

“Your guide to  
living well every  
step of the way.”



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CuraLiving

AT BOCA RATON



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**CuraLiving**  
AT BOCA RATON

2950 NW 5th Avenue, Boca  
Raton, FL 33431

561-834-8889

Assisted Living Community  
License #12548

# Welcome to **Cura Living at Boca Raton**



## More Than Care - A Community

Experience exceptional Assisted Living for Seniors: comfort, convenience, and safety at an affordable price. Our comprehensive services include 24-hour supervised care, medical monitoring, and daily living assistance, all within a beautifully designed community that promotes relaxation and ease of navigation.

Enjoy the serenity of our lushly landscaped courtyard, engage in enriching activities such as arts and crafts, and join invigorating exercise classes. Indulge in culinary delights in our Fully Glatt Kosher dining room, where every meal is a delightful experience tailored to your preferences.

Contact us today to learn more about our services to discover how we can help support your loved one's care needs.



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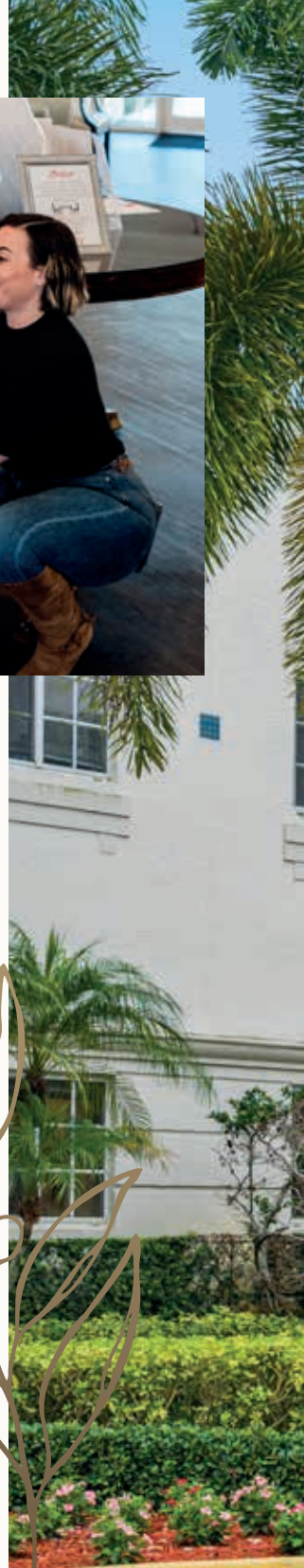


## About Us

Because this isn't just care -  
it's home.

Discover Cura Living at Boca Raton, a vibrant assisted living community dedicated to delivering personalized, compassionate care in a warm, beautifully landscaped environment. Nestled just minutes from I 95 in Palm Beach County, our community combines modern comforts — like studio, one- and two-bedroom apartments with kitchenettes, step-in showers, DirecTV, and complimentary WiFi — with dedicated support tailored to each resident's needs.

At Cura Living at Boca Raton, our mission is to enhance senior independence and enrich quality of life through compassionate, assisted living. We offer 24-hour supervision, medication management, wellness monitoring, and personalized daily living assistance — all delivered with dignity and respect.





# Services & Amenities



## Experience Daily Enrichment Activities

Our coordinators curate a diverse range of enriching social activities, always prioritizing the preferences and interests of Cura Living at Boca Raton residents. These events are meticulously planned to cater to the community's unique tastes and needs, offering opportunities for social interaction, leisure, and cultural exploration. Activities are hosted both within our welcoming grounds and in various venues across the vibrant Boca Raton area, ensuring residents enjoy a dynamic and fulfilling lifestyle.



## Lifestyle

- Selection of beautiful floor plan options
- Kitchen or kitchenette
- Step-in shower
- Closet
- Emergency alert system
- DirecTV
- WiFi
- Housekeeping and linen services
- Maintenance of apartment, community, and grounds
- Emergency Power Plan
- Featuring a Fully Glatt Kosher dining room



## Benefits

- 24-hour supervision
- Emergency call system
- Nutritional meals served three times daily plus snacks
- Personal care (help with bathing, dressing, eating, walking, physical transfer)
- Medication management (helping residents give themselves medications)
- Arrangement of health care services
- Transportation to health care services
- Health monitoring
- Respite care
- Social and leisure activities
- Mental health services
- On-site salon
- Pet friendly





## Salon Services

At Cura Living at Boca Raton, residents can enjoy a full range of professional salon services designed to help them look and feel their best. Our on-site, fully licensed hairdresser provides personalized hair care including cuts, color, styling, and blow-dry services, as well as nail care for hands and feet. All services are offered à la carte, allowing residents to choose the treatments that best suit their preferences and needs.

Regular salon visits do more than maintain appearance, they play an important role in overall well-being. For older adults, engaging in beauty and grooming services can boost self-confidence, encourage social interaction, and provide a sense of normalcy and self-care. At Cura Living, we believe that feeling good starts with looking good, and our salon is here to support both.



# Paws & Companionship



## A Guide to Pet-Friendly Senior Living

At Cura Living at Boca Raton, we understand that pets are family. That's why our community proudly welcomes residents and their furry companions to continue living side-by-side. For a small one-time fee, residents can bring their pets to join them in their new home. We simply ask that each pet have up-to-date vaccination records on file to ensure a safe and healthy environment for all.

