



### Tips On Selecting A Retirement Home

Finding that special place for Mom or Dad is one of the most important decisions you can make. Listed below are some helpful hints on what to look for when you tour a senior housing community.

As you are touring, remember that it is not the decor that counts, but the quality of care your loved one will receive.



#### Tip #1: Clean as a Whistle

Is the community fresh and clean? Look past the furnishings and into corners, baseboards, and windows. Ask how often housekeeping is provided in the apartment or room. What services does maintenance provide? What is their response time?

#### Tip #2: Follow Your Nose

Odors may indicate lack of cleanliness or a temporary problem that was caused by a recent incident. If you find odors in a concentrated area of the tour this may indicate a single incident. Odors throughout the community are likely to indicate a problem. Ask the manager what they believe to be the problem before proceeding.

#### Tip #3: Busy residents are happy residents

Ask to watch activities. Are they well attended? Does the staff seem to be enjoying the activity as well? View the community event calendar. Do they match your loved one's interests? Look for small and large group activities, trips or outings. Inquire about religious services if this is important.

#### Tip #4: Whistle while they work

Staff attitude and friendliness are of the utmost importance. Observe the staff interacting with current residents. Do they listen and make eye contact? If you feel welcomed while you tour, so will your loved one. Make sure to get a good understanding of the staffing pattern. How many people are truly involved in his/her care? Introduction to the management team will help you understand the goals of the property. Is the manager willing and available to meet with you? Do you have confidence in his/her management style and experience?



## BASIC APPLE PIE RECIPE

8 servings

This is my mom's recipe for apple pie (I've even successfully made it a few times!) You can make the crust or you can use a premade one.

### CRUST (recipe makes one double crust):

2 1/2 cups white flour  
2 tbsp. sugar  
1/4 tsp. salt  
1/2 cup cold butter, broken into small pieces  
5 tbsp. cold vegetable shortening  
8 tbsp. ice water

- Measure the flour, sugar and salt together. Stir to combine.
- Add the chilled butter pieces and shortening to the bowl. Cut them in with a pastry cutter or knife. Don't over mix them.
- Add the ice water. Mix until the dough holds together (add a bit more water, if necessary).
- Turn the dough onto a lightly floured surface, knead it together, then divide in half.
- Flatten each half into a disk, wrap in saran wrap and chill for at least half an hour.
- Roll out one of the disks on a lightly floured surface until you have a circle that's about 12 inches in diameter.
- Put the circle in a 9" pie plate, trimming any extra dough from the edges with a sharp knife (parents only). Return it to the refrigerator until you are ready to make the pie.
- Add filling (see below)
- Roll out the second ball of dough and cover top. Use a fork or your fingers to pinch the edges together. cut a couple slits in the top.