

Cielito Lindo Weekly Newsletter

From: James Sims (jsims.cielitolindo@gmail.com)

To: jamesmsims@yahoo.com

Date: Friday, September 13, 2019, 11:15 AM PDT

Dear James,

Please forgive me if you do not want to receive this newsletter anymore. You can unsubscribe at the bottom right corner of this email.

This is your weekly summary of our news, research, books, videos and other resources related to senior living and retirement in Mexico along with independent and assisted living and information about age related challenges (e.g., dementia, Alzheimer's, Parkinson's, multiple sclerosis and so on).

This week's quote....



**HARDSHIPS OFTEN
PREPARE ORDINARY
PEOPLE FOR AN
EXTRAORDINARY
DESTINY...**

-C.S. LEWIS

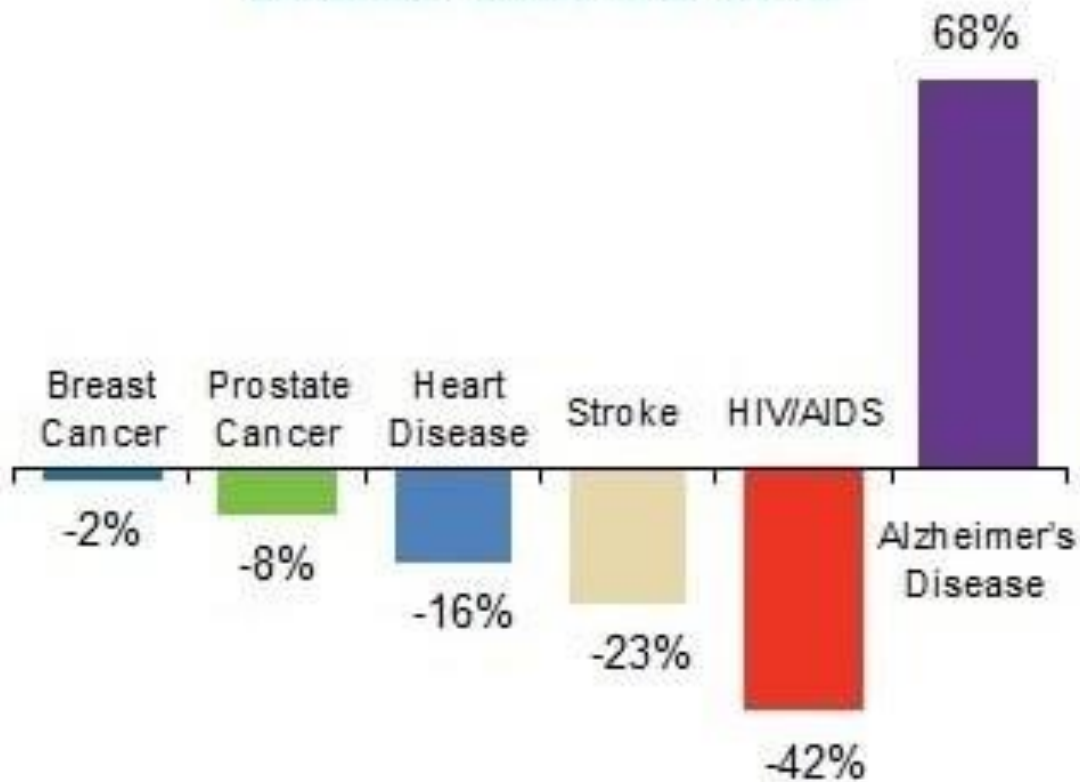
THESE ARE THE **FACTS** ABOUT THE ALZHEIMER'S **CRISIS**

Video - Alzheimer's Statistics for 2019

With nearly 6 million Americans currently afflicted with Alzheimer's and 18 million projected in the next 30 years, these statistics are frightening. 1 in 3 seniors will die with Alzheimer's or other types of dementias. Even if you are certain you will not be one of those how are afflicted with some sort of dementia, nor become a caregiver of someone that does, we should also be concerned that this will cost Americans almost \$300 billion in health care expenses

https://cielitolindoseniorliving.com/shared_content_015/

Change in Number of Deaths Between 2000 and 2010



Statistic - Alzheimers is on the Rise

The number of deaths attributed to [Alzheimer's](#) disease continues to rise, while the number of deaths associated with other leading causes, such as heart disease, certain types of cancers, and stroke, have declined. So the cost of [dementia](#) care on a national scale is growing (see histogram above).

