



TARRYTOWN

NEWS FOR THE RESIDENTS OF TARRYTOWN
AND DEEP EDDY

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What You Need to Know When Your Parents are Aging

By Debbie Pearson



Think back to the time when you were a teen and lashed out at your parents saying: “You’re wrecking my life!” Fortunately, most of you have evolved past that stage and regained the love and positive relationship that lasts for decades.

Well . . . I hate to tell you but there is another stage looming for parents to disrupt your life. And this stage can last decades: aging without a plan. Do you have answers to the following?

1. Who is named as your parents’ responsible party, their Power of Attorney? Do you have these legal documents in your possession for immediate access in an emergency?

2. What is the plan when their independence wanes? What specific medical interventions do they want? Is there any type of strategy or are you assured of chaos?

3. When will their financial resources evaporate, making this your economic problem? Have you ever been permitted to peek into their finances?

4. Where will your parents live when their lives fall apart? Are you guaranteed a life of traveling back and forth to their home every time “the call” comes in? Or, will they move in with you?

5. How will you juggle your current responsibilities plus the reality of dependent, medically fragile parents?

If you answered no to any of these questions, you’re not alone. Join your peers in the exercise of holding your breath and waiting for “the call.” The big surprise is that landing in this stage is not confined to a single event. Although it may start with one call, it tends to grow with each passing week, month, and year. The aging years can span decades.

Are you addressing this with your parents now? Are you discovering an exercise in frustration? When did your parents become so unreasonable, so obstinate? You might as well understand. Entrenchment goes hand-in-hand with aging, making your parents an immovable rock. Your immovable rock.

Decades of lessons learned have crafted a path to follow; a way to quiet the storm and regain some order. It’s called planning, in advance of the crisis. For some, the planning will start urgently. But that’s often your window of opportunity. Seize the moment! Reach out to a professional who understands the landscape ahead and can walk by your side in crafting a blueprint to follow. A path of peace for both your parents and for you.

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Not All Senior Living Communities are Created Equal

If you are new to the concept of Senior Living or Senior Care, all the different options can be overwhelming. First, there are retirement communities for the extremely active 55+ crowd. Next, there's Independent Living, which is like an apartment complex for seniors who want more in-house options like a cafeteria, a hair salon, a game room, and maybe a gym. Once regular help with basic activities is needed, such as laundry, cooking, medication management, and bathing, it's time to choose Assisted Living. And if you need serious ongoing medical intervention, such as daily dialysis, a Skilled Nursing Facility is the best solution.

This summary is a helpful start, but there is so much more you will want to consider--and ask--when determining what is truly best for your loved ones, especially when care and attention are your major concerns. Let's lift the lid and see what's hidden inside.

Who is caring for your loved ones?

The ratio of caregivers-to-residents is the most important formula to know. Many assisted living (AL) communities will have a single caregiver responsible for 20 or even 30 residents on their shift. That translates to your mom waiting for what seems like forever when she presses her call button. To assure the high level of care she deserves, you will want to look for an AL that boasts one care aide for every six residents. That ratio is rare, but it does exist. You'll also want to ask if the aide-to-resident ratio is the same on overnight shifts versus day, or weekends versus weekdays.

Furthermore, aides can have a variety of backgrounds. Some might be Certified Nursing Assistants (CNAs) and others Medication Technicians (Med-Techs). Most aides have no certification, but are trained on-the-job or through in-house training programs. It's worth your time to unearth how each community not only trains new staff, but also continues education throughout their employment. For example, a community that retains a registered nurse for medication delegation training is taking medication management seriously. Also, quick turnover is the senior living norm, so ask what programs are in place for caregiver retention. Just remember, if your parents rarely see the same aides, how can their favored routines ever be followed?

Food Is Medicine and So Much More

Large commercial (and some small residential) communities employ chefs, but if it's important for your family to deviate from the Standard American Diet, you'll want to gather some extra data. Do the chefs understand common ailments of the elderly, like IBS and G.E.R.D.? Are they willing to research ways to make a cake without wheat flour (No Gluten!) or reduce the acidity of marinara sauce without ruining the flavor. Does the community lean heavily on fillers like pastas, breads, and other complex carbohydrates? Try to find a community that offers a cornucopia of organic fruits and vegetables and quality sources of protein. Communal meals are often the highlight (or biggest letdown) of the day. Vibrant colors and textures delight the senses. Your mom might not be able to travel the world with her feet anymore, but she can still be transported by enlivened taste buds.

