

DECEMBER 2025

HOLISTICARE HOMES

SAVE OUR SANITY SOCIETY NEWSLETTER



A Simple Starting Point for an Overwhelming Season

We had spoken on the phone just yesterday, the worry and strain in her voice was evident. Now Jen stands on my porch clearly worn down and on the verge of tears. She did not expect this so suddenly, grandma was doing just fine. And then one day, she wasn't...this does not have to be your story.

Start before the storm.

In this issue, you'll discover the first steps that create a smoother, calmer, far less chaotic transition for you and your loved one.

-Your story doesn't have to look like everyone else's.

In fact, it shouldn't.

“Because when you have the right tools, everything changes”

Knowledge — power that cuts through fear.

Community resources — lifelines you didn't know existed.

A plan — absolutely priceless.

Your Step-by-Step Path Out of Overwhelm Begins Here

If you've been asking friends, family, or even "Facebook experts" about senior living, you've probably heard a wild mix of facts, half-truths, and downright fantasy.

Some people will swear "*Mom will lose her independence.*"

Others will insist "*Assisted living is basically a nursing home.*"

And of course there's always someone who claims "*You'll just know when it's time.*"



Most of what you hear is emotional guesswork, not reality.

Let's be honest.

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So in this issue, I want to hand you something far more useful than opinion:

the actual nuts and bolts of what's true... and what's a myth... so you can make decisions based on clarity instead of fear.

The Senior Living Lies

Everyone Repeats — Until It Costs Them

Here are 3 of the most common myths I see families fall for — straight from the 9 myths inside **Making the Right Move**:

MYTH #1:

“I’ll lose my freedom.”

Truth:

Most seniors actually gain freedom. When they’re no longer bogged down by home maintenance, isolation, or unsafe tasks, they get their time, safety, and independence back.

MYTH #3:

“It’s more expensive to move than to stay home.”

Truth:

Once you factor in utilities, meals, transportation, home repairs, safety modifications, private aides, and unexpected care needs... staying home is often the costlier and riskier option.

MYTH #2:

“It will be hard to make friends.”

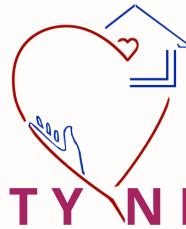
Truth:

Good senior living communities intentionally build connection. Life enrichment programs, social activities, and engagement staff make it easier — not harder — to find your people.

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This surprises almost every family — and it’s one of the biggest mindset shifts you can make as you plan ahead

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After watching countless families struggle to find the right fit for their loved one—armed with little more than opinions and guesswork—I knew something had to change. It was time to replace fear with clarity and the unknown with solid, factual guidance. With this guide in your hands, there are no more unanswered questions... only a confident, well-planned, crisis-free future.

And here's the part most families don't expect:
your guidebook comes with a full companion workbook.

This isn't a little worksheet or a few lines for notes.
It's a complete planning system — a hands-on tool that helps you organize your thoughts, compare communities, outline important questions, and map out a personalized plan for your loved one.

Families tell me it turns the entire journey from overwhelming to manageable — and that alone is priceless.

Your Roadmap to Senior Living—
One Tap Away

“Making the Right Move”

Myths, options and a step-by-step guide
to senior living