Forbes

Article - Are You Going Broke Caring for a Loved One with Dementia?

Going broke caring for a loved one with dementia? Of the 30+ million unpaid caregivers in the US, more than half are caregivers for someone with dementia (includes Alzheimer's). This Forbes article offers financial insights and statistics.

<https://www.forbes.com/sites/nextavenue/2016/03/30/are-you-going-broke-caring-for-a-loved-one-with-dementia/#7774f6c37148>

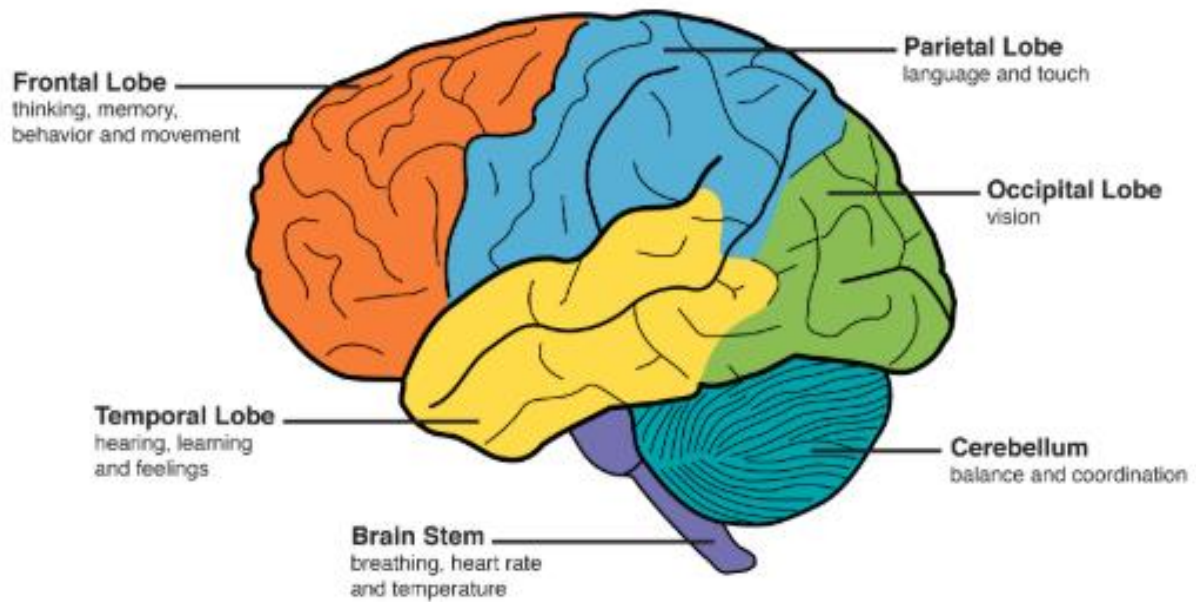


Video - Retire to Mexico for \$1000 per Month

This couple wanted to have a quality of life but dramatically reduce their monthly cashflow requirements. Mexico was their answer.

This is just one video of the extensive Jerry Brown Travels channel on YouTube which centers on expatriate living insights and experiences in Mexico. Many US and Canadian retirees are finding the Mexico is an excellent place to spend their retirement years. The cost of living is low, there is so much beauty and culture, the people are lovely and there is so much to do and explore.from

https://cielitolindoseniorliving.com/shared_content_016/



Web Article - What is Dementia?

