



News from Traycee Home Services

September 2011

Dear Andrea,

With another summer behind us and the busy fall season underway, we at Traycee Home Services are grateful you are taking the time to read our e-newsletter which is dedicated to presenting issues affecting home health care, aging and senior care.

The September e-newsletter discusses raising awareness for healthy senior living and understanding the World Alzheimer's Month.

As always, we appreciate what you do everyday for seniors and their families.

*All the best,
Barbara Traycee*

*Barbara Traycee, Vice President and Co-Founder
Sheldon Shlossman, President
The Traycee Home Services Family*

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Healthy Aging Month in September



- Some physical activity is always better than none. Try to work up to at least 30 minutes per day, 10 minutes at a time, 5 days per week of moderate activity. Walk alone or with a friend or family member!
- Do something you enjoy that raises your heart rate, such as biking, dancing, swimming, or tennis, or join a local softball team or an exercise class. Remember to stretch!
- Do something to strengthen your muscles twice a week, such as yard work (without power tools!) or lifting weights.
- Some exercises, such as yoga and tai chi, can be especially good for maintaining balance and flexibility.
- If you have any medical conditions or you are 65 or older, talk to your health care provider before starting something new.

[Learn more.](#)

World Alzheimer's Month

ALZHEIMER'S ACTION DAY

During the month of September, the Alzheimer's Association is observing the inaugural World Alzheimer's Month.

On September 21, Alzheimer's Action Day (AAD), the Association is asking people to wear purple and to take action in the fight of Alzheimer's.

In past years, the Association has joined organizations and people around the globe on September 21 for World Alzheimer's Day. This year, we are excited about the designation of the entire month of September as World Alzheimer's Month.

[Learn more about Alzheimer's Association.](#)



Upcoming Events

Facing Life Transitions & Difficult Conversations. A Conversation on Alzheimers and Dementia with Diana R. Kerwin, MD

Sponsored by Traycee Home Services and Mary Beth Jones at Morgan Stanley Smith Barney

Traycee Home Services and Mary Beth Jones of Morgan Stanley Smith Barney are sponsoring a three part lecture series entitled "*Facing Life Transitions & Difficult Conversations*" at the Lake Forest/ Lake Bluff Senior Center.

Have you noticed changes in your parents, friends or relatives, or in yourself, but you are not sure what it all means and what to do about it. This community event is an opportunity to hear from and ask specific questions of an expert in the field.

Our first premier event of this lecture series will feature Dr. Diana Kerwin, MD, from the Division of Geriatrics at Northwestern University and Assistant Professor at the Department of Medicine. Geriatrician, who has been the recipient of many prestigious awards.

Join us for wine and hors d'oeuvre's
Tuesday, September 20
6pm - 7:30pm

Lake Forest / Lake Bluff Senior Center at Dickinson Hall
100 East Old Mill Road, Lake Forest

Please **RSVP** at 847-234-2209
to save your place at this valuable event.

There is no charge to this event and everyone is welcome.

[Learn more about Diana R. Kerwin, MD](#)

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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