

August 2026

HOLISTICARE HOMES

SAVE OUR SANITY SOCIETY NEWSLETTER

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The Not So Newlywed Game and Other Surprises...as promised.

As promised, I have to tell you how my parents' anniversary party turned out.

First, let me paint the picture. About 30 of us were squeezed into the living room and kitchen, whispering, tiptoeing, and trying our hardest not to make a sound while we waited for my parents, Gary and Jeanne, to arrive.

My assignment was simple: delay them by 30 minutes because, if you know my parents, you know they're never late. In fact, they're usually early. So I sent mom a text asking them to come at 2:15 instead of 2:00. Fifteen minutes extra seemed like plenty.

Thankfully, my sister could see dad's location, so every few minutes we'd check to see where they were. Except... Dad's phone kept showing they were still at home. Now we're all looking at each other.

"Did he leave his phone on the kitchen counter?"

"What could possibly be the hold up?"

"Are we really going to have 30 people hiding in a living room indefinitely?"

2:15 came and went. Then 2:20. The suspense was becoming part of the entertainment. Finally someone whispered, ***"They're here!"*** panic ensued, everyone had gotten way to comfortable visiting in plain sight.

"HIDE!" Everyone froze; when I say froze, I mean froze.

Apparently, when 30 adults are trying not to get caught, nobody remembers they're actually supposed to jump out and yell, ***"Surprise!"***

So my parents walked in to a room full of people silently hiding around the corner while those of us who planned the event were yelling surprise.

After the initial shock wore off, people finally remembered to yell, ***"Surprise!"***

It may not have been the dramatic reveal we'd envisioned, but it made it even funnier. We laughed about it all afternoon, and judging by the smiles on Mom and Dad's faces, I'd say the surprise was a success...even if it came in two stages.

One of the highlights of the afternoon was our version of the Not-So-Newlywed Game, where we asked Mom and Dad questions to see just how well they still know each other after 56 years of marriage.

Let's just say...the answers were priceless.

After 56 years of marriage, you might expect Mom and Dad to have their origin story polished, synchronized, and ready for public presentation. Or maybe you have been married long enough to know better than to think anything other than the silverware is polished.

We started with a seemingly simple question: Who noticed whom first? Immediately, the room divided into camps. Everyone had an opinion. Mom and Dad, the only two people who had actually been there, seemed considerably less certain.

Mom did remember that they worked together at a grocery store. She also casually admitted that Dad ***"wasn't exactly my type."***

Nothing says romance quite like finding out, 56 years later and in front of 30 people, that you were not originally the leading candidate. Next we asked Dad to tell us about their first date. He described it as more frustrating than amusing, although the rest of us found it thoroughly entertaining.

Dad had plans to take Mom, another couple, and himself to see Simon and Garfunkel in Illinois. Unfortunately, the date fell during pheasant-hunting season. Dad had gone hunting with his father and repeatedly reminded him that he needed to be home by a certain time.

They made it back, but Grandpa would not let him leave until all the birds had been cleaned. By the time he picked everyone up, drove to Illinois, and rushed into the venue, Simon and Garfunkel were already performing their encore. They walked in during the final song. That was it, one song. The entire concert experience consisted of arriving just in time to hear everyone else say goodnight.

Apparently, the evening did not improve much from there. It went so badly that Dad had absolutely no intention of asking Mom out again. Instead, he called another woman who was busy. She told him to call Jeanne, she said that mom wanted him to go out with him again. Dad was surprised by that!

What Families Say About Us...

"The owner (Shelley) and her staff treated us all like family. They were quick to address any questions/concerns I had before moving my dad in and were flexible with move-in plans and dates. Once he moved in, the care he got was wonderful...because of the fewer amount of residents, the staff can be more personally attentive to the residents. It is a very home-like setting and the meals were all cooked fresh daily." - Tonya K.

The Not So Newlywed Game and Other Surprises...as promised. (Continued from Page 2)

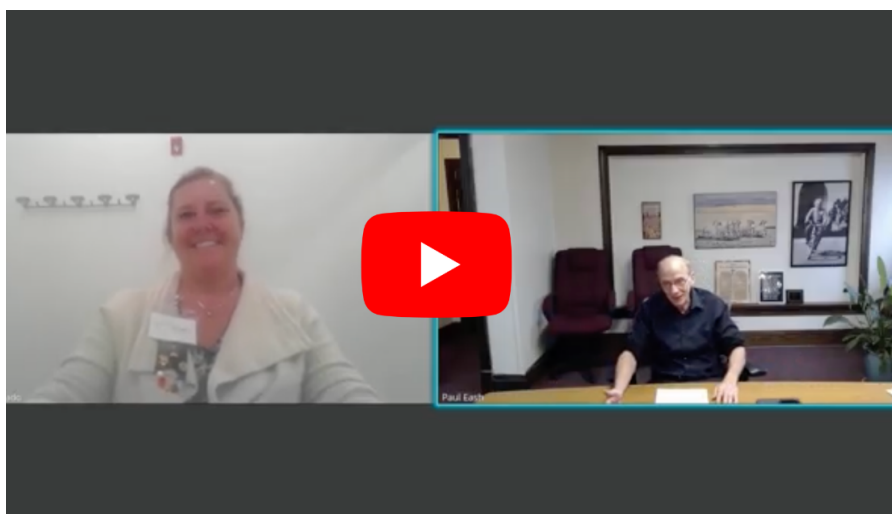
Reluctantly, he worked up the nerve and gave Mom another chance. When we pointed this out during the game, Mom looked at him and said: "You must have been bored." The room erupted.

