Long-term care services can be very expensive and many people mistakenly believe Medicare will always cover these costs. Planning how you will afford these services is an important part of owning your future.

"Own Your Future"

Ordering a copy of "Own Your Future" is an easy way to start planning and building a firm foundation for the years ahead. The guide is designed to help you learn how to own your future by maintaining the lifestyle you have worked for all your life. It will get you started planning for your future needs.

The guide covers several topics including:

- **Focus** on your finances
- **Understand** long-term care insurance
- **Establish** clear legal directions
- **Decide** who you can count on for help
- **Learn** what your community has to offer
- **Make** sure your home remains a good fit
- **Compare** long-term care insurance policies

What is Long-term care?

Long-term care is a variety of services that help people with health or personal needs and activities of daily living over a period of time. The fact is, 60 percent of people over 65 will need some type of long-term care. Long-term care does not mean a complete loss of independence or control over your life. The keys to owning your future are planning early and wisely, knowing your options, and taking action. It is about living well.

Understand Long-term Care Insurance

Deciding whether or not to buy a long-term care insurance policy is an important decision. These policies can help pay for many types of long-term care, but are not for everyone. Compare the costs and benefits of policies from different insurance companies when shopping. If you decide to buy, make sure you buy from a reliable company that is licensed by your state to sell long-term care insurance.

Continued on the next page
**What Does Long-term Care Insurance Cover?**

Long-term care insurance policies may cover a variety of facilities and services. Possibilities include (but are not limited to) care settings ranging from in-home care and adult day care to facilities such as assisted living facilities or nursing homes. You can choose the care coverage that you deem appropriate for you. The more comprehensive the services and settings in your policy, the higher your premium will be. You can also choose how much coverage you want from the long-term care policy. Policies generally pay a defined daily benefit or actual costs of care, whichever is less. The length of coverage relates directly to the price of the policy. The longer your coverage lasts, the higher the premium required to pay for the insurance. Policies can last between one year and lifetime coverage. Your personal goals, financial situation, and health history will help guide your decision regarding what duration best fits your needs.

**Steps You Can Take Now**

- Think about how much of the cost of long-term care you could afford from your own resources. Talk with an independent financial planner for more information.
- Ask your current or former employer if you are eligible for group long-term care insurance, savings plan annuities, or similar long-term care benefits.
- Learn about long-term care insurance, trusts, annuities, reverse mortgages or other options and whether they might be right for you.

Call your local Area Agency on Aging (817-258-8084) to find out about other programs that might help pay for long-term care. Look under "Aging" or "Human Services" in the local government blue pages of the phone book for the number. The Eldercare Locator (1-800-677-1116), a toll-free information line, can also give you this number.

If your income is low, you may qualify for Medicaid. Call your State Medical Assistance Office for more information about Medicaid eligibility and coverage. Look under "Medicaid" in the county government blue pages of the phone book for the number.

**How Much Care is Needed?**

If you need long-term care, you may need one or more of the following:

- Care or assistance with activities of daily living in your home from an unpaid caregiver who can be a family member or friend;
- Services at your home from a nurse, home/health care aide, therapist, or homemaker;
- Care in the community; and/or
- Care in any of a variety of long-term facilities. Generally, services provided by caregivers who are family or friends are unpaid. This is sometimes called informal care. Paid services are sometimes referred to as formal services. Paid services often supplement the services provided by family and friends.

**How Do Care Needs Change Over Time?**

Many people who need long-term care develop the need for care gradually. They may begin needing care only a few times a week or one or two times a day, for example, help with bathing or dressing. Care needs often progress as you age or as your chronic illness or disability become more debilitating, causing you to need care on a more continual basis, for example help using the toilet or ongoing supervision because of a progressive condition such as Alzheimer's disease.

For more information please visit:

[www.longtermcare.gov/campaign](http://www.longtermcare.gov/campaign) on the web click on Texas, or just call (1-866-752-6582) to request your *Own Your Future* planning kit. TTY users should call 1-800-427-5605.

Source: Iowa State Extension, M.W. Weinand
No postage increase: For the first time in four years, the price of a first-class stamp won’t go up this month.

National Asparagus Month: Asparagus is low in calories, high in folic acid and a good source of other vitamins and minerals. Enjoy raw—or try tasty variations from http://SimplyRecipes.com (search “asparagus”).

