



# CROSSROADS

*An information resource for senior living*

## THINGS TO KNOW BEFORE BUYING LONG-TERM CARE INSURANCE

With people living longer these days, the chances increase that they at some point will need health care services. Long-term care (LTC) insurance is designed to help pay for prolonged care whether related to age, disability, injury or illness.

First, you should know that Medicare does not pay for most long-term care. While Medicaid generally does, it is designed only for those with very little income and few assets.

Consider your risks. If chronic or debilitating health conditions run in your family, then LTC insurance might be a high priority. The same is true if you need to protect income and assets that could be jeopardized by the cost of long-term care.

Look at insurance providers that are well-established and likely to be around in the future when you need to use your benefits. When selecting a policy, keep in mind:

- Setting a long-term budget that includes LTC insurance premiums helps ensure that you are all set for many years of payments.
- Not all LTC policies are alike and can cover many kinds of care (home health aides, assisted living, nursing homes, adult day care...). Understand what types of care services and facilities qualify for benefit payments (these vary by state).
- Buy just the coverage you may need by factoring in how much you are willing to pay for care using income or assets.
- Policy options let you specify a variety of daily benefit amounts, for specific durations for various premium amounts.
- Like life insurance, premiums increase with age. (As part of a long-term plan, people in their early 50s are not too young to prepare for life's uncertainty.)
- Employers, professional associations and alumni groups may offer LTC insurance at lower group rates.
- Remember that you can, for any reason, cancel a policy within 30 days and get a full refund.

When considering the uncertainty that comes with age and your individual risks and assets, LTC insurance can be part of a good strategic plan to protect your future.

## A FEW FAST FACTS ABOUT LTC POLICIES

- Policies typically cap the lifetime amount they will pay.
- Policy riders are often available that adjust benefits to cost of living increases (a consideration for younger buyers).
- Most policies have waiting periods from the point of a claim to when benefits are actually paid.
- A shared-benefits rider enables married people to access each other's benefits if one uses up their own benefits.
- Some policies will let you pay accelerated payments over a set time period, (e.g., 10 years) and then be fully paid for life.
- "Guaranteed renewability" provisions mean that you cannot be singled out for cancellation or a rate increase.
- Policies typically exclude coverage for conditions such as self-inflicted injuries, alcohol and drug abuse, and mental illness.
- Premiums may be deductible on federal and some state tax returns.

## VERNON EXEC HONORED AGAIN

For the second year in a row, the American College of Health Care Administrators awarded its 2016 Eli Pick Facility Leadership Award to Vernon Homes' Executive Director Brad Ellis. Of the thousands considered across the nation, only 257 administrators met the ACHCA requirements. Further, Brad was one of 227 leaders who received the award with virtual recognition, which takes into account several rigorous facility quality and performance measures. Congratulations, Brad!



## MEETINGHOUSE RESIDENT RECEIVES BOSTON CANE AWARD

It turns out that the oldest resident at our Meetinghouse Village community in Maine is, at age 104, also the oldest resident in the town of Kittery. Ellen Tufts, a resident since 2003, was honored recently with the "Boston Post Cane" award.



The Boston Cane custom dates back to 1909, when the publisher of the now defunct Boston Post, distributed 700 gold-tipped canes to towns in New England, requesting that the town governments bestow the cane to the oldest living male. The rule was changed to oldest "living resident" in 1930. The recipient no longer keeps the cane; instead it is kept at the local Town Hall and presented in a glass case at a ceremony along with a signed proclamation from the Town Council.

Known for her gentle and gracious demeanor, town officials and Meetinghouse guests were gratified to see Ellen recognized this way. True to her reputation as a baker, she honored the ceremony attendees with brownies she made that morning.

At the event, Ellen shared varied memories of her early days in Gray, Maine, where her family was the first to own a Model T Ford. She spent most of her career as a teacher and school principal until her retirement in 1974.

Always one to deflect attention from herself, when asked about her secret to a long life, Ellen replied, "I am just blessed."

## MEET THE ACRC BOARD OF DIRECTORS

Front from left: Rev. Bruce Burks; Judy Jewett; Scott Towle, Treasurer; Peter Gedney, Chairman. Middle: Al Goodwin; Larry Giard; Larry Knowles. Back: Norb Johnston; Glenda Dwyer; Phil Dubois; Rev. Bill Monroe.



## GIFTS TO THE ANNUAL FUND

January 1 – May 23, 2016

**Advent Christian Church** 🍷  
Haverhill, MA

**Advent Christian Church**  
Island Pond, VT

**Mr. Robert Bowden**  
Chatham, MA

**Mrs. Rosabelle Carpenter** 🍷  
Rockbridge, OH  
*In memory of Mr. and Mrs. Guy Miller*

**Ms. Ruth Carpenter** 🍷  
Kittery, ME

**Mr. & Mrs. David Corey** 🍷  
Brattleboro, VT  
*In memory of Rose Marie Corey*

**Mrs. Phyllis DuBois**  
Friendship, ME

**Mrs. Glenda Dwyer**  
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**Essex Alarm & Security, Inc.**  
Beverly, MA

**Mrs. Jeanette Fletcher**  
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*In memory of Alice Davis*

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**Mr. and Mrs. Peter Hersey**  
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*In memory of Earl Waterman*

**Mr. & Mrs. Gary Holmes** 🌐  
Kittery, ME

**Hope Community Church** 🍷  
Dover, NH

**Mr. & Mrs. Paul Hyde**  
Hampton, NH

**Rev. & Mrs. Frank Jewett**  
Haverhill, MA

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Shelburne Falls, MA

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**Mr. Norman Stevens**  
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*In memory of Esther Parson*

**W.H. & E.M.S**  
Clovis, NM

**Mrs. Ellen Yamase**  
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**Mr. & Mrs. Ralph Young** 🍷  
El Centro, CA  
*In memory of Alice Aulis*



🍷 Indicates member of  
The Barnabas Circle

🌐 Indicates member of  
The Founders Partnership

For more information on  
joining these groups of friends,  
please contact us at:

207-439-7280

## CORRECTIONS

In our recent Annual Report (Cornerstones) we erred in acknowledging gifts from the following friends:

**Rev. and Mrs. David Ross**

**Mrs. Myrtle Stowell**

Our apologies, and thank you again!

# GIVE AND RECEIVE AT THE SAME TIME...

A Gift Annuity is a popular way for you to leave a lasting legacy for future residents of ACRC while also providing you or a loved one with fixed income for life and potential tax benefits.

Gift Annuities can also be tailored and funded according to various options. What remains constant, however, are the guaranteed lifetime payments – as well as the impact your gift will have on the lives of those we serve.

The table illustrates sample rates of return according to your age.

Your Age	Annual Return
60	4.4%
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90	9.0%

Source: American Council on Gift Annuities.

**For a personalized illustration including rates and tax benefits, call us at  
207-747-9264**

*This ad is purely informational. Neither ACRC nor any of its representatives engage in tax or legal advice, which should be sought from a professional. Rates for new contracts may change during the year, so call or write to confirm the most current rates.*



ADDRESS SERVICE REQUESTED

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