The Art of Design Isn't Just About How It Looks

When choosing a community for your mom, you must first put yourself in her shoes. You might think a big apartment with a kitchenette and a bathroom are exactly what she needs. But pause for a moment...

can she cook for herself or go to the bathroom without assistance? How far is it from her suite to the dining area? Will she have to stop several times to catch her breath along the way? She might simply avoid the communal areas. It would be a shame to find her more isolated in a community of a hundred than when she lived alone in her house. Surprisingly, some smaller, homelike communities offer a more vibrant, socially connected atmosphere.

Bringing It All Together for Exceptional Care

A few of the smaller, state-certified assisted living homes are like a boutique hotel, a farm-to-table restaurant, and a healthcare spa all in one gorgeous package. Here, managers and staff act as advocates for their residents' wellbeing and will do whatever it takes to address family concerns quickly. They bring together a team of vetted healthcare providers who make house calls, including Geriatric specialists, Home Health therapists, Hospice/Palliative care, Podiatrists, Dentists, and Audiologists. When done right, you'll feel like you have a personal concierge who proactively attends to all your needs and keeps communication flowing between family, doctors, therapists, labs, and pharmacist to ensure you always experience the highest level of service.

To learn more about residential assisting living in Austin, please visit SilverleafEldercare.com or call (512) 831-5600.

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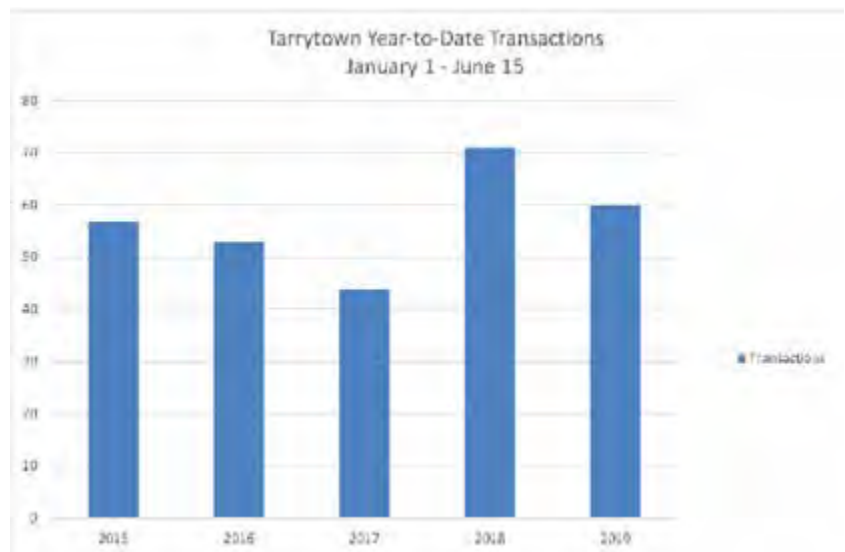
Don't Work Through a Divorce Sale Without an Expert Who Understands!

TARRYTOWN REAL ESTATE market report update

July
2019

by **Trey McWhorter**

As I mentioned in my June update, there were quite a few pending transactions at the time the article was due and therefore I expected that transactions would pick up. That did in fact happen, and May had the largest number of sales in Tarrytown in the last 5 years with 15. That helped make up some ground from a slow start to the year (excluding January's uncharacteristically high number – 15).



Sold price is down, but this is being driven at least in part by the fact that homes sold in 2019 are on average smaller than those sold in the same time period in 2018.

