

Final wishes go beyond a Last Will and Testament

It's difficult to think about. Making end-of-life decisions and arrangements for your Last Will and Testament are not easy tasks. There are many things to consider.

The caring professionals at The Jaeger Firm, PLLC, are here to help you through the process, making sure you're getting all that you need.

When preparing to make these decisions, consider the following:

- » Do you know who you want your property to pass to after you die?
- » Do you want to preserve those assets you have worked hard to accumulate your entire life for those loved ones in future generations?
- » Do you want to give someone else the power to control your financial affairs if you are no



An up-to-date Last Will and Testament will ensure your wishes are carried out. Steven R. Jaeger, left, and Steven D. Jaeger can help you through the process. PHOTO BY TONYA BORGATTI

longer able to do so?

- » Do you want to give a family member the right to talk to your doctors or to pick up your prescriptions for you, if you are no longer able?
- » Have you decided if you want to be placed on a feeding tube or life support during those final days of life?

If you answered "yes"

to any of the above questions, then you may need to establish a trust, set up a living will directive, or give a friend or loved one a power of attorney over your health care and financial responsibilities. It is also crucial to make sure you have an up-to-date Last Will and Testament to ensure your wishes are carried out.

To get started, or for more information, call The Jaeger Firm, PLLC, at 859-342-4500 for a free initial consultation.

Emeritus at Edgewood focuses on brain health

Northern Kentucky is home to one of the premier personal care and memory care communities in the area – Emeritus at Edgewood. Located just blocks from I-275 and the Crestview Towne Centre, Emeritus at Edgewood is a personal care community providing the most medical care of any retirement living community. One of their specialties is caring for people with Alzheimer's.

According to Janie Winburn, executive director, "We use a self-assessment checklist to help our families who are experiencing the challenges of caring for someone with Alzheimer's. It is designed to help them reflect on what is working well for them now and where they may benefit from seeking additional resources in caring for their loved ones."

The centerpiece of their Alzheimer's care is the Brain Health program, consisting of five key areas, each offering opportunities, activities and challenges for creating a complex and novel

environment:

» **Social/emotional** – Simply put, people need people and strong healthy relationships.

» **Physical activity** – Daily activities in and out of the community increase the supply of oxygen to the brain, which reduces the risk of dementia.

» **Mental/intellectual** – It's important to keep the mind challenged, active and not passive.

» **Nutritional** – Foods rich in antioxidants and Omega 3 fatty acids are excellent choices to promote brain health.

» **Spiritual** – Opportunities to engage in deep personal reflection are always offered within our community.

Emeritus at Edgewood offers the Brain Health Self-Assessment tool to employees, families of residents and to local physicians' offices. If you're interested in taking this assessment, it is available online at www.emeritus.com or at their community at 2950 Turkeyfoot Road in Edgewood, Ky.



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Attorneys & Counselors at Law
23 Erlanger Road, Erlanger, KY 41018

859.342.4500

www.thejaegerfirm.com

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