The bond between older adults and their pets is incredibly meaningful. Pets provide companionship, comfort, and unconditional love, helping to reduce loneliness, lower stress, and encourage daily activity. In assisted living, having a pet can offer a sense of purpose and routine that enhances emotional well-being and overall quality of life. At Cura Living, we celebrate that connection and are committed to creating a warm, welcoming community for both residents and their pets.

# What Our Residents Have to Say...



Cura Living at Boca Raton is a community full of love and life. The staff, from the Executive Director, Marketing Director, Life Enrichment, maintenance, housekeeping, care staff, and the Director of Nursing are all hands on deck. The staff gives residents at Cura Living at Boca Raton space to feel seen, heard, and cared for with the utmost respect and dignity. They make everyday life fun and engaging for all residents. Working with the staff is always a pleasure as is watching the community grow and continue to shine.



Just want to thank the staff of Cura Living at Boca Raton. The staff from nurses, assistants, maintenance, directors, and front desk staff, reach out to my mom. She has a language barrier with dementia. They talk to her, check on her, and care. The staff here is also on top of things that I need for insurance purposes and doctors. They've been a great help transitioning my mom from another location.



I have nothing but wonderful things to say about Cura Living at Boca Raton. My mother has been a resident for a few years and we couldn't be more satisfied. The staff are incredibly helpful and sensitive to our needs. They're also very patient and insightful. She's treated with the utmost dignity and respect. I highly recommend.



Cura Living at Boca Raton was the perfect place for my mom. The staff was kind, compassionate, and professional. The community is clean and nicely appointed. More than that, the staff, nurses, and aides made us feel like part of a family and the community became like a home. I am grateful for the expert care that was lovingly delivered on a daily basis and would highly recommend Cura Living at Boca Raton.





# During the Tour



## What Questions Should I Ask When Touring an Assisted Living Community?

When you're visiting an assisted living community, the goal is to picture your loved one's daily life and see how well the community can meet their needs. However, it's sometimes hard to move beyond first impressions. Here are some questions that will give you a clearer view of the level of care, services, and support provided.

- What training do staff members receive, and how often is it updated?
- How are care plans created and adjusted over time?
- What kinds of daily assistance (bathing, dressing, medication management) are available?
- How are meals prepared, and can you sample the dining options?
- What amenities and social programs are offered each week?
- What exactly does the monthly fee cover, and what services cost extra?





## What Should I Ask About a Memory Care Community?

The same goes for memory care. Memory care should provide a safe, engaging environment where your loved one can feel both supported and valued, which makes asking the right questions doubly important.

- What safety and security measures are in place to prevent wandering?
- What is the staff-to-resident ratio, especially during evenings and weekends?
- How are staff trained to respond to the unique needs of dementia?
- What specialized programs or activities are offered to support memory and engagement?
- How does the community help new residents adjust during the transition?
- What family communication practices are in place to keep you informed?

# Levels of Care



## Assisted Living Levels of Care

Level One: \$600 per month

Level Two: \$1,000 per month

Level Three: \$1,400 per month

Level Four: \$1,800 per month

\*Prices are correct at the time of publication and may be subject to change.

## How Are Care Levels Determined?

A comprehensive pre-residency health and service assessment is conducted to identify the most suitable level of care. This assessment is performed by a qualified medical professional prior to your move-in, ensuring optimal quality of life tailored to individual needs.





## Examples of Care Levels:

Since care is personalized, there isn't a standard list of services for each level. Instead, the amount of assistance required for daily living activities determines the appropriate care level. Here are examples of factors that may influence your care level:

- **Medications:** Residents managing prescriptions and taking medications up to four times daily score lower than those with complex needs, such as injections, which require more caregiver oversight.
- **Nutrition:** The level of assistance with dining affects scoring; minimal help, like cutting food, results in few points compared to residents needing extensive nutritional support.
- **Personal Assistance:** The frequency of help for bathing and grooming is vital. Those needing only minor assistance score lower than those requiring full support.
- **Time/Frequency of Care:** The duration and frequency of care influence the level assessment; residents needing multiple daily assistances score higher than those needing occasional help.



# Floor Plans



## The Community is Full of Places to Gather, but Your Apartment is All Yours.

Your perfectly broken-in chair goes by the window, because that's where the light is best. The walls frame your favorite photos and stories. Mornings start the way you like them.

Take a look at the floor plans, then come walk through and picture how you'd make the space your own.



**Studio Apartment**  
450 sq. ft.



**One-Bedroom**  
560 sq. ft.

At Cura Living at Boca Raton, we believe that comfort begins with having options that truly feel like home. Our community offers a variety of accommodation styles designed to fit every resident's lifestyle and needs — from shared living spaces with private bedrooms to cozy studio apartments and spacious one- and two-bedroom residences.



Each option is thoughtfully designed to provide privacy, comfort, and a welcoming, apartment-style atmosphere.

Having a home that feels familiar and personal is especially important in assisted living. An apartment-style setting allows residents to maintain their independence, decorate their space to reflect their personality, and enjoy a sense of ownership and routine. At Cura Living, we're proud to offer living spaces that combine the warmth of home with the safety, support, and community connection our residents deserve.

