

The Crossings Connection

February 2012

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Business Office Update Tax Deductions for Assisted Living Costs

If you or a family member lives in an assisted living facility, you know that assisted living costs continue to rise every year. But did you know some of those costs may be tax deductible? Medical expenses, including some long-term care expenses, are deductible if the expenses are more than 7.5 percent of your adjusted gross income. In order for assisted living expenses to be tax deductible, the resident must be considered "chronically ill." This means a doctor or nurse has certified that the resident either:

- cannot perform at least two activities of daily living, such as eating, toileting, transferring, bath, dressing, or continence; or
- requires supervision due to a cognitive impairment (such as Alzheimer's disease or another form of dementia).

In addition, to qualify for the deduction, personal care services must be provided according to a plan of care prescribed by a licensed health care provider. This means a doctor, nurse, or social worker must prepare a plan that outlines the specific daily services the resident will receive. Though not required by law, most assisted living facilities prepare care plans for their residents.

Generally, only the medical component of assisted living costs is deductible and ordinary living costs like room and board are not. However, if the resident is chronically ill *and* in the facility primarily for medical care and the care is being performed according to a certified care plan, then the room and board may be considered part of the medical care and the cost may be deductible, just as it would be in a hospital. If the resident is in the assisted living facility for custodial and not medical care, the costs are deductible only to a limited extent. In any case, the expenses are not deductible if they are reimbursed by insurance or any other programs.

Residents who are not chronically ill may still deduct the portion of their expenses that are attributable to medical care, including entrance or initiation fees. The assisted living facility is responsible for providing residents with information as to what portion of fees is attributable to medical costs.

In some circumstances, adult children may also get a tax deduction if their parents or other immediate family members (including in-laws) live at an assisted living facility and qualify as their dependents. The family member must be a U.S. citizen or legal resident or resident of Canada or Mexico and the adult child must provide more than half of the family member's support for the year. Even if the adult child is not paying more than half the family member's total support for the year, the child may still be eligible for a deduction if he or she contributes to the family member's support according to a "multiple support agreement." The adult child must pay more than 10 percent of an individual's total support for the year, and, with others who also support the resident, collectively contribute to more than half of the resident's support. All those supporting the individual must agree on and sign a Multiple Support Declaration.

For more information on what you can and cannot deduct, see [Publication 502](#) on the IRS Web site. (Source: www.elderlawanswers.com/resources)

Food and Beverage Tid Bits

Consider having your next private event here at Avery Crossings. We have many different food options to compliments any event. From birthday parties to holiday dinners and parties, we will work closely with you and customize the event to your specific requests to make it as special as possible.

A friendly reminder on our dining room hours and seating policy:

- **Breakfast:** our dining room hours are 7:30am through 9:30am. After 9:30am, the full breakfast menu is available for you. Served in the pub area only.
- **Lunch:** our dining room hours are 11:30am through 1:30pm. After 1:30pm, our pub menu is available for you. Served in the pub area only.
- **Dinner:** our dining room hours are 4:30pm through 6:30pm. After 6:30pm, it is recommended that you order room service.

Please note that we have kitchen staff available from 6:00 am through 8:00 pm. It will always be our pleasure to accommodate you in any way.

In regards to the seating, we have an open seating policy, which means there are no assigned seats. We do understand that everyone has their personal preference on where they seat. We always do our best to accommodate everyone's personal preference; however, there are occasions in which your preferred seat is not available. Please try to understand and take it as an opportunity to dine with another table. We will always continue to work hard to make your dining experience a pleasant one.

As always your suggestions and comments are appreciated.