Single Family Homes	Year to Date - Tarrytown	2019	2018	2017	2016	2015
SOLD	Single Family Homes Sold	60	71	44	55	58
List Price	Avg List Price	\$ 1,339,492	\$ 1,320,635	\$ 1,357,521	\$ 1,164,411	\$ 1,210,781
	Median List Price	\$ 1,181,494	\$ 1,250,000	\$ 1,162,500	\$ 925,000	\$ 1,150,000
Sold Price	Average Net Sold Price	\$ 1,278,989	\$ 1,279,275	\$ 1,303,448	\$ 1,129,801	\$ 1,153,856
	Median Net Sold Price	\$ 1,096,125	\$ 1,250,000	\$ 1,100,000	\$ 900,000	\$ 1,065,500
List Price \$ / Sq Ft	Average List Price / Sq Ft	\$ 492	\$ 448	\$ 420	\$ 425	\$ 399
	Median List Price / Sq Ft	\$ 468	\$ 434	\$ 433	\$ 396	\$ 398
Sold Price \$ / Sq Ft	Average Net Sold Price / Sq Ft	\$ 465	\$ 437	\$ 406	\$ 412	\$ 382
	Median Net Sold Price / Sq Ft	\$ 443	\$ 423	\$ 421	\$ 389	\$ 380
Days on Market	Average Days on Market	50	63	70	63	62
	Median Days on Market	19	20	52	48	27
Size of House	Sq/Ft (Total)	2650	2844	2,810	2554	2694
Age of House	Year of Construction	1956	1965	1961	1956	1959

If you want to make sense of what's going on in the market, or would like a better understanding of what your own home is worth, please contact me and I'd be happy to help you. You can also find additional analysis and updates to this article on treymcwhorter.com.

Note: All data comes from the Austin Board of Realtors' MLS report, reflecting activity through June 15, 2019.



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A photograph of a modern outdoor swimming pool and hot tub. The pool is rectangular with a light-colored concrete deck. A hot tub is integrated into the pool at one end. The pool is surrounded by lush green trees and a clear blue sky with scattered clouds. On the left side of the pool, there are several lounge chairs with cushions. On the right side, there is a small outdoor sofa and some decorative planters. A large, dark blue oval logo with a yellow border is superimposed over the top center of the image. The logo contains the text "Premier Pools & Spas" in a white, stylized font. At the bottom of the image, a dark blue banner contains the phone number "(512) 800-2412" and the website "ppas.com/austin" in white text.

NATURE WATCH

by Jim and Lynne Weber

MARIPOSA DE LA MUERTE



Photo: Black Witch

Commonly known as owlet moths, cutworms, or armyworms, moths in the Noctuidae family make up one of the largest families of Lepidoptera. The word Noctuidae is derived from the Latin word noctua meaning 'little owl' and the largest moth in this family in the continental United States is the Black Witch (*Ascalapha odorata*).

The Black Witch moth has been known as mariposa de la muerte or 'butterfly of death' since the time of the Aztecs, when it was believed that they were harbingers of death. With a wingspan of up to 6 inches, its upperside is mottled dark brown to grayish-brown with hints of iridescent purple and pink, and females, which are slightly larger and lighter in color than males, have a pale almost lavender-pink median band through both fore and hind wings.

Common to abundant in the New World tropics as far south

as Brazil, the Black Witch flies year-round in south Florida and the Rio Grande Valley of Texas. In June and July, summer monsoons in Mexico trigger this fabulous creature to migrate north through Texas, where it is often found roosting in garages, under eaves, or under bridges. It has the ability to migrate great distances over bodies of open water, such as the Gulf of Mexico, and one specimen was recorded in 1903 in Leadville, Colorado, caught in a snowstorm on the Fourth of July!

Primarily nocturnal, the adult Black Witch is attracted to light and fermenting fruit. Its larvae feed at night on a variety of cassias, acacias, ebony, mesquite, and other woody legumes, and rest during the day hidden under bark and branches. Up to 3 inches long, its caterpillar is dark gray tinged with brown, with a pale stripe down the back and dark stripes down the sides, and it relies on this natural camouflage to make it difficult to spot. Pupation occurs on the ground in scattered leaf litter within a fragile cocoon. Black Witches breed year round in overlapping generations, and their adult stage is thought to last only three or four weeks.

At first glance, this very large moth is often mistaken for a small bat hovering around a porch light, but it will eventually land and linger for several hours if undisturbed. If this happens to you, you can only hope that the South Texas legend of the Black Witch is true, as it states, "If a Black Witch lands above your door and stays there for a while, you could win the lottery!"

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our books, *Nature Watch Austin*, *Nature Watch Big Bend*, and *Native Host Plants for Texas Butterflies* (all published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



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