Here is a helpful overview and introduction to what dementia is, provided by the outstanding Memory and Aging Center at UCSF. [#alzheimers](#) [#dementia](#) [#retirement](#) [#seniorliving](#) [#mexico](#) [#sanmiguel](#) [#lakechapala](#)

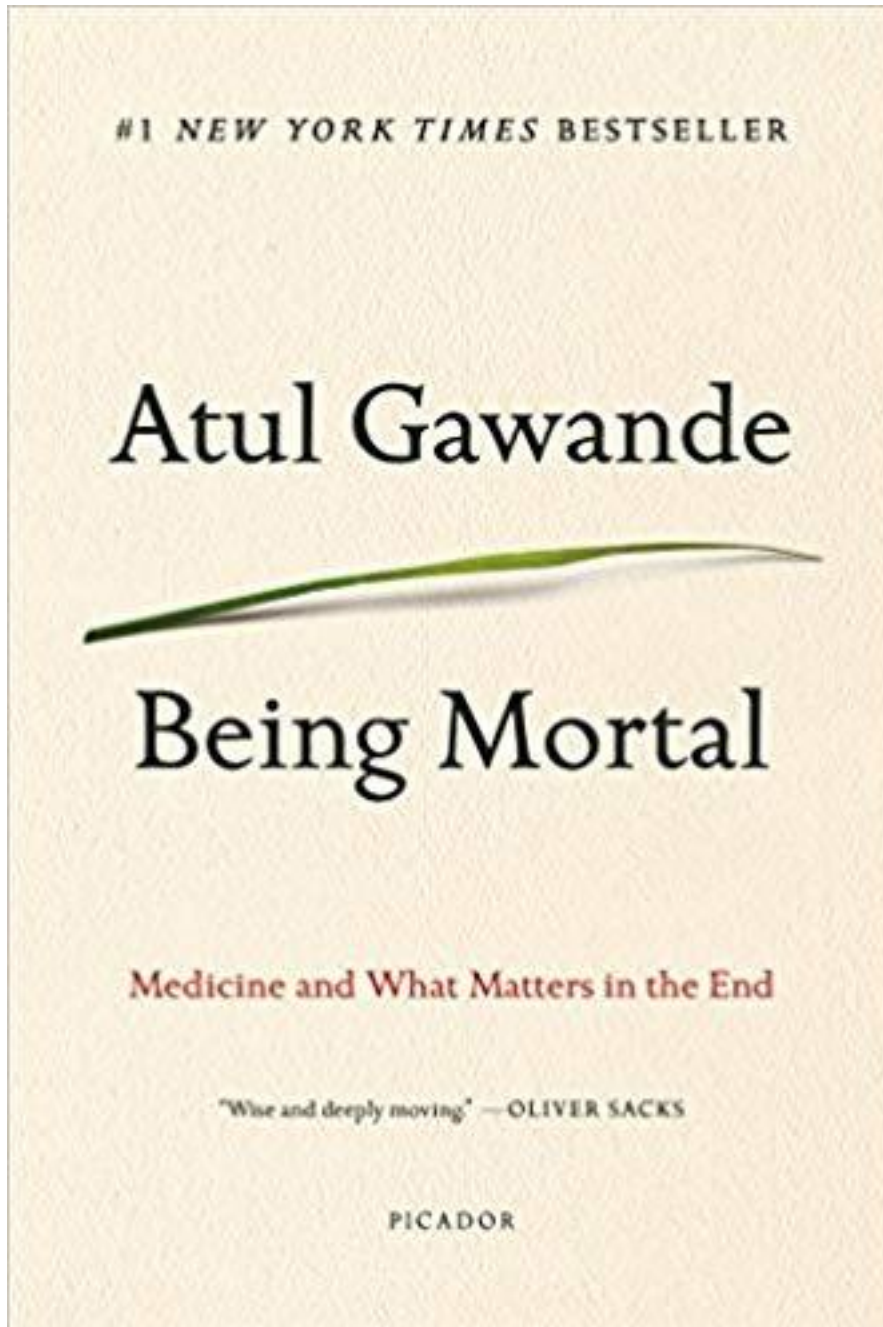
<https://memory.ucsf.edu/what-dementia>



Blog - Tips and Ideas to Help with Sundowning

Here are some wonderful observations and insights on what sort of things aggravate or help to avoid 'sundowning' for those with some form of dementia.

