

March 2005

Re: Reference for Judy Kimmerer, Adult Care Resources, LLC

To Whom It May Concern:

I am very happy to share my experiences regarding Judy Kimmerer of Adult Care Resources. Judy provided care for over three years to my elderly relative, Yvonne, who passed away at age 96 in May 2005. Judy worked with Yvonne both while Yvonne was living in an assisted living situation as well as in a skilled nursing facility for more than a year. Generally this was a weekly visit for much of a day. The care that Judy provided contributed greatly to the quality of life for Yvonne throughout this time.

Judy's deep respect for the individuals she works with was evident in her attentiveness to what would help Yvonne's self esteem at a difficult stage of life. Judy found small but meaningful ways to make sure Yvonne's self image was attended to. She helped her with added grooming such as manicures, make up and selecting clothes and jewelry that Yvonne truly wanted to wear – a luxury not often attended to in such circumstances.

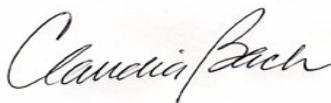
Since Yvonne has a long career as a professional artist, Judy looked for activities that would cater to her artistic eye. This included sharing books about art, reviewing slides from Yvonne's past travels and wheelchair rides outside for fresh air and scenery where they would collect flowers and leaves and then arrange them in her room. Judy offered interesting conversation and enrichment through music and other topics which were an important source of mental and visual stimulation for Yvonne.

Judy also discretely assisted Yvonne with eating as her motor skills deteriorated so that Yvonne could socialize with peers in the main dining room rather than always eating in the skilled nursing section. It was important for me that Judy noted changes and challenges in Yvonne's situation so that I had another set of eyes and a partner in advocating for the best possible care.

Yvonne was a very private and reserved individual and Judy found ways to carefully build their relationship. Although Judy was part of only the last few years of Yvonne's long life, she managed to create a close friendship and bond with Yvonne that was a very important part of Yvonne's last years. As Yvonne neared the end of her life, Judy supported her with tenderness and affirmation through the final few weeks.

Judy brings a wonderful mixture of pragmatic problem solving and emotional generosity to her work. In addition to her personal attention to Yvonne, she was able to serve as a helpful resource for me regarding additional services, equipment and experiences. I recommend her without reservation and I am happy to serve as a reference for her. Please feel free to call me if I can provide additional information. I can be reached at 206-789-2418.

Sincerely,

A handwritten signature in cursive script that reads "Claudia Bach". The signature is written in black ink and is positioned above the typed name and address.

Claudia Bach
Seattle, Washington

April 28, 2005

To whom it may concern:

This letter is in recommendation of Adult Care Resources and Judy Kimmerer

As newly chosen DPOA for Health Care for an elderly colleague and friend, I was aware that there was a person helping with bill paying - but my friend was so secretive she wouldn't tell me who! After quite a few phone calls and some sleuthing, Judy and I were able to meet. My first impression was - she is respectful, she is as delighted by my friend as I am, and not nearly so daunted by the dementia that was fast progressing, or the "system" pressures that were surfacing. Here was a resource! My friend's family was far away and scattered, and an elderly sister was feeling very overwhelmed by her responsibilities as financial DPOA. And, the assisted living facility was pushing to move my friend to a medical ward, possibly separating her from her cat. I was honored to help my friend - but also overwhelmed! Judy became a wonderful resource for me, and for the distant family, taking on many roles as my friend's ability to be independent vanished.

-My friend was very confused about bill paying and Judy was able to identify and work with a nephew out of state who was agreeable to being DPOA, thus relieving the elderly sister of her burden and providing a family member liaison as we planned. She was careful to help my friend write and sign checks and saw that they got mailed. Judy thoughtfully did not take away the privilege of donating small amounts to favorite causes and charities - this gave my friend a great feeling of control and accomplishment.

-After my friend got lost on the way to a doctor's appointment Judy agreed to accompany her to appointments. She also helped my friend navigate the waters of dental and eye appointments and dealt with several eyeglass emergencies.

-When the assisted living facility complained about my friend's behavior, Judy and her companions worked a schedule of visits to keep my friend active and engaged. There were fun outings to parks and the ballet and the hairdresser, quiet visits in my friend's room. Conflict decreased.

-Eventually Judy helped me find a more appropriate (and less expensive!) facility for my friend to live in - keeping the ultimate goal in mind: I had promised my friend we would keep her cat by her side until she died, and with Judy's help, this was accomplished.

-Judy provided Emergency Department visits on two occasions, and coordinated my friend's end of life care after she had a stroke. My friend did not die alone. Then she helped organize her Memorial Service.

There are three things that struck me about Judy - First, she was able to see a positive outcome or solution to any problematic situation, no matter how sticky. Second, her professionalism and knowledge of community resources carried her through. We never ran out of alternatives. Finally, and most important, Judy loved and respected my friend as much as I did. I believe the last part of my friend's life was lived in the best possible way, with her cat and people who loved and respected her. I know her distant family was most grateful to Judy, and I consider Judy a blessing to both my friend and I. I was so fortunate to have found her!

Sincerely,

Mary Bush RN, MN, CEN
Auburn, WA
253-939-0926

April 9, 2005

To Whom It May Concern:

In gratitude and appreciation for the exquisite care that Judy Kimmerer gave to my brother Scott during his long illness, I want to inform others about her remarkable skills, her thoughtfulness, and her devotion.