Continued on the next column

Food and Beverage Continued

Upcoming events for the month of February:

Thursday, February 2 at 4:00 pm Newton Art Association Reception

Saturday, February 11 at 2:00 pm Popcorn Social

Tuesday, February 14 at 3:45 pm Manager's Valentine's Cocktail Social

Thursday, February 16 at 2:00 pm Cooking Show with Leo

Saturday, February 25 at 2:00 pm Cheese and Cracker Social

Wednesday, February 29 at 5:30 pm Welcome Dinner with Accordionist Tony D'Eramo

Recipe of the Month

Chamomile Quiche (Makes 3 pies)

Ingredients:

- 6 cups milk
- 12 Chamomile Tea Bags
- 1.5 tablespoon canola
- 3 leek diced
- 9 eggs
- 3 cups Parmesan cheese

Preparation:

- Bring to a slow simmer milk with the tea bags
- Remove from heat and allow to Steep for 20 minutes
- Sautéed the leeks until they VERY soft
- Preheat oven to 375 degrees
- Whisk eggs
- Spread leeks on the bottom of the piecrust
- Sprinkle the cheese in and then cover with egg mix
- Bake 25-30 minutes

Program Department Update

**Avery Crossings Cordially Invites
You to The Newton Art Association
Art Gallery Reception
Thursday, February 2
4:00 – 5:00 pm**

**Avery Crossings Assisted Living
110 West Street, Needham, MA 02494**

Please join us to view the beautiful Pastel Floral Paintings by Kate Begien and Oil and Pastel Painting by Kate Carleton.

Name that Bride or Groom Monday, February 13th thru Friday, February 17th

We will be displaying wedding photos of our residents and staff during the week of February 13th thru February 17th. Please bring your photos to Elyse Golibroda in the Program Office by **Friday, February 10th**. There will also be a contest! The person matching the correct name to the to the bride/groom will win a \$50 Gift Certificate to Bickfords Grill.

Are you Interested in Learning Spanish?

Resident Gabriel Lovett is interested in offering Spanish or French lessons to anyone that is interested. The group will meet for an hour once a week. Please stop by the Program Office.

Avery Crossings Boston Half Marathon

- It is our goal to encourage all the residents and staff of Avery Crossings to participate in our walking group and to encourage heart health.
- We will be tracking every 382 feet. The goal should be to walk a 782 feet a day. 2 loops around the second or third floor would accomplish this goal.
- The employees of Avery Crossings will also be competing in the half marathon.
- Enjoy exercising by charting your journey across the Boston Marathon route.
- Each day calculate how many loops you have walked and fill the form out and leave it for the Program Department.
- Please sign up in the Program office if you are interested in participating in the half marathon.
- Our marathon will start on Thursday, March 1st and ends on Marathon Day, Monday, April 16th.
- On Marathon Monday we will have a celebration to award our participants.
- We will have a kick off meeting on Wednesday, February 29th after the Chumba class in the Carter Room.

Marketing Update

Technology Workshop: New Ways for Seniors to Live Safely at Home

This workshop provides an overview of technological products and services that enable seniors to live safely in their own homes. Products will be demonstrated and information provided on cost and availability.

Thursday, February 23

8 a.m. Registration and Continental Breakfast

8:30 – 9:30 a.m. Program

Presented by Serge Kogan, Founder of g2gConnect

One CEU for Social Workers

RSVP to 781.234.6200 by February 16

Welcome Dinner

A special dinner is scheduled for Wednesday, February 29 at 5:30 pm. The dinner will welcome our newest residents and their families to Avery Crossings. The entertainment will be provided by Strolling Accordionist: Tony D'Eramo.

Avery Crossings Country Store

Store Hours

Sundays

10:30 – 11:30 am

Tuesdays and Thursdays

1:30 – 2:30 pm

The Country Store is available for your shopping needs. Some items that we carry are: paper towels, Kleenex, detergent, soap, flashlights, nightlights, batteries, greeting cards, penny candy, snacks, and small gift items.

Wellness Center Update

People first Home Health Care, Inc.

Fall Prevention Workshop Presented by:

Alka Swarup OT/R

Tuesday, February 21

9:30 am

Carter Room

Come and learn about simple things you can do to keep yourself safe at home and to prevent falls!

Sponsored by: People first home care
[Medicare Certified]

**Above and Beyond
January Winner: Gifty Assolloh**

Congratulations to Gifty for being voted the Above and Beyond Employee for the month of January. Thank you for all that you do, Gifty.