## Two-Bedroom 840 sq. ft.



# Dining



At Cura Living at Boca Raton, mealtime is more than just nourishment, it's an experience. Our residents enjoy beautifully crafted, dietitian-approved meals that are vibrant, colorful, and full of flavor. Each dish is thoughtfully prepared to provide a perfect balance of taste and nutrition, ensuring that every bite supports health and happiness.

We understand the importance of eating well-balanced meals every day, especially for older adults. Proper nutrition supports energy levels, immune health, and overall well-being, while also contributing to a positive mood and mental clarity. That's why Cura Living provides residents with three delicious meals daily, along with a satisfying snack, making healthy eating both easy and enjoyable. At Cura Living at Boca Raton, we believe good food is at the heart of good living.

## Monday

### **Breakfast:**

Hashbrown Casserole

Scrambled Eggs

Fresh Fruit

Sausage or Bacon

### **Lunch:**

Japanese Curry w/ Crispy Chicken Cutlet -  
Served with White Rice

Vegetable Stir Fry - Yakisoba Noodles w/ Broccoli,  
Water Chestnuts, Carrots, Bell Pepper

Dessert - Tapioca Pudding



**Dinner:**

House Meatloaf  
Roasted Herb Salmon  
Mashed Sweet Potato  
Dessert - Angel Food Cake w/ Berry Compote

**Tuesday**

**Breakfast:**

Guava Pastry  
Scrambled Eggs  
Fresh Fruit  
Sausage or Bacon

**Lunch:**

Egg Salad Platter - Assorted Deli Vegetables and Crackers  
Buttermilk Chicken Fritters  
Three Bean Salad  
Dessert - Apricot Halves

**Dinner:**

Chicken Enchilada w/ Red Sauce  
Lime Carnitas  
Rice & Beans w/ Roasted Corn and Poblano Peppers  
Dessert - Cinnamon Churro

**Wednesday**

**Breakfast:**

Cinnamon Roll  
Scrambled Eggs  
Fresh Fruit  
Sausage or Bacon



**Lunch:**

Waldorf Salad on Croissant  
Broccoli & Cheese Quiche  
Beet Salad  
Dessert - Cookies

**Dinner:**

Blackened Tilapia Fish Tacos  
Loaded Greek Salad - Gyro Meat, Chickpeas, Red Bell Pepper, Olives, Feta Cheese  
Dessert - Red Velvet Cake

**Thursday**

**Breakfast:**

Breakfast Burrito w/ Bacon or Sausage  
Scrambled Eggs  
Fresh Fruit  
Sausage or Bacon

**Lunch:**

BLT in a Spinach Wrap  
Chicken Cordon Bleu  
House Mac 'n Cheese  
Dessert - Banana Pudding

**Dinner:**

Roast Beef w/ Vegetables  
Bruschetta Grilled Chicken  
Dessert - Key Lime Pie

**Friday**

**Breakfast:**

Doughnuts  
Scrambled Eggs  
Fresh Fruit  
Sausage or Bacon

**Lunch:**

Caprese Sandwich on Rosemary Focaccia Bread  
Banyan Burgers  
French Fries  
Dessert - Blondie Bar

**Dinner:**

Beef Stuffed Bell Peppers  
Roasted Herb Salmon  
Garlic Mashed Potatoes  
Roasted Green Beans  
Dessert - Lemon Loaf



# Kosher Dining

Cura Living at Boca Raton is proud to partner with a local Kosher restaurant to provide beautifully crafted Glatt Kosher meals that are healthy, wholesome, and delicious. Prepared under strict Kosher supervision, each meal is thoughtfully designed to meet the highest culinary and dietary standards. Our residents enjoy these meals in a dedicated full Glatt Kosher dining room, creating an experience that's both meaningful and satisfying.

We recognize the importance of eating well-balanced meals every day, especially for older adults. Nutritious dining supports energy, strength, and overall well-being, while bringing comfort and joy to daily life.

At Cura Living, our Kosher residents receive three Glatt Kosher meals each day, along with a nourishing snack, ensuring that every dining experience reflects our commitment to health, tradition, and exceptional care.



## Appetizers

Chicken Gumbo Soup  
Vegetable Soup-Parve  
Ceasar Salad-Parve  
or w/ Meat  
Chicken Salad



## Main Course

Herbed Grilled Chicken  
Dark Meat Grilled Chicken  
Pastrami Sandwich on Rye  
Tuna Salad  
Egg Salad  
Salmon-Parve  
Veggie Wraps (GF)-Parve  
Hamburger  
Pasta Primavera-Parve  
Veggie Stew w/ Rice-Parve

## Sides

Grilled Vegetables-Parve  
String Beans-Parve  
Mashed Potatoes  
Onion Rings  
Rice  
Pasta  
Israeli Salad  
Cucumber Salad





## Things You Didn't Know **About Pharmacists**

### **They are an underutilized wealth of knowledge**

Being a pharmacist isn't all about filling prescriptions. Pharmacists spend anywhere from seven to eight years educating themselves, and eventually obtaining a doctorate degree. On top of this, many burgeoning pharmacists will spend an extra year or two after their studies completing a pharmacy residency to specialize in fields such as pediatric or geriatric care. They are an underutilized wealth of knowledge.



