

# 5 Ways to check on Mom's well-being this winter.

- Give a Hug  
Do you notice weight changes, increased frailty?
- Observe Her Social Life  
Are there signs of active friendships, or isolation?
- Open the Medicine Cabinet  
Is Mom taking her medications as prescribed?
- Check the Mail  
Look for unopened mail or unpaid bills
- Inspect the Kitchen  
Look for expired food, broken appliances

Use this checklist to look for warning signs during your winter visits. If your mom isn't doing well at home alone, a Senior Living Residences community may be the perfect solution. We offer an innovative enriching approach to senior living and alzheimer's care.

Find a list of our communities at [SeniorLivingResidences.com](http://SeniorLivingResidences.com)



LEADING SENIOR LIVING IN THE *RIGHT* DIRECTION