



Kathleen Salmon is the marketing director at The Birches at Newtown. Through personal experience, she pursued a career in senior living, allowing her to serve aging adults and their families for over a decade. Kathleen finds deep meaning when given the opportunity to share her knowledge with families and clients about the importance of having a plan in place.

Valuing the Invaluable

AARP's latest update of "Valuing the Invaluable" estimates that 38 million Americans spent 36 billion hours caring for adults with chronic, disabling, or serious health conditions.

Most family care partners—a spouse, adult child, relative, or friend—provide care with little or no support. Roughly 60% of caregivers juggle a full- or part-time work schedule in addition to completing caregiving duties. Those identified as the "sandwich generation" face dual-generation care demands, resulting in higher emotional and financial strains.

Nevertheless, their aging loved ones rely on them for daily assistance to stay independent, engaged, and healthy. The following introduces you to Mary and her family. Their story is representative of many family caregivers today.

Mary and her five siblings found themselves as family caregivers to their aging parents, who were living at home. Mary, who lived in closer proximity to their residence, oversaw care. At the time, she was also her husband's primary caregiver.

A home-care agency supplemented some caregiving duties, but Mary recalled checking in multiple times a week. "I still had to do all the meds and maintain the home," she said.

Mary noticed progressive changes in her mother's health, who had had a stroke that caused aphasia. "Her different medications had affected her mood, and she was a fall risk. I didn't feel comfortable with them remaining at home," she noted but was adamant that they remained together.

The family found peace of mind in The Birches at Newtown. "I liked the community's setup; it wasn't too big and provided a lot of care. Most importantly, my parents could stay together," she said.

Since transitioning to community living, her mother's mood has improved. She enjoys the music program, receives therapy when needed, and can get her hair done on site.

"My mom always loved to look nice," Mary said.

To find out how memory care at The Birches can help your family, please call 215-240-4829.

Why choose The Birches?

- **Winner of three national awards** from Caring.com, A Place for Mom® and U.S. News & World Report based on resident and family reviews.
- **FOX Optimal Living** provides all residents with one-on-one or small group fitness classes that focus on strength, flexibility, and balance.
- **Positive Approach to Memory Care** following Teepa Snow's nationally recognized program.

Learn more! Call 215-240-4829 to arrange a visit to our community!

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Personal Care and Memory Care

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