

Looking out for others who may be unable to look out for themselves.

Charlie and Judy Ludeman are California born and raised. They spent the majority of their working years as owners of a kitchen and bath remodeling business. In 2005, they sold that business and retired ... or so they thought.

Over the years, they each had a parent placed in a nursing home. As time passed, they came to realize how limited the staff time is spent in providing individual, one-on-one, time with the residents.

Out of this experience was born the idea for a different

kind of business. Charlie got his general contractor's license and began Accessibility Connections, a business focused on modifications which allow seniors, and other persons with disabilities, to remain in their homes or return to those homes to live safely and independently. These modifications include walk-in tubs, roll-in showers, ramps, railings, and grab bars.

But even with these modifications, there are people who are still not able to return to independent living. For these, Judy joined forces with Vicky

Maskofsky and founded Nursing Home Nannies. The basis of this enterprise is to provide companionship and meet any other needs nursing home patients or seniors in assisted living facilities may have. This could be walking their dog, helping to write a letter, or simply visiting.

Charlie and Judy seem to have both situations covered. But the need is greater than two people can handle and they are actively looking for volunteer Nursing Home Nannies. If you would like more information, call Judy at (916) 202 2919.

One truly great benefit of this service is the peace of mind it brings to the family of as well as the individual requiring living assistance. The nursing home staff knows there is a direct link between the patient and their family on a regular basis. Often times, the family of these seniors lives out of the area or have the kind of busy lives that prevent regular visits.

Sandra Prescott
Senior Focus Editor
OV's Country Journal

The Four Most Important Things that Seniors can do to Live at Home Comfortably and Safely

Number One:

Stay in touch with your doctor and have regular checkups. Ask questions and tell the doctor about your medical concerns.

Number Two:

Take your medications consistently and on time. If you have trouble remembering to take your medications at different times of the day, there are devices available to remind you. Also, regularly exercise even if your exercise is only a short walk each day.

Number Three:

Reduce the risk of tripping and falling. Remove clutter from walkways and stairways, remove or secure throw rugs, arrange furniture so that you have adequate room to walk, install ramps at doorways and steps, install railings in hallways, install grab bars in the shower/tub/toilet areas, and if needed, change the bathtub to the walk-in type and/or the shower to a roll-in type.

Number Four:

Make sure that the lighting is adequate, especially, in hallways and stairways. Another very important item is to have current working smoke detectors in hallways leading to the bedroom, as well as, inside the bedroom.

There are many more things you can do to make your home safe and comfortable and if you need help do not hesitate to call in a professional. A call may save you a trip to the hospital and possibly to a skilled nursing facility.



Nursing Home Nannies
We Visit When You Can't

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Accessability Connection
Helping seniors live at home safely!

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