

Seniors stay in your Home?

So you're a Senior, and you want to stay in your home? Here are a few things that you must do:

- 1) Get rid of your junk. You do not need 40 copies of the "Good House Keeping" or 20 Final 4 shirts.
- 2) If you can, buy a single floor Ranch type home so you do not have to climb steps all day.
- 3) Have railings put on all steps leading out of your house. That includes the walk into your garage as well. There are groups that can do this for you as: Yellow Ribbon (952 985 4685); Rotary Club of Lakeville PO Box 433, 55044. There Clubs are all over Minnesota. It is suggested that you do this soon after you become a senior.
- 4) Appliances: this is toaster, microwave, washer, dryer, furnace, soft water heater and softener. Be sure that these are in good running order. You can take out a service repair with companies like Center Point for \$5.95 an appliance,
- 5) Rugs, you do not need them to trip over so pitch!
- 6) Wills, stay current, we will have more on this in the future,
- 7) Hoppy, keep your hobbies but if it is indoor plants; save 5 and pitch 5,
- 8) Delivery services; most grocery stores and restaurants deliver their products; take advantage,
- 9) Store hours: most grocery stores and companies. as Costco, have senior hours as 7:00 AM to 10:00 AM; take advantage of this. No Crowds,
- 10) Most Health Services, as Fairview, have in home service, check with these companies, Fairview is at 612 721 2491,
- 11) Insurance: be sure your policies are current with both Health care, home and auto,
- 12) Lawn and snow service, when you're a senior do not cut your lawn or shovel one shovel of snow! It is too easy to break a leg, arm or have a heart attack. There are many good companies that can do this for you. Darts is a good example. They not only cut your lawn but provide both Spring and Fall clean up. Cost is about \$40 an hour, 651 455 1560 or www.dartsconnects.org.
- 13) Home services: if you can do some of the dusting and minimum of the household chores that is fine; but there are companies as Darts, non -profit company that will do home services for \$38 per hour and they will change light bulbs as well,
- 14) Tools, wall paper equipment and painting: you are not going to do much of this so get rid of the tools to Good Will, kids and e Bay,
- 15) If you need elevator service since you did not get rid of your split home; firms as Ameriglide and Bathfitter are installing units for \$2000-\$2500. Also walk in baths are between \$2500 and \$5000.
- 16) Remember, try out and get your canes, walkers and portable walkers now,
- 17) These are just some ideas with more to come to keep our Seniors in their home.

Thanks, Don Slaten and Roger Gehrke