<https://artsyfartslife.com/sundowning-dementia-home/>



Book - Being Mortal

Named a Best Book of the Year by *The Washington Post*, *The New York Times Book Review*, NPR, and *Chicago Tribune*, now in paperback with a new reading group guide

Medicine has triumphed in modern times, transforming the dangers of childbirth, injury, and disease from harrowing to manageable. But when it comes to the inescapable realities of aging and death, what medicine can

do often runs counter to what it should.

Through eye-opening research and gripping stories of his own patients and family, Gawande reveals the suffering this dynamic has produced. Nursing homes, devoted above all to safety, battle with residents over the food they are allowed to eat and the choices they are allowed to make. Doctors, uncomfortable discussing patients' anxieties about death, fall back on false hopes and treatments that are actually shortening lives instead of improving them.

In his bestselling books, Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures-in his own practices as well as others'-as life draws to a close. Riveting, honest, and humane, *Being Mortal* shows how the ultimate goal is not a good death but a good life-all the way to the very end.

Many other book recommendations here:
<https://cielitolindoseniorliving.com/useful-info/read/>



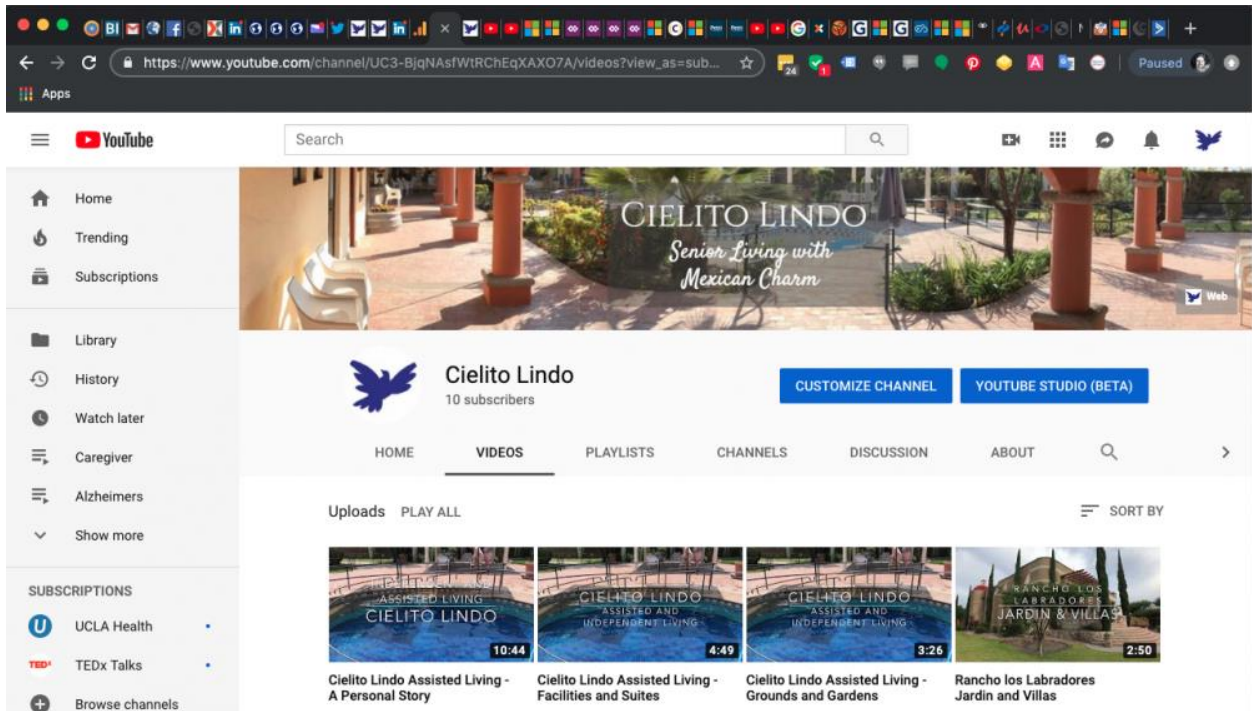
Additional information about Cielito Lindo

Here are our Web sites, including Cielito Lindo and Labradores Suites (hotel) all of which is part of the larger Rancho Los Labradores gated community just north of San Miguel de Allende.

