



lcius.com

[About Us](#)

[Lifecare Management](#)

[Guardianship](#)

[Property Solutions](#)

[Life Care Plans](#)

[Litigation Support](#)

[Education](#)

[Contact Us](#)

[LinkedIn](#)

[Facebook](#)

[Twitter](#)

Mark Your Calendars

Date: 4/18/18

Topic: Senior Care in 2030: What Trends and Demographics Tell Us About the Future

Sponsor: [Senior Living Experts](#)

Location/Time: Atria, 95 Carleton Ave., Glen Ellyn, IL / 5:30-6:30 PM

Contact/Registration: email contactus@lcius.com

©Lifecare Innovations, Inc

An Elephant in the Room: Seniors and Alcohol Consumption

Martha Kern

Jennifer Axelson, LCSW, CCM, MSCC, CLCP



Happy Hour at an assisted living community tends to be lively, well-attended and a very welcome diversion from the day-to-day routine. In a building filled with adults who have less responsibility than they once did, and who rarely drive or leave the property, having a glass of wine or two is an innocent proposition.

Unless, of course, it's not. Some seniors come to their retirement years with a history of heavy drinking and absolutely no plans to give it up. Still others are described as "late onset" alcoholics, older people with no prior history of alcohol abuse who come to rely on drinking to assuage negative emotions and other issues that appear in the later years.



Relationships with alcoholics almost always come with a distinct set of rules, the most important of which is *not to talk about it*. As both advocates and family members, this is one rule we should break. [Continue Reading](#)

©Lifecare Innovations, Inc

Do You Know Who Your Healthcare Agent Should Be? Take This Quiz to Find Out

Julie A. Kolodziej, Esq.
[Matlin Law Group, P.C.](#)

Julie Kolodziej is a Principal at Matlin Law Group, P.C, a law firm in Northbrook that specializes in estate planning, probate, guardianships, estate administration, and estate litigation. The Matlin Law Group also practices family law, prenuptial agreements, and business entity formation (LLC and Corp). It is with Julie's kind permission that we share this article on naming a healthcare agent.

Sophie was laying in her bed feeling feverish and a little bit lost. She was wondering how she was going to pull herself out of bed to get to the health clinic. She longed for the times when her mom would take her to the doctor, but mom was not there and so Sophie would have to fend for herself.

For most of us, as children, our parents were there to help us when we were sick. Wasn't that chicken noodle soup your mom made you when you had a cold the best? But as adults, we are often left to fend for ourselves when we are sick. For the typical house cold or flu, we are able to manage. But what if we come down with a health condition that effects our ability to make decisions for ourselves? Who makes decisions for us in that scenario?

[Continue Reading](#)

The Only Child of an Only Child

Shay Jacobson, RN, MA, NMG, LNCC, CNLCP
Martha Kern





Nancy calls Lifecare Innovations about once each year.

She struggles to care for herself and her adult disabled son. John is 6'2 and weighs 220 pounds. Nancy is about 5'2" and in her 70s. The physical task of tending to his needs is very nearly beyond her capabilities.

Nancy acknowledges that she needs help, she reaches out and asks for it, and then immediately refuses it.

Nancy is in a bind. [Continue Reading](#)

©Lifecare Innovations, Inc

Sincerely,

Martha Kern, Chief Marketing Officer

Corporate Office
8330 S. Madison St.
Suite 90
Burr Ridge, IL 60527

North Shore Office
100 S. Saunders Rd.
Suite 150
Lake Forest, IL 60045

Milwaukee Office
250 E. Wisconsin Ave.
Suite 1800
Milwaukee, WI 53202



www.lcius.com
contactus@lcius.com