue to work on that as we move forward to Healthy People 2020."

Other works in progress address the obesity epidemic and tobacco use, she says.

"We have made some gains in reducing the rate of tobacco use, but we still need more work," Blakey tells WebMD.

"We also need to continue to tackle diabetes and other consequences associated with obesity," she says. "Once we can solve the issue of obesity, we'll see strides in all of the related conditions."

[Learn more.](#)

Upcoming Event

Facing Life Transitions:

What to Do and Not to Do When managing Someone Else's Finances

A Lecture by Thomas A. Pasquesi, J.D.

Tuesday, November 15, 6:00-7:30 p.m.

Lake Forest City Hall

Council Chambers - 2nd Floor

220 East Deerpath, Lake Forest, IL 60045

Learn the importance of determining when someone is suffering from physical or mental deterioration that necessitates the involvement of another in managing their finances and assets; and how to help without becoming a target of mismanagement claims. The role of legal tools like Powers of Attorney, Revocable Trust, and Guardianship proceedings will also be examined.

Mr. Pasquesi is a Lake County attorney with over 30 years of experience in handling trust, estate, and guardianship planning and related litigation.

Bring your questions, and come away calm and well informed.

This event is generously sponsored by:



and

Mary Beth Jones of MediationWorks

This is a free event, and open to the public.



As the winter months approach, **Traycee Home Services** is warmly giving back to the community. We will be collecting coats and winter wear for those in need. If you would like to make a coat donation, you can stop by our Highwood office at 448 Sheridan Road, Highwood IL 60035.

About Traycee Home Services, Inc.

Traycee Home Services has been helping families on the North Shore and Greater Chicago area enrich their own or a family member's lifestyle by providing professional support services since 1974.

Our Family Partners Program is founded on a philosophy of individualized service plans to meet the unique needs of each client.

Traycee also provides complimentary administrative support to advocate for Long Term Care Insurance plan reimbursement.

Call Traycee today to discuss our Life Circle of Services:

- **Nannies and Newborn Care**
- **Housekeepers**
- **Cooks**
- **Certified Nurses Aids**
- **Experienced Companions for Seniors**

Traycee services are available on-call 24-hours-a-day, 7-days-a-week.
Office hours: Monday to Friday, 9 AM - 4:30 PM

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