

QA EXPERT & ADVICE

WE HAVE THE ANSWERS



How does our hearing change as we age?

Age related hearing loss (presbycusis) is one of the most common conditions affecting older adults. It often occurs in both ears, affecting them equally. Because the loss is gradual, you may not realize that you've lost some of your ability to hear. The loss of hearing as we get older is progressive and usually effects the higher frequencies more than the lower frequencies. When we have a more severe hearing loss in the higher frequencies it makes it harder to distinguish some sounds in words such as S's, F's, T's, and P's. People with age related or noise related hearing loss usually have a more difficult time in noisy environments and may be sensitive to loud sounds. For more free advice give us a call or stop by. Happy Hearing.



David Gibson



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David Gibson



Should we consider installing solar power at our home?

That depends on many factors: the size and age of your home, orientation to the sun, cost, etc. Before you make a commitment consult with several companies and with a trusted realtor/adviser. We have encountered some issues and would be happy to share what we know and refer you to others with more information.



PROVIDING INFORMATION...
SHARING SOLUTIONS...

EXPANDING POSSIBILITIES.
Another Piece of the Puzzle

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How can a Senior Care Consultant help our family and what costs are involved?

When looking for out of home care, many families don't know where to start or who to trust! A professional Senior Care Consultant recognizes the anxiety you may feel & supports families by helping find the right assisted living or residential care home. Care needs, personality, budget & location preference are all considered. A local consultant is familiar with the choices available to fit your needs, as well as the reputation of those options. Most consultants develop a hands-on relationship with you & will accompany you to tour & evaluate the choices. Services are usually free & take only one phone call instead of many. A Senior Care Consultant eliminates some of the uncertainty out of what may otherwise be a taxing process.



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How much money should a trustee of a trust receive for trustee's fees?

Unless the trust states specifically how much a trustee receives, then California Law states that trustee's fees must be "reasonable". I typically advise clients to maintain a log describing and dating the tasks performed, the amount of time required to complete the task and an appropriate rate of pay. If the fees are in dispute a beneficiary can ask a court to review the amount of fees claimed by the Trustee and, in doing so, the court will look to factors such as the amount of assets in the trust, the complexity of the tasks, the rate of pay associated with the task and the benefits received by the trust as a result of the tasks completed.



More Questions? Get Answers!
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Can you please explain Hospice? Is it a place, or a service?

Hospice is not a place. Hospice and palliative care programs provide pain management, symptom control, psychosocial support, and spiritual care to patients and their families when a cure is not possible. This can take place in a private home, an assisted living facility, a board and care, a skilled nursing facility or other congregate living area. Hospice and palliative care combines the highest level of quality medical care with the emotional and spiritual support that families need most when facing the end of life. Through this specialized quality care, we see many patients and their families experience more meaningful moments together. Hospice helps them focus on living despite a terminal diagnosis. Throughout the month of November, Sutter Auburn Faith Hospice will be joining organizations across the nation hosting activities that will help the community understand how important hospice and palliative care can be. Stories showing the many ways hospice makes more special moments possible can be found at www.momentsoflife.org. For further information, please call Sutter Auburn Faith Hospice at 530-886-6650.



Sutter Health
Sutter Auburn
Faith Hospital

530-886-6650

Patricia Mandrup, RN, MSN, PHN
Clinical Manager: VNA, Hospice, Lifeline



Can my digestive issues be making me tired?

Heartburn, gas, bloating, constipation, and diarrhea are common place symptoms that many people suffer with on a daily basis. Although it is common place, it is NOT normal. These symptoms are a sign of inflammation and damage to cells leading to "leaky gut syndrome." This can result in the development of food sensitivities, nutritional deficiencies, and increased toxicity causing fatigue, brain fog, hormone imbalances, sleep disturbances, mood disorders, and contribute to a long list of chronic illnesses. Hippocrates said "all disease begins in the gut." Healing the gut and treating inflammation is essential to good health. If you or you loved ones are dealing with digestive issues come on in for your FREE 15 min coordination consultation and see how Dr. Danni can help advance you to optimal health.

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When is the appropriate time to have the conversation with your loved one about appointing someone POA (power of attorney)?

In my opinion you want to do this before you lose your ability to make decisions. Disease, dementia, strokes or anything else can cause you to become incompetent. Honesty is the best policy. Don't be afraid of hurting your family or friends feelings. Talk about all of it. If you go outside the family to appoint anyone as your agent for healthcare, be sure it is a compassionate person who will work with and not against your family.

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