



Holiday Wellness Check-In Guide



For anyone planning to visit a senior in their life this holiday season, here are some items that families we've helped in the past have noticed that prompted them to reach out to us for some help, and guidance:

- An unkept house that was always pristine.
- A stack of unpaid bills piling up on the kitchen counter.
- Blankets, and a pillow, next to the recliner in the living room – is mom not sleeping upstairs in her bed?
- Dad's grooming supplies were in the downstairs bathroom now.
- There was barely any food in the refrigerator, but the freezer was stocked with unhealthy frozen meals.
- Mom's hygiene was concerning.
- The back door was unlocked.

These are just a few of the things that brought cause for concern for these families. This doesn't mean with 100% certainty that their loved one needs placement in a community, but it was enough that they decided to seek out the guidance of experts.

Sincerely,
The Melody Living Team

We are experts in senior living that are here to provide help, and guidance, to anyone who might need it.

No commitments necessary! We're here to help you figure out the best next step for YOUR loved one.

Here's how to reach us:

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