- Cielito Lindo provides assisted living and memory care with 24*7 staffing along with a la carte assisted living services to those living in the villas and suites at Rancho los Labradores. <https://cielitolindoseniorliving.com>
- Rancho los Labradores Hotel Suites offer short and long term residence. <http://www.labradoressuites.com>
- Rancho los Labradores is a country club resort feeling CCRC that provides a gated community with countless amenities and opportunities for different levels of independent living along with assisted living and memory care within Cielito Lindo. <https://rancholoslabradores.com>

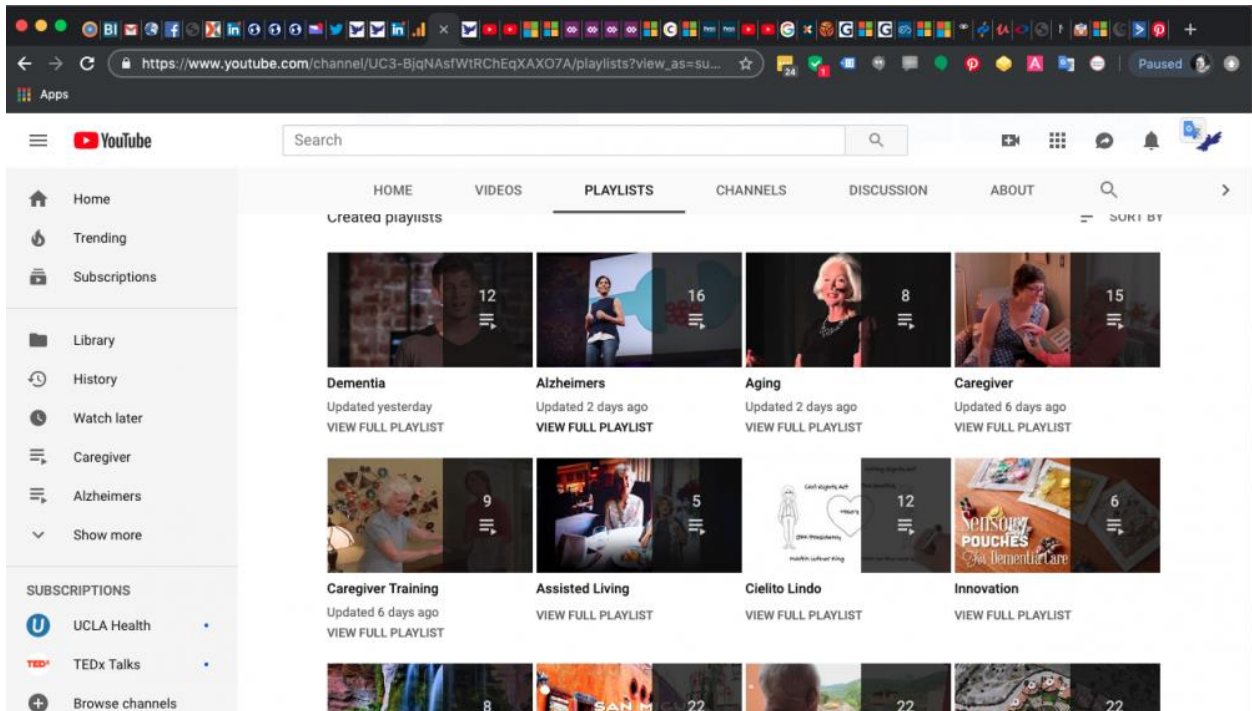
Also, here is our YouTube channel and play list collection. This might give you a little more information, and a lot more visual input.

<https://www.youtube.com/channel/UC3-BjqNAsfWtRChEqXAXO7A>



Additionally, our playlists cover a wide are of caregiver related information.

