

FREE
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WINTER 2010

Generations

redefining life after 45

Fashions that Flatter

Bring out the best in
your figure

Fit & Fabulous at 50

Jodi Harrison,
Nutrition &
Fitness Expert

Giveaways

Enter to Win
on pg. 22

Smart Investment Moves for 2010

Jonathan Bostwick offers advice

Depression

How to beat
the blues

Generations is now
available in all Nassau &
Suffolk CVS stores!

CVS/pharmacy[®]

\$2⁹⁵

Photo credit:
G&L studios

Healthy Home... Healthy Lifestyle

5 Easy Steps for the New Year



ASSISTED LIVING at HOME is excited to partner with you this year, to maximize your health and well-being and those of your loved ones.

STEP ONE: Reduce your stress and worry about your own absenteeism from work as you plan and care for your parents. We are your one-stop shopping place for case management and in-home services and products. We walk the journey with you!

STEP TWO: Optimum health begins with a healthy home. We will analyze the environmental and safety factors of your parents' home. Clean air, living water, safety inspections for each room, handyman services and an advocate with contractors. Rest assured that you can place your trust in credentialed, capable and compassionate people to support you!

STEP THREE: Strengthen the human body inside and out. Maximizing strength training and flexibility, preventing falls, asthma-reduction strategies, hydrating at the cellular level, optimizing nutrition. Let us do the legwork in health promotion and delaying the onset of disease. We apply the latest from research in prevention and public health!

STEP FOUR: Surround your family with the best-in-the-field. Legal and financial advisors, nursing and therapists, computer counselors to easily connect you with the outside world.

STEP FIVE: Help us evaluate the results. Becoming a member of ASSISTED LIVING at HOME is a great way to benefit from our continuous quality improvement and analysis of changes in your family's health status. Can we help create a Healthier Home and Health-giving Lifestyle? We hope so! We are committed to you for the long run, 2010 and beyond!

So, Happy New Year and best wishes for a Healthy 2010 from your friends at ASSISTED LIVING at HOME!



Can we be a partner with you to create a Healthy Home & Healthy Lifestyle for your family?

ASSISTED LIVING at HOME

is please to coordinate one-stop shopping for in-home products and services to enhance your health

Healthy Home

- "Living" alkaline, anti-oxidant water systems
- Air purification
- Home exercise rooms
- Safety inspections/improvements for each room
- Lifeline/personal security systems
- Technology for telehealth
- Handyman, home repair
- Chore services

Healthy Lifestyle

- Nursing*
- Professional care planning/management
- Personal exercise training
- In-home physical therapy
- Nutrition counseling menu prep, supplements and shopping
- Personal care Aides
- Professional assistance with legal and financial planning
- Computer links to social networks, family and friends

** licensed services offered by our sister company, New York Nursing Care*

Let us help walk the journey with you...

We know you feel the "best" assisted living is in your OWN home

ASSISTED LIVING at HOME
(516) 433-7700

www.assistedlivingathome.net