Scott was diagnosed with a particularly virulent form of multiple sclerosis (primary progressive) several years ago, which affected him both physically and mentally. For the last 17 months of his life, he resided in a nursing home. Although he received very good and tender care by the nurses and staff there, I wanted to provide him in addition with as much individual attention and support as possible. Towards this end, I came three days a week to spend time with him, and I wanted to hire a professional companion to come for the other two week days. Quite miraculously, it seemed to me later, I found Judy Kimmerer. Hiring Judy was the best thing I could have done for Scott and our family—she offered everything I had hoped for—and more than I ever could have anticipated.

In caring for Scott, Judy entered a situation that was very complex and multi-faceted. She dealt with every part with great sensitivity and professionalism. On the most practical level, she helped make his room better adapted to his needs and the needs of his visitors. She provided a large calendar for the wall, for example, where we—and he—could keep track of important dates, visits, and outings; a whiteboard with colored pens where notices and directions could be posted and his young daughter could draw pictures to entertain him; a list of key phone numbers of family and friends that he could refer to; a digital clock near the bed which he could more easily read; a recliner chair to provide an alternative to bed or wheelchair. These were small things we hadn't thought about or acted on that made a difference in the quality of daily life, things that Judy would change, also, as Scott's needs changed over time. "Judy thinks of everything," Scott would say. She was also present in care conferences we had with the nursing home staff, as a respectful advocate and ally for Scott, skillfully posing questions, raising concerns, addressing important issues in the interest of his best care. The staff was impressed and we were grateful.

On the social level Judy provided wonderful companionship for Scott. At only 47 years of age, he was still a lively, vibrant personality, and he reveled in his social relations. Judy became a good friend--very solicitous, wise, and fun to be with. She took him via metro and Access buses on many outings, the most special of which were to her own lovely, wheel-chair accessible home for lunch and several hours spent talking and listening to music. She and Scott especially connected on music and shared favorite albums, songs, CD's during every visit. At one point, Judy went to enormous lengths to convert a sentimental favorite album of Scott's to a CD so that he could enjoy listening to it in his room. He was thrilled. (I know from conversations that she also connected deeply to other clients through art, food, and spiritual interests. We benefited from this as well when she brought fall leaves, spring and summer flowers, poems, and special food treats to brighten the room.)

On the emotional level, Judy's contribution was immeasurable. Living in the nursing home, Scott was separated from his wife and children, with diminishing capability to talk to them on the phone or even speak to them in person. Judy helped him cope with the tremendous frustration of this situation by helping him "write" cards for birthdays and special occasions, or simply to express his love and pride in them. On several occasions she arranged for one of the children to come to her house with Scott so that he could watch them play and enjoy the hot tub—simply spending the afternoon together like a normal father and child. She created and served a gourmet ("private and romantic") dinner for Scott and his wife in her home in celebration of their anniversary; and for his wife's birthday she obtained Nora Jones concert tickets and arranged for Scott and her, his wife and I, all to meet at the concert hall. These two special events meant the world to Scott, and were beyond anything any of us could have handled without Judy. Scott talked about them for weeks before and afterwards, savoring all the details. They are testaments to the degree to which she deeply enhanced the quality of his life—and did so to the very end of his life.

Scott died January 11th, very peacefully. Judy had been with him that morning, and she and I had talked and worked together for weeks beforehand to help prepare him, his family, and ourselves for this final event. Looking back over Scott's illness and decline, I am so grateful to have had Judy's help. I want to encourage anyone in a similar sad situation with a loved one to seriously consider what such a jewel of a woman can do to lighten the burden and ease the way through this difficult, difficult process. Judy was a joy to work with, a dear friend and companion to my brother, a skilled care-giver, advocate, and problem solver-par excellence, and a solace and comfort to all of us since Scott's death.

I would be happy to respond to calls emails requesting further information on our experience of Judy's service to our family.

Sincerely,

Sherry Sullivan (ph. 360/ 705-1974; ssullivan@spspcc.ctc.edu)

April 6, 2005

To Whom It May Concern:

Re: Letter of Recommendation for Judy Kimmerer, Care Manager

By the beginning of 2002 I was becoming overwhelmed by the increasing demands of care-giving for my wife, Vivian. Her Alzheimer's symptoms were continually increasing and I was at a complete loss regarding how to handle things. I made an appointment with the assistant minister of my church which led me to being referred to Judy Kimmerer. Once I became her client, problems began to be solved.

Judy helped us through the process of determining that Vivian could qualify for Medicaid and guided us through the administrative and legal steps necessary to accomplish that. Without that, we could not have afforded all that Vivian would come to need.

Judy helped us obtain home care visits for respite help. She had Vivian over to her house several times so I could go to appointments. She found the adult family day care facility Vivian attended. Judy also helped me tour several residential facilities such as Ida Culver, Foss, and Christa so we could get Vivian on their waiting lists. Then finally she scouted out an excellent Adult Family Home in which we were able to place Vivian.

In addition, Judy responded, on short notice to unexpected situations that cropped up, such as the time I had to go to the emergency room, could not drive and could not leave Vivian unattended. Judy came over, took Vivian and me to Northwest Hospital, dropped me off, took Vivian home after having arranged a sitter for Vivian, who I could call after I was done at Northwest to come and get me.

Throughout, besides her competence and expertise, Judy was always kind, compassionate and caring to Vivian and to me. She was patient with my frustrations and anxieties and my continual need for moral support and reassurance.

Although Judy always had a full schedule, she visited Vivian at the Adult Family Home several times and she assured me that she was always there for us if anything came up. When Vivian finally died in July 2004, Judy attended her memorial service.

That Vivian spent her last months in settings of pleasant surroundings and excellent care and that the demands on me were no longer dangerously stressful, we owe more than there is any way to express to Judy Kimmerer's skills, knowledge and deep caring.

Michael McMullin