**The Middlesex Savings Bank of
Needham
Bank Hours**

**Thursday, February 9
Thursday, February 23**

**1:00 – 2:00 pm
Country Store**

Please stop by the Country Store if you are interested in banking with Middlesex Savings Bank of Needham. Notary services will be available with the bank.

**Caring Canines Visit Avery
Crossings**

Resident Enid MacGray Enjoying the Visit



**Don't Forget...
Sign In/Sign Out**



For everyone's safety, all residents and visitors must sign in (when entering the community) and sign out (when exiting the community).

Thank you for your cooperation.

**Trivia and Crafts with the Girl
Scouts**

Residents Eileen Maspero and Dorothy Sullivan



In House Entertainment and Trips for the Month of February

The Program Department offers a variety of programs in house as well as trips each month for our residents. The month of February we have 227 programs for the residents to choose from. Here is the list of the Program Highlights for February:

- Wednesday, February 1 at 10:30 am Art Matters: *Mary Cassatt & Edgar Degas*
- Wednesday, February 1 at 1:15 pm Trip to the Spellman Stamp Museum
- Thursday, February 2 at 4:00 pm Newton Art Association Reception
- Sunday, February 5 at 1:00 pm Trip to Needham Library: Boston Globe Reporter Eric Moskowitz
- Sunday, February 5 at 2:00 pm Super Bowl Party
- Monday, February 6 at 2:00 pm Textiles & Tortillas Presented by Devik Wyman
- Monday, February 6 at 2:00 pm Men's Group
- Monday, February 6 at 3:15 pm Current Events
- Tuesday, February 7 at 2:00 pm Opera Discussion with Roz Fisher: *La Traviata*
- Wednesday, February 8 at 10:15 am Trip to WBGH
- Thursday, February 9 at 2:00 pm Jeopardy
- Saturday, February 11 at 2:00 pm Popcorn Social
- Sunday, February 12 at 1:00 pm Trip to Newton Library: Swingin' the Blues with Paul Speiel
- Sunday, February 12 at 2:00 pm Purely Vocals Acapella concert
- Monday, February 13 at 2:00 pm Men's Group
- Monday, February 13 at 3:15 pm Current Events
- Tuesday, February 14 at 2:00 pm Origami
- Tuesday, February 14 at 3:45 pm Manager's Valentine's Cocktail Social
- Wednesday, February 15 at 1:00 pm Trip to Brandeis University Woman's Studies Research Center
- Wednesday, February 15 at 6:30 pm Valentine's Party with Mashke Band
- Thursday, February 16 at 2:00 pm Cooking Show with Leo
- Saturday, February 18 at 10:00 am History Lecture with Professor Gary Hylander
- Sunday, February 19 at 1:00 pm Trip to Newton Library: Pianist Stephen Porter
- Sunday, February 19 at 2:00 pm Caring Canines
- Monday, February 20 at 2:00 pm Men's Group
- Monday, February 20 at 3:15 pm Current Events
- Tuesday, February 21 at 9:30 am Fall Prevention Class
- Tuesday, February 21 at 10:15 am Newscurrents with John Shea
- Tuesday, February 21 at 2:00 pm Musical Performance with Bill Burke & February Birthday Party
- Wednesday, February 22 at 1:00 pm Trip to Jackson Homestead Museum
- Thursday, February 29 at 2:00 pm Film Discussion with Ed DeMarras: *Coppelia*
- Saturday, February 25 at 2:00 pm Cheese and Cracker Social
- Sunday, February 26 at 1:00 pm Trip to Newton Library: Flutist James Winn
- Monday, February 27 at 2:00 pm Men's Group
- Monday, February 27 at 3:15 pm Current Events
- Tuesday, February 28 at 3:30 pm Pianist Ethan Stone
- Wednesday, February 29 at 1:15 pm Trip to Rose Art Museum
- Wednesday, February 29 at 5:30 pm Welcome Dinner with Accordionist Tony D'Eramo

Trips for the Month of February

Spellman Museum of Stamps & Postal History

Wednesday, February 1 at 1:15 pm

Admission is \$6

The Spellman Museum is a center of learning and activities for people of all ages. It will preserve, enhance and expand its collections, library and facilities as a philatelic trust for the education and entertainment of the general public; to promote the hobby of stamp collecting and to be a resource for historians.

