

Aging-in-Place Solutions Made Simple

A collaboration to provide all the services you need to continue living safely in your home.



"I'm 85 years old and I want to stay in my home. I have arthritis and it's difficult to climb stairs, and I can't see as well as I used to. I need some help with cooking and cleaning. I know there are services available, but it's very confusing. I don't know how much they cost. I feel like I'm trying to put together a 1,000-piece puzzle and I don't even know what the final picture looks like! Is there anyone who can help me?"

Will your home be safe and functional as you age? Will it accommodate you if you can no longer climb stairs? Who will take care of you if you need assistance? Like many people, you may be trying to piece together answers to these questions, because you want to continue to live in your home.

According to research by the American Association of Retired Persons (AARP), nearly 90 percent of seniors want to "age in place": stay in their own homes as they grow older.

Integrity Development & Construction has collaborated with Comprehensive Home Care and Geriatric Care Solutions & Man-

agement, Inc., to help clients do exactly that.

Kathleen Bowen, M.Ed., G.C.M., of Geriatric Care Solutions & Management, Inc., provides comprehensive assessments to help clients see the bigger picture. Geriatric Care Managers, (GCMs), are trained in assessing aging people's needs. They help clients face challenges of every-day living, which range from coping with unexpected or long-term health problems to feelings of loneliness and isolation.

Kathleen first conducts an in-home assessment, including an evaluation of a client's physical, psychological, mental and social functioning, as well as his or her financial resources. With answers to questions like: "Are you able to clean your home?" and "Do you need help with personal care or food shopping?," she develops a detailed plan and refers, coordinates and monitors the services received, including follow-up assessments

continued on page 3

Integrity Volunteers Carpenters for Habitat House

On October 16th, Pioneer Valley Habitat enjoyed the assistance of skilled carpenters, including Integrity employees Scott Schabacker and Kevin Pettit, to help set the roof trusses for the Habitat home at 887 Belchertown Road in Amherst.

Habitat for Humanity welcomes all volunteers—no building experience necessary. "We rely on volunteers, some with little or no experience and we appreciate everyone. But for work that is potentially hazardous, we are especially grateful when experienced carpenters volunteer. Integrity has volunteered skilled labor on previous occasions and came through for us again on this project. Thanks to Peter, Heidi and Anna for lending us two employees for a day. Scott and Kevin spent the day setting roof trusses and put roof sheathing up, as well," remarked Charlie Klem, co-site supervisor.

Anna Novey responded, "We are happy to provide skilled help to this project—it is one more way that we can give back to the community that has given us all our livelihood over the years."

Pioneer Valley Habitat for Humanity has provided permanent housing for 35 local families. For more information or to volunteer, visit their Website at www.pvhabitat.org.



Pioneer Valley Habitat volunteers, left to right: Scott Schabacker, Dave Mullin, Kevin Pettit, Dave Poser and co-site supervisor Walt Kohler. Photo by Jonathon Woodbridge.

On September 19, we hosted a great celebration at the Cherry Hill Golf Club with our clients, suppliers and employees to recognize a milestone in Integrity's 20-year history. At the event, attended by some 90 friends, I announced that I have formed a business partnership with Anna Novey and Heidi Flanders; together we are now co-owners of Integrity Development & Construction.

Many of you have worked with Heidi and Anna over the years. Anna has been with Integrity for ten years, and we have watched her seamlessly champion countless projects from the design and planning stages through to completion. Heidi has been here for four years, and her keen ability to turn your vision into beautiful, livable design is nothing short of remarkable. Heidi and Anna are tremendous assets to the company, and I trust them completely.

You will probably not notice much in the way of change here in the months ahead, and that's by design. Anna and Heidi know the culture and the values of this company—in fact they have been integral in creating them. So the Integrity that we have built together will go forward and sustain all that it has become as it continues to grow and Anna and Heidi begin to make their own mark on the company.

To all of you who joined us in celebrating this important milestone—a hearty “thank you.” We look forward to continuing our relationship with you in the months and years ahead.



Peter Jessop



Partnership Celebration Benefits Nonprofits

The weather cooperated for our recent celebration of the new partnership between Peter Jessop, Heidi Flanders and Anna Novey. Guests mingled on the deck at the Cherry Hill Golf Club, enjoying food and drink.

“This is such an exciting transition for me, and it is a milestone for Integrity,” Jessop told those gathered. “The culture we have created together here at Integrity is something I am extraordinarily proud of, and to ensure that Integrity can sustain all that it has become as it continues to grow, I have turned in partnership to two individuals who have demonstrated a deep commitment to Integrity over the years.”

An integral part of Integrity's culture is its strong commitment to our community. Integrity has supported many worthy causes over the years, and for this special event Peter, Heidi and Anna reconfirmed this commitment by pledging to make donations in honor of each guest who filled out a donation card, giving guests the opportunity to choose their favorite nonprofit.

As a result, Integrity made donations to 22 different nonprofits, listed below. “The sense of corporate responsibility that Integrity has is such an important value. It is one of the reasons I do business with them,” said Integrity client Bob Barker of Williamsburg.