## **They can administer more than your yearly flu shot**

Other vaccines commonly administered at pharmacies are polio, shingles, pneumonia, tetanus, and chickenpox. Many pharmacists also have access to travel immunizations such as typhoid and meningitis. They will go over your medical history with you and help you choose which vaccines are appropriate. When finished, don't forget to ask the pharmacist to forward proof of your vaccination to your primary care physician so they can update your records.

## **They can give you all the information you need on that prescription you're picking up, possibly saving you and the world**

This sounds like an exaggeration, but in fact it is not. The rise of drug-resistant super diseases is caused by widespread overuse and misuse of antibiotics. According to the Center for Disease Control (CDC), at least 30% of all prescribed antibiotic courses are not necessary.

Asking your pharmacist about your prescription will help you defend against over prescription of antibiotics. Just because the drugs you're picking up are prescribed by a physician, doesn't mean they can't be administered incorrectly.

## **They can advise on over the counter medicine, too, and may even save you money**

When you ask your pharmacist about how to take your new prescription properly, also ask their opinion on the drug itself and if there are any cheaper alternatives. With their wide breadth of knowledge regarding medications they will most likely be able to recommend a cheaper generic version of the medication you are taking. They are also knowledgeable about rebates, coupons, and loyalty programs that can help cut down your medical expenses.

## **The next time you see a pharmacist, make sure to strike up a conversation**

There is a lot to be learned from the person at the counter doling out your medication, all you have to do is ask!



# Financial Planning for Personal Care

When it comes to big life events, it's too easy to get wrapped up in making the many arrangements necessary to plan that you may forget to take into account the cost of it all. However, financial planning for this situation is vital, as there are so many moving parts: you have to take into account the different resources available to source financial aid, out-of-pocket expenses and the potential of selling off assets, among other things.

## Medicaid

State Medicaid programs can usually provide qualified low income families with financial coverage, for both in-home and community-based personal care. More than half of assisted living programs are Medicaid certified. Medicaid programs in Alabama, Kentucky, Louisiana, and Pennsylvania are the only programs that do not provide their beneficiaries this care, but despite this service not being available in these states, there are still other options that may be available to you.

## Medicare

Knowing the difference between Medicaid and Medicare can get a little confusing, as they are often conflated in casual conversation. Medicaid and Medicare are two separate programs. Medicare is an age-based health insurance program for older adults while Medicaid is for low income individuals and families.

Despite being for older adults, Medicare does not cover long-term, full-time personal care, such as assisted living. However, most individuals in assisted living programs are enrolled with Medicare, as it covers health care costs while living in these communities, providing access to skilled nursing care, hospital readmissions, and medications.

## Waiver programs

States frequently have waiver programs individuals may apply for based on the care they need. Some of these programs are combined with the state's Medicaid program. Others are not combined with Medicaid, allowing the state greater freedom in accepting applicants, for example those who surpass the income restriction for Medicaid. When searching for these programs, be aware that each state may use different terms for assisted living, so be sure to try out different phrases when searching online.

Be on the lookout for state-run and national welfare programs as well, such as those run by religious groups and other associations. The Veterans Administration (VA), for example, has an aid program called Aid and Attendance, for veterans and family members of veterans who need help with everyday tasks.

## Other options

On top of all of these benefits, it is important to determine what you would be comfortable paying out-of-pocket for later-in-life personal health services. For those who don't qualify for Medicare or waivers, there is always the option of private long-term health insurance. Thinking about this topic may be difficult for some families, but planning ahead will make the process of transitioning into this next stage of life a little less taxing.

# Your Current Home vs. Cura Living at Boca Raton

Monthly Expenses	Your Current Home	Cura Living at Boca Raton
Monthly Expenses	\$	Included
Monthly Mortgage or Rent	\$	Included
Homeowner / Renter's Insurance	\$	Included
Caregiver Expenses	\$	Included
Utilities (electric, gas, water, sewer)	\$	Included
Property Taxes	\$	Included
Lawn Care & Maintenance	\$	Included
Housekeeping (supplies, services)	\$	Included
Home Maintenance & Repair	\$	Included
24-Hour Support & Supervision	\$	Included
Laundry Services	\$	Included
Meals	\$	Included
Social Events, Activities & Wellness Programs	\$	Included
Medication Assistance	\$	Included
Emergency Call System (Life Alert, etc)	\$	Included
Total Monthly Expense	\$	

## What This Cost Comparison Shows

At Cura Living at Boca Raton, many everyday expenses are combined into one predictable monthly rate. This allows residents and families to enjoy peace of mind, fewer surprise costs, and the reassurance of support when it's needed.

Our community is designed to support comfort, safety, and quality of life - all in a welcoming, maintenance-free environment.



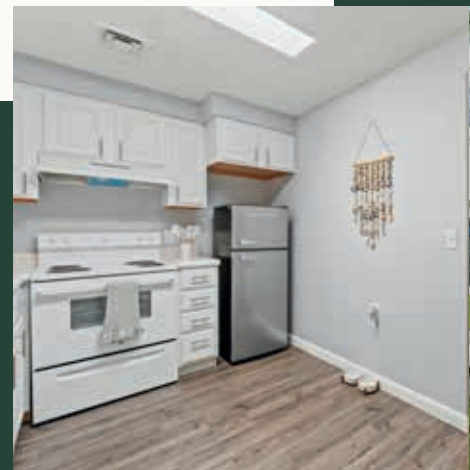
# Checklist for Moving In

## Medical & Health

- Schedule a full physical exam and request updated medical records.
- Request a signed medication list from your primary care physician (dosages, schedules, allergies).
- Coordinate with the community's medical staff about ongoing treatments.
  - Discuss mobility needs (walkers, wheelchairs, physical therapy).
  - Provide emergency contacts to the community.

