



# AGELESS

## NEWSLETTER

Navigating Adult Romance as a  
Caregiver: A Complex Decision

Special Edition



**Worcester Physicians  
And Nurses Services**

# **WE ARE ACCEPTING NEW PATIENTS**

**OUR TEAM:**

**Julie Tucker, FNP-BC  
Chidimma Okoli, MD**

**\*We accept commercial insurance products**

**WORKING HOURS-  
MON TO FRI | 8:00 AM-4:00 PM**

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## Featured Story:

### Navigating Adult Romance as a Caregiver: A Complex Decision

Julie lived in a nursing home because she had dementia, which made it hard for her to remember things and make decisions. One day, something surprising happened—Mark, her ex-husband, started visiting her. Julie and Mark had been married a long time ago, but they got divorced because they had too many fights. Even though they had a difficult past, Mark came back into her life and started spending a lot of time with her. Julie seemed happy to see him, and her family thought it was nice that he cared.

At first, Mark's visits were sweet. He would bring Julie flowers and talk to her. But soon, they started holding hands, kissing, and acting like they were in love again. One day, Julie's roommate got very upset after she saw something that made her cry. The staff at the nursing home told Julie's family that they were worried because Julie's dementia made it hard for her to make good choices.

The family had to figure out what to do. They wanted Julie to feel happy, but they also wanted her to be safe. After talking with the staff, they decided that Mark could still visit her, but only in private and with someone watching to make sure everything was okay. Mark agreed to follow the rules because he said he wanted to take care of Julie.

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Confused about how to keep going?  
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Then, Mark came up with a big plan. He said he wanted Julie to leave the nursing home and move into his house. He promised to take good care of her and even hired helpers to stay with her all the time. At first, Julie's daughters didn't trust him. They thought he might not be able to handle it. But Mark worked hard to show that he was serious. He even got special nurses and other people to help take care of Julie.

When Julie moved into Mark's house, it was a little scary at first because everything was new. But with Mark's love and the help of her caregivers, she started to feel comfortable. In the end, Julie's family realized that even though it was a tricky situation, Mark really cared about her and wanted her to be happy.

This story shows how important it is to care for people with love and kindness, even when things are hard to figure out. What do you think about Julie and Mark's story?



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## Ask A Geriatrician:



### When is it Time to Transition a Loved One to Memory Care?

This month's question comes from David, who's been caring for his father at home. David asks, **"My dad has been diagnosed with Alzheimer's, and we're struggling to manage his care. How do I know when it's time to consider a memory care facility?"**

#### Our CareSync geriatrician answers:

"David, this is a common concern for many families and caregivers. Some key signs to watch for include wandering, increased confusion, aggression, or an inability to perform daily tasks like bathing and dressing. Another red flag is when the home environment can no longer provide safety and comfort.

If these challenges are becoming more frequent, it might be time to explore a memory care facility, which is specifically designed for individuals with cognitive impairments. It's important to talk with the care team and involve your family in the decision-making process."

**\*\*Got a question?\*\***

Mail us at [wpns@wpnservices.org](mailto:wpns@wpnservices.org) to submit your query for next month's "Ask a Geriatrician" feature!

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## Upcoming Events:

### CareSync Talks

Let's Talk webinar resumes soon - stay tuned!


Join us **Wednesdays at 12 PM** for our weekly Let's Talk webinar!

### **\*\*Ambassador Nominations Now Open\*\***

Do you know a caregiver who's making a significant impact? Nominate them to be our **\*\*February Ambassador of the Month\*\*** and let their caregiving story inspire others.

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*January is a month of bold decisions, and we're here to help you , your business and your clients. We will help you make tough decisions regarding your loved one's care so you are never alone and feel supported.*

*Stay tuned for more exciting announcements, and as always, thank you for being a part of the WPNSCareSync family!*

***\*\*Need to connect?\*\****

*Stressed caring for a loved one? Trying to make a difficult decision and need someone to listen? Connect with Dr Okoli, our eldercare expert via our **Emotional release call** or **schedule a consultation** on our website. Let's get through this caregiving journey together.*

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*WPNSCareSync- Feel Like You Again.*