Donations were made to the following nonprofits in honor of our clients:

- American Cancer Society
- Amherst Cinema Arts Center
- Amherst Survival Center
- CISA
- Co-op Power
- Community Resources for People with Autism
- Dakin Pioneer Valley Humane Society
- Friends of the Amherst Senior Center
- The Hartsbrook School
- Heifer International®
- Hitchcock Center for the Environment
- Jerome Liebling Memorial Fund
- Hampshire College
- Kids Included Together
- KO Theater Works
- Leukemia Research Foundation
- MotherWoman
- National Fragile X Foundation
- Pioneer Valley Habitat for Humanity
- Pioneer Valley Symphony Orchestra
- Reader to Reader
- Shriners Hospitals for Children
- The Food Bank of Western Massachusetts

Retired Professor Creates Stylus Proceeds to Benefit Amherst Senior Center



Reprinted with permission of the Daily Hampshire Gazette. All rights reserved.

When Integrity client **JOEL GORDON** received an iPad as a gift from his daughter-in-law, he looked into buying a stylus to make it easier to type on the keypad. Costs ranged from \$15 to \$50, which seemed expensive. As a professor emeritus of physics at Amherst College, Joel had some knowledge of how touch screens work and wondered if he could make his own stylus. In order for a stylus to work on the iPad, it has to have a soft, slightly broadened tip with relatively high electrical resistance—properties similar to one’s finger. The tip must also be in electrical contact with one’s hand. After some experimenting, Joel found that a stylus made by inserting a tip of antistatic foam into the end of a stainless steel tube proved to be sensitive and easy to use. When not in use, it can be housed in a plastic tube with square ends to prevent it from rolling off a desk or table top. Made from common materials ordered over the Internet, Joel’s stylus works as well as commercially available products—for a fraction of the cost. The stylus can be used with an iPhone, an iTouch, a Kindle and an iPad. It is particularly helpful to those who have difficulties with their hands. Not only do the devices work well, they also help a worthy cause. Joel is a member of the Amherst Council on Aging and all proceeds from the sales of his stylus benefit the Amherst Senior Center. So far he has sold more than 200 netting \$1,000 for the Senior Center. You can purchase a stylus for \$5 directly from the Amherst Senior Center (70 Boltwood Walk, ph. 413.259.3060) or by contacting Joel Gordon by phone at 413.256.6309 or email at jegordon@amherst.edu. Quantities of 1 to 4 can be mailed for a small shipping fee. In addition to keeping the screen free of fingerprints Joel claims that his stylus can help improve your score when playing your favorite games. His wife, Pamela, uses one to play Sudoku (fiendish level). ☺

Aging-in-Place Solutions continued from page 1

that allow for additional services, should a client’s needs change. Kathleen’s goal is to ensure that clients receive the best possible care in order to maintain a comfortable, safe, and independent lifestyle.

If assistance is needed, Comprehensive Home Care offers a unique approach to private quality care in the home. Founded in 1990, Comprehensive Home Care provides a full range of home care services in Franklin, Hampshire and Hampden counties. Their team of professional caregivers provides services from housekeeping, meal planning and preparation, to personal care, chores, transportation, medication monitoring, respite services and companionship, starting with a complimentary and confidential consultation.

If a home needs structural modifications, such as making a bathroom accessible or creating first-floor living, Integrity Development & Construction will provide a free design consultation. Co-owner Heidi Flanders is a Certified Aging-in-Place Specialist, who will suggest cost-effective alterations to improve a home’s functionality and safety. She offers innovative design solutions to accommodate clients’ current and future needs without sacrificing style.

This unique collaboration brings together the pieces of the aging-in-place puzzle so clients can continue to live in their own homes. Together, Comprehensive Home Care, Geriatric Care Solutions and Integrity, help clients age in place with independence, dignity, and style. ☺

For more information contact:

Erica Morrison-Brazitis
Comprehensive Home Care
235 Greenfield Road #6, South Deerfield, MA
413-665-9058 or 413-834-1287
www.comprehensive-homecare.com

Kathleen Bowen
Geriatric Care Solutions & Management, Inc.
103 Mountain Road, Holyoke, MA
413-241-1002 or 413-540-0800
www.geriatriccaresolutions.com

INTEGRITY

DEVELOPMENT & CONSTRUCTION, INC.

Owners

Peter Jessop
Anna Novey
Heidi Flanders

Project Manager

Kyle Belanger

Office Manager

Penny Banister

Marketing Manager

Donna Thibault-Wong

Field Staff

John Barbieri
Rick Bramucci
Don Byler
Jimmy Clark
Bert Hickey
Kevin Marotto
Kevin Pettit
Jeff Richard
Scott Schabacker
Andrew Scharoun
Chris Varilly

INTEGRITY

DEVELOPMENT & CONSTRUCTION, INC.



www.integbuild.com

110 Pulpit Hill Road,
Amherst, MA 01002

We've Remodeled Our Website

Just like many of our clients who come to us with a room that is dated and in desperate need of a new look, our Website was long overdue for an update. We are proud to announce the launch of our new site—same address as always: www.integbuild.com—but with a beautiful new look. We hope it is easier to navigate and gives people a better idea of the scope of services we offer and the variety of projects we do. Many thanks to Web designer Erica Goleman (413.244.9374 or www.prettylittlewebsites.com) for a remodel that looks and functions beautifully.

*We invite you to browse our **NEW website** and to share it with friends and family.*

www.integbuild.com