## Logistics

- Confirm move-in date with the community.
- Arrange transportation (family, movers, or specialized senior moving services).
- Check what furniture is provided (bed, dresser, nightstand) vs. what you can bring.
  - Prepare a moving-day essentials bag (medications, documents, glasses, snacks, water, phone).
- Notify friends and family of new address and phone number (if changing).



## Personal & Lifestyle

- Tour the community again (if possible) to recheck room size, amenities, and activities.
- Downsize belongings (decide what to bring, sell, donate, or pass on).
- Pack essentials:
  - ▶ Comfortable clothing (Florida-friendly, light fabrics, layers for air conditioning)
  - ▶ Personal toiletries
  - ▶ Bedding (familiar blankets/pillows)
  - ▶ Photos and keepsakes
  - ▶ Electronics (phone, tablet, TV, chargers)
- Label personal items (clothing, electronics, hearing aids, glasses).
- Set up mail forwarding with USPS.
- Update address with banks, insurance, Social Security, doctors, subscriptions.



## Legal & Financial Preparation

- Review our contract carefully.
- Consult an elder law attorney.
- Set up or review advance directives:
  - ▶ Living Will
  - ▶ Health care surrogate (medical power of attorney)
  - ▶ Durable financial power of attorney
- Confirm Medicare/Medicaid coverage and what is or isn't included.
- Review long-term care insurance policies for coverage.
- Update Will or trust documents if needed.
- Arrange bill payments consider automatic payments or consolidating accounts.



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## Real Estate in the USA and Selling Your Home

The real estate market in the United States is one of the most influential and ever-evolving sectors of the economy. It is shaped by multiple factors, including economic conditions, interest rates, government regulations, and demographic shifts. Keeping up with key trends and challenges in the real estate sector is vital for investors, homebuyers, and policymakers.

### Housing Market Trends

In recent years, the U.S. housing market has undergone significant shifts. Despite these shifts, home prices remain elevated in many areas due to ongoing supply shortages. A lack of available homes, driven by limited new construction and zoning restrictions, has created an imbalance between supply and demand. Many first-time buyers struggle to enter the market due to high prices and increasing borrowing costs.

### Urban vs. Suburban Migration

A major trend in the U.S. real estate market is the migration from urban centers to suburban and rural areas. With remote work becoming more common, many people are looking for more affordable housing options outside major metropolitan areas.

This shift has had a significant impact on home values and rental rates. Suburban areas have seen property prices rise due to higher demand, while urban centers have had to adapt by offering incentives to attract buyers and renters.

### The Rental Market

The rental market has also undergone notable changes. Rising mortgage rates have made homeownership less attainable for many, increasing the demand for rental properties.

As a result, rental prices have climbed, particularly in high-demand regions. In some cases, rent growth has outpaced wage increases, putting financial pressure on tenants.

Investors have capitalized on this trend, leading to greater interest in multifamily housing and build-to-rent communities. These developments cater to renters who desire the benefits of single-family homes without the long-term commitment of ownership.



# Trusted Help to Sell Your Home and Support Your Next Step



## My Experience is Your Advantage

My over 4 decades of Real Estate experience is an advantage to families who need to sell real property to downsize or move loved ones into assisted living facilities.

This work is personal to me. I went through this process with my mother who lived at Banyan Place for three years, so I understand the emotions and decisions involved.

I am here to help with expertise and with communication you can count on.

Let's talk about how I can help to make this process as smooth as possible.

**Please call or text me today for a FREE consultation.**



**Jennifer Baur**  
BROKER

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# Age-Related Eye Problems

“With modern technology, malfunctions of the eye can be detected and treated before they cause any damage at all.”

Aging is a natural process of living, but so is reading, watching the sunset, and seeing your grandchildren grow up. Don't let eye problems go untreated. With modern technology, malfunctions of the eye can be detected before they cause any damage. Getting regular checkups at your local ophthalmologist can ensure that these problems will be diagnosed before they cause other problems.

As you age, your body changes and vision loss is one of the most common side effects. Cataracts and uncorrected refractive errors are the two leading causes of vision impairment. Recent scientific studies have also suggested that a positive correlation exists between cataracts and uncorrected refractive errors, and so having one may heighten the risk of getting another.

The key to battling vision loss is an ongoing process that involves awareness through informing yourself on the topic and by undertaking regular eye exams.

Uncorrected refractive errors is a group of complications that can be a direct result of your body changing with age. When focusing on things near or far, eyes alter their shape to be either convex or concave.

Throughout time the elasticity in the eye weakens, making it more difficult to contort into these positions naturally. This is called nearsightedness and farsightedness, all normal side effects of growing older. Laser eye surgery, glasses, or contacts prescribed by your local optometrist can have you seeing better in no time.