<https://www.youtube.com/channel/UC3-BjqNAsfWtRChEqXAXO7A/playlists>

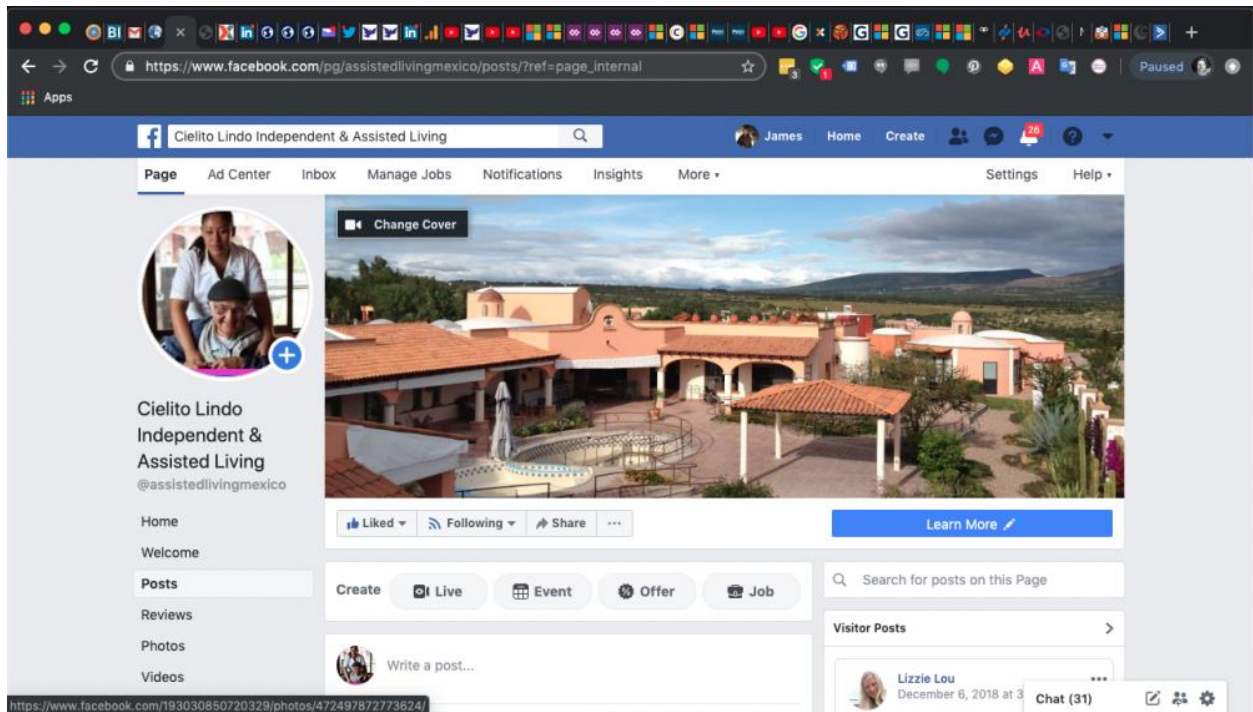


We have curated collections of resources that may be useful:

- Video - <https://cielitolindoseniorliving.com/useful-info/watch/>
- Books - <https://cielitolindoseniorliving.com/useful-info/read/>
- Podcasts - <https://cielitolindoseniorliving.com/useful-info/listen/>
- Web sites - <https://cielitolindoseniorliving.com/useful-info/view/>

And here are our various social media forums, where we talk a lot about assisted living and memory care along with the various sort of challenges that sometimes come in our senior years (Alzheimer's, Parkinson other dementias and so on), but also about senior living in Mexico.


- Facebook - <https://www.facebook.com/assistedlivingmexico/>



- Pinterest - <https://www.pinterest.com/cielitolindoseniorliving/boards/>

Browser: <https://www.pinterest.com/cielitolindoseniorliving/boards/>

Search for Caregiver Quotes



Cielito Lindo Senior Living
806 monthly viewers

www.cielitolindoseniorliving.com

Cielito Lindo is a remarkable facility providing highly qualified care, beauty, warmth, comfort and dignity with Mexican charm, and amazing affordability.