And somehow, from a first date involving dead pheasants, a missed concert, mismatched expectations, and a second date arranged through another woman, came a marriage that has lasted 56 years. Their memories of exactly what happened may differ.

They may still disagree about who noticed whom first. Mom may never forgive her father-in-law for those pheasants.

But perhaps that is the real beauty of a long marriage. It is not one perfectly told love story. It is thousands of imperfect stories, repeated, corrected, debated, and laughed about together for decades.

Expert Interview with Elder Law Attorney, Paul Eash



https://youtu.be/zj2vU6_A51g

What if a few simple legal documents today could save your family from unnecessary stress, conflict, and expensive court proceedings tomorrow?

I recently sat down with elder law attorney Paul Eash to discuss some of the most important legal decisions families should make before a crisis. Together, they explore topics like power of attorney, advance directives, long-term care planning, Medicaid, and why waiting too long can make an already difficult season even more complicated.

One of the most eye-opening moments from the conversation? Paul shared that 99% of guardianships could be avoided if families had the proper legal documents, such as a power of attorney and advance directive, in place before they were needed.

He also explains why trying to "gift away" assets without understanding Medicaid rules can create costly penalties that many families never see coming.

Whether you're actively caring for aging parents or simply want to be prepared for the future, this conversation offers practical guidance that can help you avoid common—and often expensive—mistakes.

Above, you can watch a short clip from our conversation by scanning the QR code on the previous page, or typing in the URL.

Want the Full Interview?



<https://shelley8ca1c8.clickfunnels.com/care-partner-membership-program>

This clip is just a small part of a much deeper and very practical conversation.

If you enjoy conversations like these and would like to watch the full interview with Paul Esch, you'll find it inside our **Care Partner Membership: Thrive Tier**.

In addition to this interview, you'll gain access to a growing library of conversations with experts covering topics such as aging, dementia, legal planning for aging parents, caregiving, and much more—all designed to help you navigate this journey with greater confidence.

Join our Care Partner Membership by scanning the QR code to the left.

Resource Spotlight:

Making the Right Move Guide

Making decisions about senior living is one of the biggest responsibilities many families will ever face—but it doesn't have to be one of the most overwhelming.

Our Making the Right Move: Myths, Options, and a Step-by-Step Senior Living Guide was created to help families better understand their options before they're forced to make important decisions under pressure.

Inside, you'll learn how to navigate the senior living journey with greater confidence, understand common misconceptions, ask better questions, and make choices that align with your loved one's unique needs.

For families who want to go a step further, we also highly recommend the Companion Workbook. While the guide provides education and direction, the workbook helps you apply what you've learned through guided exercises, planning pages, and practical tools designed specifically for your family's situation.

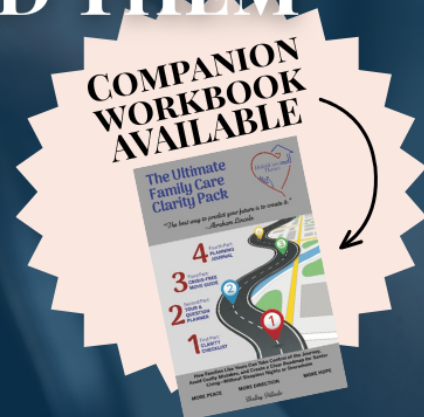
Together, they create a powerful roadmap for moving from uncertainty to confidence.

Or scan the QR code to the right to get your *Making the Right Move* guide TODAY!



KNOW YOUR OPTIONS BEFORE YOU NEED THEM

Discover
common myths,
understand your
options, and
make confident
decisions.



Care Partner Spotlight: Maria



This month, I'd like you to meet someone very special.

If you've spent any time at HolistiCare Homes, chances are you've met Maria. And if your loved one has had the privilege of knowing her, you've probably experienced what makes her so extraordinary. Maria has been part of our family for a little over two years now, with a few short breaks along the way.

You see, Maria is officially retired. The funny thing is...she's just not very good at retirement. She genuinely loves caring for people. She shows up, is dependable, rolls up her sleeves and does whatever needs to be done. But what makes Maria different isn't just the work she does. It's the way she loves the people she cares for.

She spends extra time sitting and talking with our residents. She learns their stories and celebrates their victories. She grieves their losses and has attended funerals because, by that point, they weren't simply residents anymore.

They had become family. That's exactly how Maria sees them. Our story actually began about ten years ago.

Long before HolistiCare Homes opened, I was working as an Occupational Therapist specializing in industrial rehabilitation and injury prevention. Maria was one of my patients.

Then one day she told me that she is officially retiring. A few months after she retired, she reached out and asked if I needed any help at HolistiCare Homes. Looking back, I don't think either of us realized what a blessing that conversation would become. There are people who simply fill a position. And then there are people who help shape the culture of an organization.

Maria is one of those people. Our residents are safer because of her, their days are brighter and their families have greater peace of mind because of her. And all of us who work alongside her are better because we get to witness what genuine compassion looks like every single day. In fact she is one of our team members that others comment how much they enjoy working with her.

Thankfully, here, that list is long instead of short. Maria, thank you for choosing to spend your retirement loving the people we love. We are incredibly grateful you're part of the HolistiCare Homes family.