Over 90% of people over the age of 65 have at least one cataract. At age 75, half of the people have experienced vision loss caused by a cataract. While regular checkups are crucial in monitoring known cataracts, checkups can also help identify newly formed ones. Treatment options include cataract surgery, a safe procedure that can usually restore all impairment, or physical aids such as sunglasses, brighter lighting, and magnifying glasses for early onset symptoms.

On top of aging, the accumulation of certain behaviors such as not wearing sunglasses, smoking, heavy drinking, and obesity also contribute to age-related vision loss. If you find yourself with a cataract or refractive errors, there is no need to worry. Vision loss due to cataracts, even vision loss caused by uncorrected refractive errors, can generally be avoided altogether.





# Dental Health

With today's technology long strides have been taken in the advancement of modern dentistry. Tools such as electric toothbrushes, interdental cleaners, and water picks give us the ability to better care for our dental health. Oral care education has also been revolutionized. We now know how best to keep our teeth for longer and in better condition. As we age, oral health problems such as untreated tooth decay, gum disease, and tooth loss may arise, but keeping a few things in mind when taking care of our teeth can make all the difference.

## Increase your use of antibacterial mouthwash and floss

Creating a good brushing regimen is the most important step to good oral hygiene. Mouthwash and flossing can get into the places normal bristle tools can't and is a great addition to your daily brushing. A good antibacterial mouthwash can help reduce bacterial growth and prevent plaque buildup. If flossing is a bit difficult, try out a water pick.

## Add more fluoride to your dental regimen

Toothpaste with 1350 to 1500 parts per million of fluoride is usually adequate. Increasing fluoride will help counter demineralization in the teeth, a process that can break down tooth enamel.

## Avoid ingesting too many irritants like tobacco, sugar, and alcohol

Cutting down on sugary substances will prevent unnecessary cavities while reducing or stopping use of tobacco will lower your chances of gum disease and oral cancer.

Even at an older age, slowing down or quitting tobacco and alcohol will have a large positive effect on your health. A healthy diet becomes increasingly important as we age, and centering your diet around calcium rich foods like fish, nuts, and fat-free milk will strengthen your teeth.

## And, finally, make and keep regular appointments with your dental professional

The best step to take towards good dental hygiene is to consult your dentist regularly about your oral health needs. Your dentist knows your mouth best and will be proactive about any oral health problems that may arise due to aging and can create a regimen that optimizes your personal health needs.



# What Are Move Managers?



Moving into a retirement community is a big decision that takes careful preparation of finances, belongings, and emotional inventory. Deciding what to do with your home is one of the more difficult choices seniors and their loved ones are faced with. A Move Manager can make that move effortless.

## What exactly is a Move Manager?

A Move Manager is a person who is placed in charge of your move. They help organize and plan executive decisions, being trained to tackle the specific problems that arise with selling a home in old age such as difficulties with physical tasks, the emotional stress that is placed on the elderly and family members, and the confusion brought on by the financial aspects of selling a home.

## Why take on a Move Manager?

Making a big move at a later stage in life can be difficult. There are professionals in this field who know proper prices for services and the most efficient way to organize and pack. Not only this, but they are usually trained in the psychological factors of this type of moving and can be a great source of comfort for older adults, especially if family members are not readily accessible to aid in moving.

## What does a Move Manager do?

Move Managers are like the conductor of an orchestra but, instead of directing music, they conduct the process of selling a home. The extent of their work varies, but generally they:

- Organize belongings and aid in downsizing.

- Schedule and hold auctions, estate sales, and other ways to sell off items.
- Arrange storage for things not being taken to the new home.
- Research, interview, hire, and direct real estate agents and moving companies.
- Unpack and organize at the new home.
- Oversee and supervise work by others such as overnight packing.
- Use expertise to avoid financial exploitation during the moving process.

Prices are flexible depending on what needs to be done, there is a service available for every need.



# Daily Living Aids

Limbs don't work like they used to, but it doesn't mean you have to stop enjoying regular activities. Mechanical daily living aids have been around for centuries. One of the earliest references of the use of daily living aids dates back to 4000 BC in Indian mythology where a warrior queen used an iron prosthetic in place of one of her legs lost in battle. Nowadays, daily living aids aren't just prosthetics or wheelchairs, but a wide array of helpful products that are easily available and make modern day life a little more manageable.



## Writing Aids

Having difficulty holding things can be frustrating when trying to write a letter or use modern technology. These actions require precise finger dexterity. Thankfully, slip-on hand aids allow the wearer to forego the use of fingers in exchange for a well-fitting band that goes around your hand. Difficulty pressing buttons that are close together - such as on a keyboard - can be a thing of the past, along with dropping the pen or veering off the page while writing.

## Kitchen Aids

It's not uncommon to experience other types of hand deterioration besides loss of dexterity in the later stages of life. Strength, too, can be a problem. Aids such as tippers and jar openers, for example, are great tools to combat this. There are many different kinds out there, from manual to electric. Usually triangular in shape, tippers help you pour things without spilling by keeping things steady, such as kettles. Opening a jar and pouring some tea seem like simple tasks but without the use of tools they may be impossible. Having these tools at your disposal can feel very empowering.

## Mobility Aids

Mobility aids assist in improving the mobility of people, such as assisting in walking or allowing a person to forego walking all together. Depending on the level of assistance needed, there is an assortment of products available. For those with very limited mobility, electric wheelchairs and seated scooters are the best option. Plenty of customizable options with these: speed, comfort, tire quality, packaged tools... Other people who still prefer to walk, but have difficulty in doing so may benefit more from walkers or canes. There are even canes that double as grabbers, for reaching things far away.



