

## LifeSpan: Like Having A Nurse In the Family!

### Greetings!

Two heads *are* better than one. You wouldn't dream of going to court without a lawyer or flying an airplane without an experienced pilot at the helm. Traversing the healthcare maze is similarly daunting and just as dangerous.

In large part, the founding of LifeSpan Care Management was inspired by the constant appeal for advice and assistance from friends and family in my life. I know what doctors are good at various procedures, which hospitals have the best facilities, what procedures are appropriate for each given ailment, how drugs interact, which nursing homes are the best, and what support systems work. We know the right questions to ask and have the right connections to help our clients realize their wellness aspirations.

I couldn't rebuild a car engine or thread a sewing machine if my life depended on it, but I am as nimble as a cat in negotiating the world of medicine and all of its attendant complications. LifeSpan was founded to assist those adept at rebuilding car engines and threading sewing machines to face any healthcare crisis adroitly and with as much agility and competence as they bring to their other endeavors.

*Michael Newell RN MSN* Michael Newell, RN, MSN, President & CEO LifeSpan Care Management, LLC



### Moore Bad News for Healthcare

We can't wait to see Michael Moore's new docu-film, *Sicko*, a movie his website describes as, "A comedy about 45 million people with no health care in the richest country on earth." In February of 2006,

Moore put out the call for letters describing the personal experiences of American citizen's in the healthcare system; he received more than 19,000 letters, which took him more than a month to read. One story told of a car crash victim who was denied payment for an ambulance from the scene of the accident to the hospital because it hadn't been pre-approved.

Moore is famous for keeping his cards close to his chest prior to the release of his films, but we understand that *Sicko* is an expose' of the health care and health insurance industry's greed, the failure of the FDA, the connection between anti-depressants and the tragic school shootings plaguing this

*(See Moore Bad News on reverse)*

### Paperwork Made Easy

Simplified Living, LLC helps seniors manage household finances, file and resolve medical claims, locate and forward income tax and estate materials, and coordinate with their attorney, financial advisor, accountant or LifeSpan advocate.

By handling their routine financial and paperwork tasks, Simplified Living helps seniors to safeguard their assets, reduce stress to give them more independence, and allowing them more time to do the things they enjoy. Their sons and daughters can ensure that their aging parent(s) stay at home with their needs met, while attending to their own obligations.

As the president of Simplified Living, Marlene Talasnik also helps adult children of an older person who does not have the time or ability to maintain their affairs, recently widowed or divorced who need transitional services to handle their own affairs, the disorganized who need help with the daily, monthly or yearly monetary tasks and busy professionals/

*(continued on reverse)*

## Paperwork Made Easy Continued from Page 1

retirees who do not have the time or inclination to handle routine financial or paperwork tasks.

"My mom became a widow at age 58," says Marlene. "In her day, there were certain tasks that were delegated to the husband, and handling the finances was one of them. As a result, she didn't know how to balance a checkbook. By the time she was 66, she was terminally ill and adamant that she wanted to remain at home, so I performed the services that ensured that she was able to stay in her home for as long as possible."

When she passed away at age 69, Marlene gathered all the information for the accountant and estate attorney so they could probate her estate and file the final return. During that time, I was also a busy professional working 40 + hour weeks. The constraints of time created stress and frustration.

Marlene realized that there is a need for a professional to help keep affairs in order so the baby boomers have other options for dealing with an aging parent.

If you know someone who is struggling to keep up with their ill or elderly family members' paperwork, please contact Marlene Talasnik of Simplified Living, LLC at 215.813.3506, or e-mail at [simplifiedlivingllc@verizon.net](mailto:simplifiedlivingllc@verizon.net). You can also learn more by logging onto [www.simplifiedlivingllc.com](http://www.simplifiedlivingllc.com). ♥

For more information, contact:



Marlene Talasnik  
**Simplified Living, LLC**  
P.O. Box 43688  
Philadelphia, PA 19106-3688  
**(215) 813-3506**  
[simplifiedlivingllc@verizon.net](mailto:simplifiedlivingllc@verizon.net)  
[www.simplifiedlivingllc.com](http://www.simplifiedlivingllc.com)

## One Last Note:

"Precaution," noted Goethe, "is better than cure." We agree. Here, then, are a few safeguards to see you through summer:

- Exert yourself intelligently. After a winter by the fire with a good book, take to the outdoors gently.
- Wear protective gear. Don't ride the wheels without a helmet, or knee, elbow and wrist guards.
- Stay hydrated.
- Apply suntan lotion & wear a hat and glasses to protect your skin and eyes.

Buddha said, "Every human being is the author of his own health." Let LifeSpan help you to write a book filled with peace of mind and good choices.

## Moore Bad News Continued from Page 1

country for more than a decade, and the formidable influence of pharmaceutical and other healthcare lobbyists in Washington.

*Sicko* opens June 29<sup>th</sup>. Moore, who directed such films as *Fahrenheit 911* and *Bowling for Columbine*, is being investigated by the U.S. Treasury Department in connection with his new film.

The government claims that Moore violated the embargo against Cuba when he took a group of Ground Zero First Response workers to the American base in Guantanamo Bay for medical treatment they were not receiving in the USA; his major message would seem to be that there is something indecent about Cuba, one of the poorer nations in the world, caring effectively for their people, while the wealthiest, most powerful nation in the world can't even care for their war veterans. So concerned is the Moore camp with interference from the federal government that they have placed a copy of the movie in a safe house outside of the U.S.

The director contends that the pharmaceutical and health corporations he targets in the film are very nervous about its release, saying that they are intimidating their own employees, threatening to fire them if they speak to him, and even going so far as to set up crisis hotlines at their offices in case Moore and his camera crews show up. ♥

## Websites We Love

The Family Hope Center [www.familyhopecenter.org](http://www.familyhopecenter.org) This internationally renowned organization located in Blue Bell, PA works with neurologically impaired children resulting in WONDERFUL – PUBLISHED – outcomes (unheard of the industry)! Full disclosure: the Director of FHC is Mike's brother, Mathew Newell.

[www.Peterrost.blogspot.com](http://www.Peterrost.blogspot.com) is subtitled *Question Authority with Dr. Peter Rost*, and is a riveting indictment of an industry by an insider - a medical doctor and former pharmaceutical company executive. Dr. Rost wrote a book about that experience called, The Whistle Blower; Confessions of a Healthcare Hit Man.

Healthcare Coordination and Advocacy

by  
**LIFESPAN**  
Care Management, LLC

The Waterfront Technology Center at Camden  
200 Federal Street, 2nd Floor, Camden, NJ 08103  
Email: [info@LifeSpanCM.com](mailto:info@LifeSpanCM.com)  
Web: [www.LifeSpanCM.com](http://www.LifeSpanCM.com)  
Blog: <http://lifespans.blogspot.com>