National Stroke Awareness Month: Call 911 if you experience any of these warning signs—sudden numb-ness or weakness, especially on one side...sudden confusion, trouble speaking or trouble seeing...sudden trouble walking, dizziness or loss of balance...sudden, severe headache with no known cause.

Poison ivy self-defense: If you’re likely to be exposed, wear vinyl, not rubber, gloves. Urishiol, the oil that causes the rash, can penetrate rubber. Or coat hands with Ivy Block lotion. If a plant touches your skin, wash with soapy water or a special oil-removing product, such as Tecnu, immediately after exposure. Calamine or a topical corticosteroid can relieve itching.

Home-improvement tax incentive: Energy-efficient windows and roofs, additional insulation, new water heaters and new heating and air-conditioning equipment may qualify for a tax credit of up to $1,500. Certification should be obtained from the manufacturer, installer or retailer.

Mother’s Day: Sunday, May 9. Celebrate by planting perennials that will grow along with your love. Honor mothers with notes that highlight their special qualities and accomplishments as parents. Other ideas for celebrating: www.MothersDayCentral.com.


“Touchless” car washes can damage auto glass. Some car wash-es use a high-pressure spray that contains hydrofluoric acid. If the acid is not buffered properly, repeated applications can cause distortions in windshield glass. Once the damage is bad enough to be noticeable, the glass must be replaced.

Repaired shoes can be better than new. Materials used in shoe repair often are three to four times better quality than ones used to manufacture shoes—even expensive shoes. Shoe repair shops use the same high-quality materials on all shoes—better heels, soles and stitching. Shoes also can be completely reconditioned, which in-cludes fixing torn or weakened areas, replacing worn-out parts and restoring color and finish. Simple repairs, such as new heels, usually cost around $20. Reconditioning can cost $100. This is well worth it for a pair of shoes that costs $300, for example, because you would be getting virtually a new pair of shoes for a fraction of the cost.

Store credit issuers now consider applicants’ income and ability to repay before giving out cards. Be prepared to provide financial information as you would with a bank to which you are applying for a credit card. The store card application may ask for it...or the lender may judge the applicant according to income estimation models, based on card application information, credit bureau data and information from employment and IRS databases.

When considering a gym membership: Be especially leery of clubs that push you to pay the entire year’s membership up front. That could be a sign of the club’s questionable financial health. Understand what “free” means. At the end of a free trial month, if you choose not to join the gym, you may have to officially cancel the membership or be billed for the next month. Visit the gym at the times you are most likely to use it so that you can see how crowded it is. Know the terms of the agreement—are you allowed to use only a certain loca-tion... which services cost extra? Don’t sign up on the spot. Take the promotional materials and a copy of the agreement, and read them thorough-ly when you are not under any pressure.

Chores vs. Homework

Children who do real, meaningful work around the house without reminders and without pay - learn self-control; the benefits of structure and limits; and the importance of being needed. Children who regularly do chores feel proud of themselves and their accomplishments, which in turn aids in the completing of homework and schoolwork, comes easier to them.
“Who Get’s Grandma’s Yellow Pie Plate?”

When: May 11, 2010
Where: Tarrant County Plaza Bldg.
Time: 6:15 p.m.-9:15 p.m.
Cost: $10.00

Who should attend: Individuals or family members who need to begin the conversation of transferring non-titled property. Personal property transfer is an issue frequently ignored until a crisis occurs or immediate decisions need to be made.

Name(s):________________________________________
Address:____________________________Phone #:________________________
City, Zip:________________________Email:_____________________

How many from household?_______ (fee covers 2)
Only 1 booklet will be provided, extras available upon additional payment and request.

Enclosed $10-Money orders, checks made payable to TEEA of Tarrant County mail to: Grandma’s Yellow Pie Plate, P.O. Box 1540, Fort Worth, TX 76101

Lunch ‘n’ Learn
Save Smart: Mutual Funds: The Ups & Downs, Ins & Outs
When: Thursday, June 17, 2010
Where: Tarrant County Plaza Bldg.
Time: 11:30 a.m. - 1:00 p.m.

Wanting to learn about mutual funds and how they are beneficial for retirement? During this seminar we will discuss: investment vocabulary; calculate rates of return; look at graphs and charts for fund performance; mutual fund fees and the fine print of a prospectus.

Credit Cents Lesson Series
When: Thursdays, August 12, 19, 26, 2010
Where: Tarrant County Plaza Bldg.
Time: 6:15 p.m.-8:15 p.m.

Coming in September - Dinner ‘n’ Learn - Must pre-register
$10 per person for dinner