## Hearing Loss

Hearing is essential for enjoying life and connecting with family and friends. But many people have trouble hearing well, especially as we get older. Fortunately, new technology has made modern-day hearing aids better than ever before.

These new hearing aids help to make sounds clearer and more natural. They can help people focus on what someone is saying and reduce background noise, so conversations are easier to hear. This helps people with hearing loss enjoy talking with others and better able to hear everything around them. Simple things like being able to listen to music and watch a movie can significantly improve our quality of life.

Unlike the bulky, uncomfortable hearing aids of decades past, the latest hearing aids are small and hard to see when worn. They're designed to look discreet and feel comfortable. This means people won't feel self-conscious wearing them and can wear them for longer without any problems.

Another advantage of modern hearing aids is that they can connect to smartphones and other devices using Bluetooth.

This means people can take phone calls, listen to music or audiobooks, and even join video calls through their hearing aids. It helps people with hearing loss stay connected to the world around them.

Some new hearing aids can even change their settings to fit different places automatically. Whether someone's in a quiet room, a noisy restaurant, or outside on a windy day, the hearing aid adjusts to make sure everything sounds crisp and clear.

Untreated hearing loss has been linked to cognitive decline and an increased risk of conditions such as dementia. By using the latest technology to address hearing loss, individuals can lessen the risk of developing these kinds of conditions. Improved hearing not only aids in better communication but also fosters a sense of connection, reducing feelings of isolation and improving emotional well-being.

With these new advances in technology, people with hearing loss can now enjoy a richer and more connected life. Modern day hearing aids don't just help with hearing; they make sure people can fully take part in the world around them. It's about using technology to help everyone live life to the fullest.

# Legal Assistance for Seniors

It's important to have trustworthy legal aid close at hand. Conditions such as end-of-life arrangements, estate management, and public benefits are not only for necessary admin, but age or disability discrimination and abuse can happen at anytime and it is important to know where to get help quickly if ever the set of circumstances arises. The consideration of a legal professional is crucial to ensure the rights and property of the elderly are protected.

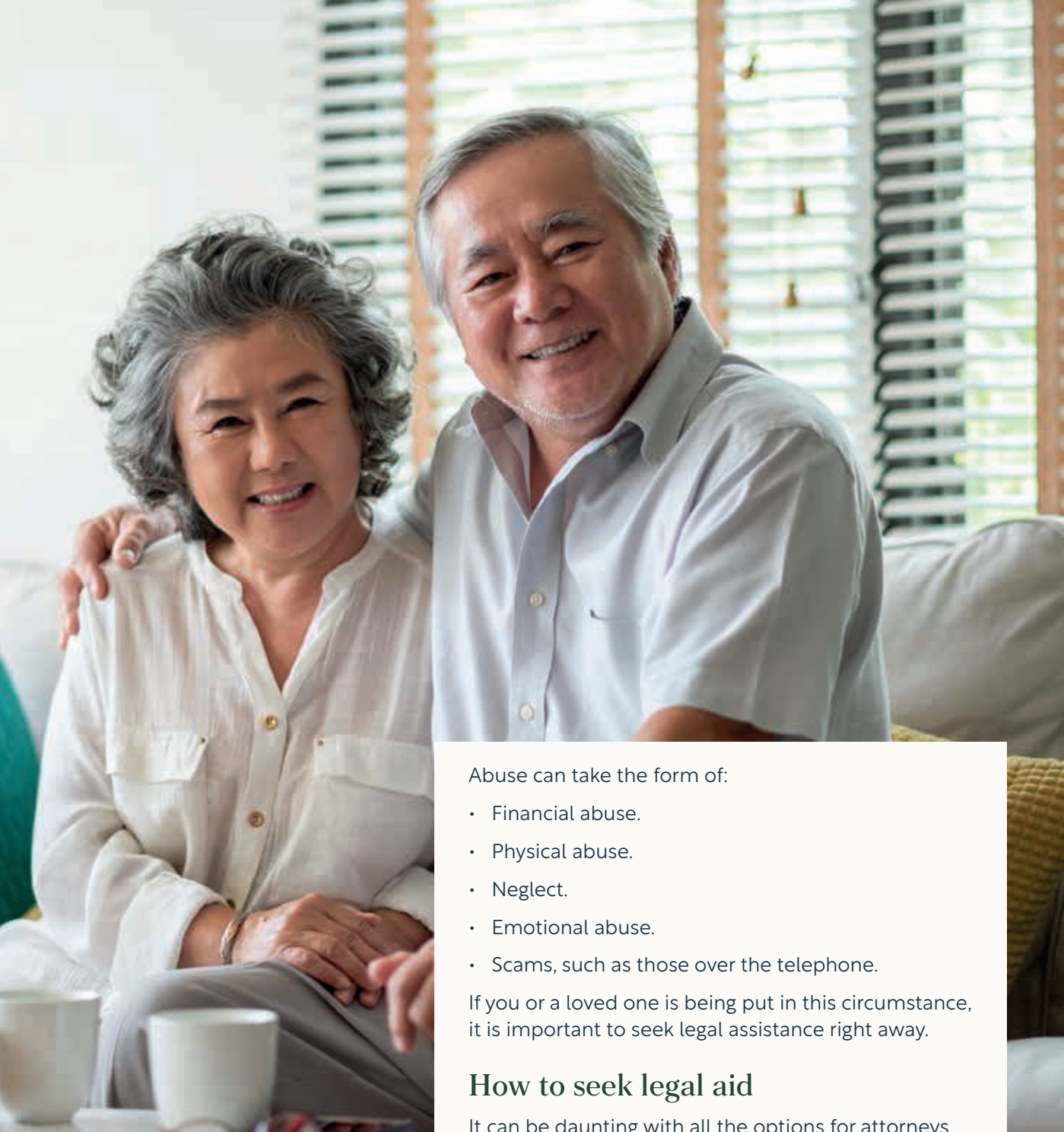
## When do I or my loved one need legal aid?