Needham Free Library: McIver Lecture Series 2012: Boston Globe Reporter Eric Moskowitz

Sunday, February 5 at 1:00 pm

Eric Moskowitz, an award-winning Boston Globe reporter, will speak about his experiences as a journalist in New England over the past decade, covering a multitude of memorable stories.

Studio Tour of WGBH

Wednesday, February 8 at 10:15 am

Go behind the scenes for a free, 45-minute tour of WGBH's new all-digital studios at One Guest Street in Boston's Brighton neighborhood, and get an up-close look at what makes WGBH "crackle with creativity," to quote *The New York Times*.

Newton Free Library: Swingin' the Blues With Paul Speidel

Sunday, February 12 at 1:00 pm

Join Paul Speidel and a special guest for a musical journey as they explore the historical repertoire that brought together swing styling with the enduring expressive form of the blues.

Brandeis University: Women's Studies Research Center: BLUE: Naoe Suzuki

Wednesday, February 15 at 1:00 pm

Naoe Suzuki's psychologically complex works on paper reference imagery from circus animals and water to medical abnormalities and scientific technology. These highly detailed and meticulously executed works are created in mineral pigment and graphite, and the effects are a feast for the senses.

Newton Free Library: Pianist Stephen Porter to Perform Debussy

Sunday, February 19 at 1:00 pm

Stephen Porter will perform Claude Debussy's *Preludes Book I and II*.

The Jackson Homestead and Museum

Wednesday, February 22 at 1:00 pm

Admission is \$3

The museum presents permanent and changing exhibits on a variety of historic topics. Discover what life was like for New England's earliest settlers. Learn about the abolition movement in Newton and how the Jackson family used their home as a stop on the Underground Railroad.

Newton Free Library: Flutist James Winn and Pianist David Kopp

Sunday, February 26 at 1:00 pm

Join flutist James A. Winn, Boston University Humanities Foundation Director, and pianist David Kopp, Director of Graduate Studies at the Boston University School of Music at the Newton Library. They will perform an all-French program including works by Gabriel Fauré, Albert Roussel, Henri Dutilleux, Claude Debussy and César Franck.

The Rose Art Museum at Brandeis University

Wednesday, February 29 at 1:15 pm

The story of the Rose Art Museum is one of the most remarkable in the history of university art museums. This year, the Rose celebrates its 50th anniversary with three exciting exhibitions that showcase the museum's renowned permanent collection and the newly renovated Gerald S. and Sandra Fineberg Gallery. 50th Anniversary Exhibitions

Leap Year

A leap year is a year containing one extra day (or, in the case of lunisolar calendars, a month) in order to keep the calendar year synchronized with the astronomical or seasonal year. Because seasons and astronomical events do not repeat in a whole number of days, a calendar that had the same number of days in each year would, over time, drift with respect to the event it was supposed to track. By occasionally inserting (or *intercalating*) an additional day or month into the year, the drift can be corrected. A year that is *not* a leap year is called a *common year*.

For example, in the Gregorian calendar (a common solar calendar), February in a leap year has 29 days instead of the usual 28, so the year lasts 366 days instead of the usual 365. Similarly, in the Hebrew calendar (a lunisolar calendar), a 13th lunar month is added seven times every 19 years to the twelve lunar months in its common years to keep its calendar year from drifting through the seasons too rapidly.

February 29 is a date that usually occurs every four years, and is called leap day. This day is added to the calendar in leap years as a corrective measure, because the earth does not orbit around the sun in precisely 365 days.

(Source: http://en.wikipedia.org/wiki/Leap_year)

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