- Twitter - <https://twitter.com/SeniorLivingSMA>

Browser: <https://twitter.com/SeniorLivingSMA>

Cielito Lindo Senior Living
260 Tweets



Cielito Lindo Senior Living
@SeniorLivingSMA

Information regarding the amazingly affordable and high quality senior living services offered by Cielito Lindo in beautiful San Miguel de Allende, Mexico.

San Miguel de Allende <https://t.co/wuaxM6kwb>
Joined February 2019

109 Following 36 Followers

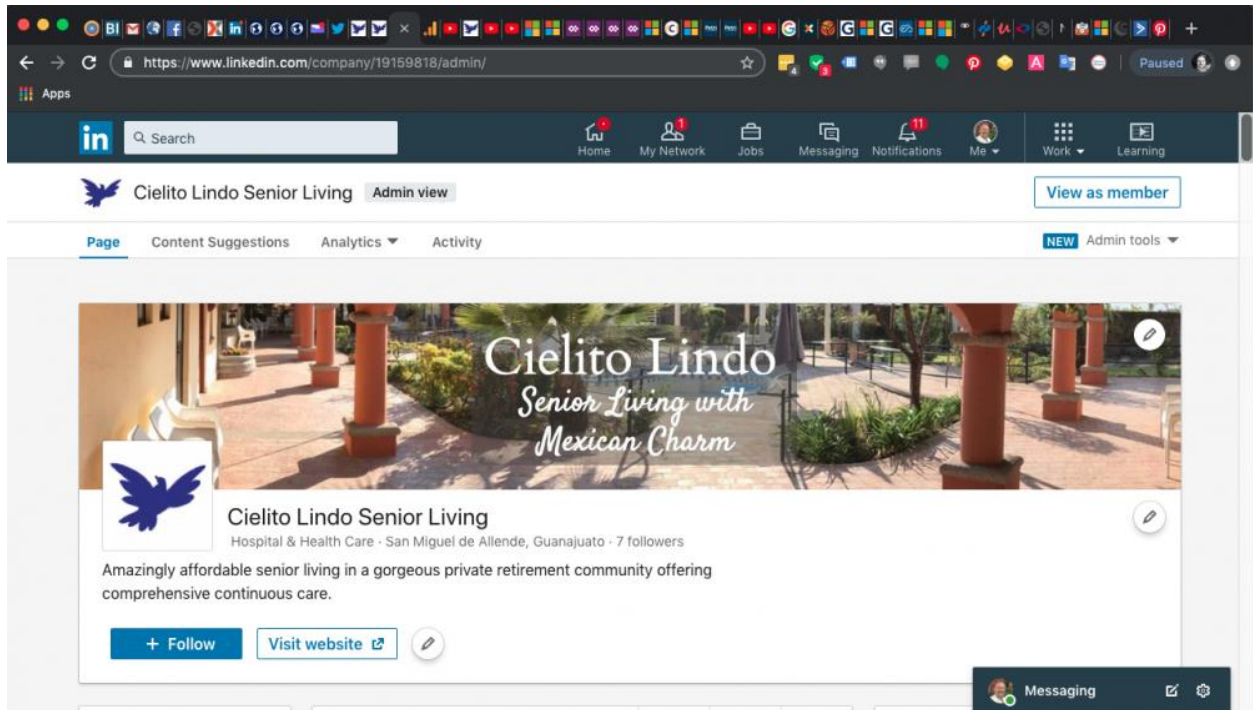
Cielito Lindo Senior Living @SeniorLivingSMA · Aug 29
This is an incredibly informative video providing an overview of dementia and making valuable distinctions between different types. #dementia

You might like

- Many-Me @Many__Me [Follow](#)
- AlzCruiseTropics20 @ChiricoLisa [Follow](#)
- 50plus FiftyPlusToday @50PlusNow [Follow](#)

Trends for you

- LinkedIn - <https://www.linkedin.com/company/cielitolindo/>



Please don't hesitate to contact me for anything related to senior living and especially within Mexico. I will gladly give you any assistance I can.

Thanks again!
James



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