Legal aid can be required for many varied reasons. One of the biggest categories is life planning. An attorney can be of great use:

- In going over contracts when first moving into an assisted living housing development.
- To help create a living Will, delineate power of attorney, funeral planning, or estate planning.
- Seek advice and gather required documentation in regards to elderly tax benefits, pension, and access to public benefits.
- Drafting advance directives.
- In getting refunded for financial exploitation.

It is important to recognize symptoms of any abuse and get the help required early on. During this late stage of life, it is often the case that we or our loved ones have to rely on increasing amounts of help from caretakers and are more vulnerable to situations of abuse.





Abuse can take the form of:

- Financial abuse.
- Physical abuse.
- Neglect.
- Emotional abuse.
- Scams, such as those over the telephone.

If you or a loved one is being put in this circumstance, it is important to seek legal assistance right away.

## How to seek legal aid

It can be daunting with all the options for attorneys out there. Thankfully there are law practices dedicated specifically to elder law. Hiring an attorney that has a history with elder law or specializes in it can make all the difference.

# Hospice Care



There are a lot of negative connotations that surround the idea of hospice care. As a result, people tend to avoid the subject until a dire situation arises where hospice care may be necessary. This creates unnecessary stress due to not knowing exactly what hospice care is, how to afford it, and where to seek it out. This article will help clear up some of the most basic questions surrounding hospice care.

## What is hospice?

Hospice is palliative care for those with end-of-life illnesses.

## What care does hospice provide?

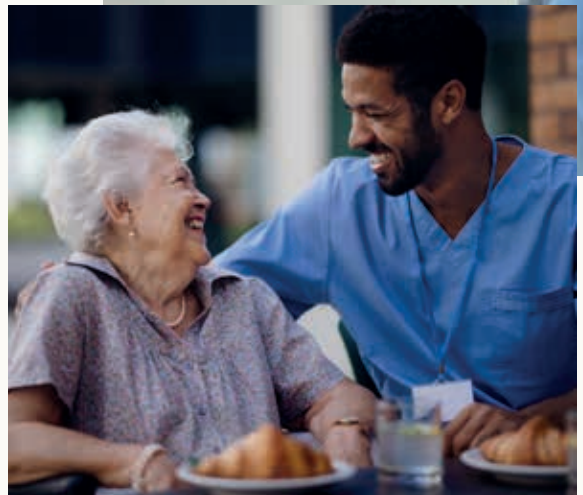
Hospice provides palliative care: treatment that focuses on relieving or alleviating the pain caused by life-limiting illnesses such as cancer, AIDS, dementia, heart failure, and Parkinson's disease.

## What care does hospice not provide?

Treatments focused on curing terminal illnesses are not covered by hospice, nor is treatment related to other non-terminal illnesses the patient may have.

## Can a patient receive care related to curing the terminal illness while in hospice care?

No, only hospice care will be provided for the terminal illness. However, if the patient has other illnesses that need to be treated, those conditions will still get the medication and attention they need.





## Who can receive hospice care?

Before, hospice care was just for older adults, but now anyone can receive hospice care regardless of age, including children.

## What are the signs that someone should have hospice care?

If you or a loved one is ready to forego receiving cure-based care for a terminal illness and wish to live more comfortably, hospice can help make this transition.

# Resources and Local Contacts

## City Hall

Boca Raton City Hall

(561) 393-7700

201 W Palmetto Park Rd,  
Boca Raton, FL 33432

## Home Care

Always Sunny Home Care

(561) 299-5057

433 Plaza Real Ste 275, Boca  
Raton, FL 33432

## Hospital

Baptist Health Boca Raton  
Regional Hospital

(561) 955-7100

800 Meadows Rd, Boca  
Raton, FL 33486

## Library

Boca Raton Public Library

(561) 393-7852

400 NW 2nd Ave, Boca  
Raton, FL 33432

## Pharmacy

CVS Pharmacy

(561) 391-9613

21140 St Andrews Blvd, Boca  
Raton, FL 33433

Walgreens

(561) 395-4765

1001 SW 2nd Ave, Boca  
Raton, FL 33432

## Realtor

Baur & Baur Real Estate –  
Jennifer Baur

(561) 756-1349

eXp Realty Luxury Collection  
– Dale Tyroler, SRES

(754) 366-3636

Keller Williams Realty  
Services – Barbara Muñoz

(561) 245-1596





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- Transportation to Appointments
- Memory Care and Companionship

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