



ACT NOW RNs
Assisted Living Placement
(520) 795-1453

A newsletter for those who may be considering alternative living arrangements.

February 2008

Free to You Assisted Living Placement

The Choices We Make as Senior Citizens Can Determine Our Long Life

Once you have decided to make the “big move” to a retirement community or assisted living, how do you know which of the over 340 options in Pima County are right for you???

Call us. We can help.

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Only about a fourth of the variations that determine how long we live can be blamed on genetics. The other 75 percent appear to be associated with risk factors we can control. For example, a new study says lifestyle choices by men in the early elderly years – including weight control, regular exercise and not smoking – go a long way in determining those that will live to reach age 90.

And, says the report in the February 11 issue of Archives of Internal Medicine, one of the JAMA/Archives journals, these men are likely to enjoy good health and physical function as they age

A second article in the same issue finds that although some individuals survive to 100 years or beyond by avoiding chronic diseases, other centenarians live with such conditions for many years without becoming disabled.

Laurel B. Yates, M.D., M.P.H., of Brigham & Women’s Hospital, Boston, and colleagues studied a

group of 2,357 men who were participants in the Physician’s Health Study.

The researchers estimate that a 70-year-old man who did not smoke and had normal blood pressure and weight, no diabetes and exercised two to four times per week had a 54 percent probability of living to age 90.

For additional information see www.seniorjournal.com.

Respite Care

Millions of Americans provide unpaid assistance each year to family and friends to help them stay at homes. Sometimes these caregivers need time off. This is where respite care can benefit.

**We can help.
Call us.**



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ACT NOW RNs is locally owned and operated by a Registered Nurse, attorney and health care professionals.



Carolyn Morgan, RN

We provide a comprehensive evaluation which includes your physical, mental, spiritual, emotional, financial and geographical needs.

We save you time and frustration by eliminating care options that do not meet your needs and by targeting the choices that do.



Amanda Gelatt

We accompany you on your tour of the selected homes or centers to ensure that your questions and needs are addressed.

We guide you through the entire process to ease the transition into a new living environment.

Call Us.



Carole Summers



Linda Warkomski