

# Antonia (Toni) Brasted Publishes New Book For Health & Spirituality

**Toni Brasted Ph.D., CG-C, RA** - *Writes the Spirituality Corner, page 5*

## About the Book

“they shall lay hands on the sick, and they shall recover.” — Mark 16:18, KJV ....“anointed many sick people with oil and healed them”, — Mark 6:13, KJV

Hopefully this book will be a humble reminder to all of those involved in healing work, which combines two healing techniques that are as powerful today as they were in the Biblical times.

Anointing with essential oil was commonly practiced throughout the Scriptures for many different purposes. The New Testament mentions it specifically in connection with praying for the sick. Today’s Aromatherapy is practiced in many different settings and variations but a common denominator among all aroma therapists

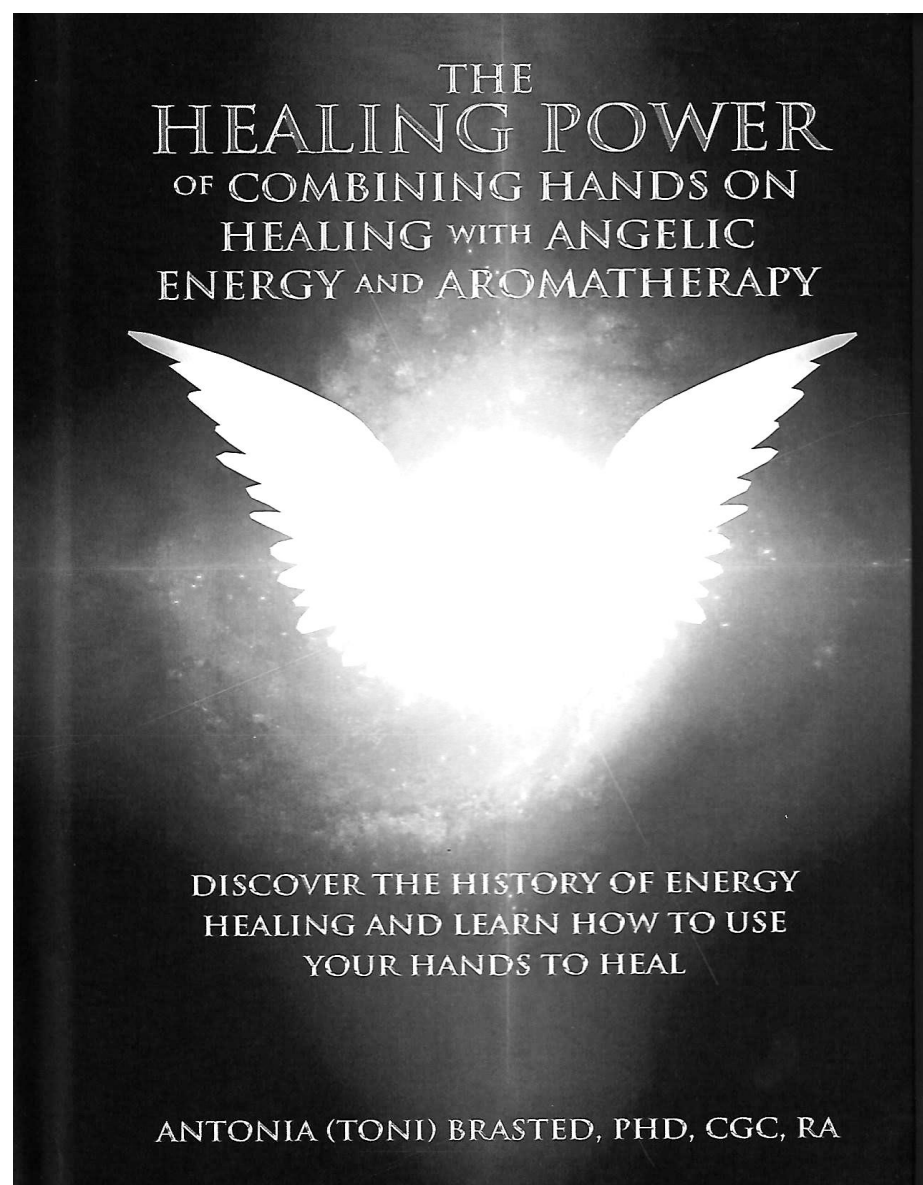
is the sense of reverence towards the miracle of nature in the form of essential oils. They know that fragrance can affect the mood, calm, relax and release emotions.

Today’s energy work also comes in a variety of methods, but what all of them have in common is the unconditional love and the spiritual meaning of healing.

I am delighted to announce the release of my book **The Healing Power of Combining Hands on Healing with Angelic Energy and Aromatherapy**, published by Balboa Press a Division of Hay House.

**Available at: Barnes & Noble, Amazon.com. and Balboa Press Book Store.**

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## What to consider when choosing a facility

by **Dena Berezin Enncompass Health Henderson**

As we age, we may get to a point in our lives when living at home is no longer a viable option. Unfortunately, this realization comes after an unexpected medical event. What are your next steps?

If you are lucky enough to have a family member who can provide housing, financial assistance and/or physical ability to help you, then you are several steps ahead. Unfortunately, most people these days have family members who need work to be able to support and provide for their immediate families. This leads to them being unable to stay at home to provide direct care.

If your family cannot come to you, what about you going to them? Sometimes moving into a family member's house might also present a challenge. If the home is not physically accessible and equipped for specific needs, that may not be a feasible option.

The following paragraphs provide insights into other possible housing options that may or may

not be relevant to your situation. They are here to provide awareness of the services certain places offer and prevent any unexpected surprises. Think about what you want to do in your twilight years. The main takeaway is to be honest with yourself about what you want, need, and are financially comfortable with in addition to what is realistic.

There are four main types of facilities that you can move into. These include senior living facilities, assisted living facilities, memory care facilities, and group homes. Below are descriptions of what each facility entails.

Senior Living facilities are typically communities geared toward individuals 55+. Their focus is on older adults who need little or no assistance with activities of daily living. Most do not offer medical care or nursing staff but may help with transportation.

Assisted Living is a type of housing designed for people who need various levels of medical

and personal care. Services include meals, medication, laundry, housekeeping, social activities and other options at additional costs.

Memory care facilities are for residents who are unable to care for themselves and require assistance in all areas ranging from physical to cognitive. Residents must have a diagnosis of Dementia/Alzheimer's and require around-the-clock-supervision. They follow specific regulations from the state to address the special safety needs of these residents, such as multiple locks to stop the residents who have a propensity to wander.

Group homes are houses in residential neighborhoods that have been converted to rent out a single or a shared room. Some homes may already be furnished and ready to live in. They vary in their assistance level from independent living to specialized memory care for those who require complete help.

Before you commit, consider if the facility offers multiple levels of care and can help you transition if you need it. You might require minimal assistance right now; but your diagnosis may have more

impact later. It might be easier to look for a residence that can accommodate these changes without having to relocate.

If you need specific services, it is always good to clarify with the facility if they offer these services. Consider whether the facility offers dialysis, accepts individuals undergoing radiation or chemotherapy, or provides transportation. Will they help with online doctor visits? How do they address special diets from vegetarian/vegan to thickened? Do they accept people with Peg tubes? Does their staff complete IV medications and blood draws? Do they have an in-house nurse and if they don't, what is their process for addressing medical issues? Do they have lift equipment to get people out of bed, into wheelchairs or rolling shower chairs if they can't stand? Do they have showers that the shower chairs can roll into? It is always easier to clarify your concerns and address them before you move in.

Some general questions about the facility to think about. When is a person no longer appropriate for their setting?

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