

# Companion Care Presents... Services That Come to You!

Issue 3

March, April, May 2011

## *A note from the Editor:*

Welcome to the third edition of *Services That Come to You!* We are delighted to once again be a part of your lives with these interesting and informative articles. Many of them are a bit longer than usual, but in all honesty they were so interesting that I didn't have the heart to cut their length! I certainly hope you agree.

As always, the **back half of our publication is a handy resource guide of businesses that are willing to bring their services to your home.**

We at Companion Care are committed to helping you maintain your independence and we sincerely hope having these resources available helps you to do just that! Enjoy!!! *Laurie Moorehead*

## *“Volunteers: the Heart of Hospice”*

You CAN Make a Difference!!!



Do you ever feel like you are spending your entire life doing what everyone else thinks you need to do, and that you never have the time to do something that would make a difference - a REAL difference - in someone's life? SolAmor hospice offers an incredible opportunity to BE that difference in another human being's life! Here's the scoop:

SolAmor Hospice volunteers play a vital role in carrying out the company's mission to preserve each patient's dignity while removing the fear associated with dying. Individuals who are 14 and older who are willing to share one to four hours per week are encouraged to apply to their program. Serving as a volunteer will enrich your own life in ways you can't begin to imagine.

No previous experience in the medical field is necessary, and you will be prepared for your role with a free, comprehensive training program. This training will help you learn how to provide emotional support, companionship and respite care to patients and families. Depending on your interests and schedule, you may:

- offer companionship and respite care for patients and their families.
- provide professional services such as massage, music or pet therapy, or hair care.
- assist with care for patient's pets.

If you are interested in becoming a SolAmor volunteer, please contact Frank Diglio, Director of Volunteer Services, at (505) 821-2500 or email him at [frank.diglio@solamorphospice.com](mailto:frank.diglio@solamorphospice.com).

## **INSIDE THIS ISSUE**

- 1** You CAN Make a Difference!!!
- 2** Alzheimer's Strikes Close to Home
- 3** Top 10 IRS Tax Tips for 2010
- 4** Childhood Memories
- 5** Cholesterol Reduction, Naturally
- 6** Seniors and Identity Theft
- 7** Planning for Caregiving and End-of-Life Issues; Is Your Mailbox Safe?
- 8** Life Insurance for Our Children and Grandchildren
- 9** Heart Disease and Eating Out
- 10+** Service Directory

## **Alzheimer's strikes in the family of Companion Care's owner, Jan Schuh**

*Here, Jan and her family bravely share some of their thoughts and deepest feelings as they learn to deal with this incredibly difficult development in their lives...*

From Jan herself: When my brother told me that he was beginning to forget things, I thought, "Well, I guess that is a sign of aging." Little did I know that within three years he would be in an Alzheimer's unit. The fact that Alzheimer's became part of our family was unexpected and surprising, since no ancestors that we knew of had ever had Alzheimer's disease. How could this happen in our family? My daughter, who lived next door to him, wrote the following poem about what she observed as their lives changed:



### **Changes**

**What's going on here? What has changed?**

**Where can I look to place the blame?**

**It's unfair. It can't be true.**

**How would you feel if it happened to you?**

**We had a life known only to us;**

**Filled with days of love and trust.**

**Is it's time to change the life we've known?**

**Is it time for me to leave my comfort zone?**

**Will I learn to let go? Will I learn to cope?**

**Tell me, tell me, is there really hope?**

**Things have changed in a permanent way.**

**If this is my future, please show me the way.**

**- Anne Schuh Maschino**

Yes, please, someone show me the way. Three years of caregiving had taken its toll on my sister-in-law. There is some relief for the family that he now is in a safe and secure environment. I visited my brother in Wisconsin at Christmas time. He did not know me, but he smiled and he took my hand as we walked down the corridor. He seemed at peace and so did I.

## **Top 10 IRS Tax Tips for 2010** **January 4, 2011 by Ronda Zaragoza**

It's that time of the year again, the income tax filing season has begun and important tax documents should be arriving in the mail. Even though your return is not due until April, getting an early start will make filing easier. Here are the Internal Revenue Service's top 10 tips that will help your tax filing process run smoother than ever this year.

**1. Start gathering your receipts and records** Round up any documents or forms you'll need when filing your taxes: receipts, canceled checks and other documents that support income or deductions you're claiming on your return.

**2. Be on the lookout** W-2s and 1099s will be coming soon; you'll need these to file your tax return. They have to be mailed by January 31, 2011.

**3. Use Free File:** Let Free File do the hard work for you with brand-name tax software or online fillable forms. It's available exclusively at <http://www.irs.gov>. Everyone can find an option to prepare their tax return and e-file it for free. If you made \$58,000 or less, you qualify for free tax software that is offered through a private-public partnership with manufacturers. If you made more or are comfortable preparing your own tax return, there's Free File Fillable Forms, the electronic versions of IRS paper forms. Visit [www.irs.gov/freefile](http://www.irs.gov/freefile) to review your options.

**4. Try IRS e-file:** After 21 years, IRS e-file has become the safe, easy and most common way to file a tax return. Last year, 70 percent of taxpayers – 99 million people – used IRS e-file. Starting in 2011, many tax preparers will be required to use e-file and will explain your filing options to you. This is your chance to give it a try. IRS e-file is approaching 1 billion returns processed safely and securely. If you owe taxes, you have payment options to file immediately and pay by the tax deadline. Best of all, combine e-file with direct deposit and you get your refund in as few as 10 days.

**5. Consider other filing options** There are many different options for filing your tax return. You can prepare it yourself or go to a tax preparer. You may be eligible for free face-to-face help at an IRS office or volunteer site. Give yourself time to weigh all the different options and find the one that best suits your needs.

**6. Consider Direct Deposit** If you elect to have your refund directly deposited into your bank account, you'll receive it faster than waiting for a paper check. It is usually deposited into the bank account you have selected within a couple of weeks of electronically filling it.

**7. Visit the IRS website again and again** The official IRS website is a great place to find everything you'll need to file your tax return: forms, publications, tips, answers to frequently asked questions and updates on tax law changes. As some of you know the Congress changed the tax laws in the middle of tax season so you need to be made aware of any possible changes they have done.

**8. Remember this number: 17** Read IRS Publication 17, Your Federal Income Tax on the IRS website. It's a comprehensive collection of information for taxpayers highlighting everything you'll need to know when filing your return. There is a wealth of information in this publication and can usually only be read a couple of pages at a time since it can be boring after awhile.

**9. Review! Review! Review!** Don't rush. We all make mistakes when we rush. Mistakes will slow down the processing of your return and then you will receive a letter from the IRS about the mistake. If it is just a calculation, they will correct it then send your refund if one is due. Be sure to double-check all the Social Security numbers and math calculations on your return as these are the most common errors made by taxpayers. I would process your taxes, then set them aside and look at them at least twice before you finally send them in to make sure you have all items needed.



**10. Don't panic!** If you run into a problem, remember I can assist you with your tax filing needs (505-550-2621 or [rondazaragoza@gmail.com](mailto:rondazaragoza@gmail.com)) or the IRS is here to help. Try <http://www.irs.gov> or call toll-free at 800-829-1040.

### Childhood Memories

In our last issue, we started a column dedicated to memories of things our parents (or grandparents) told us when we were kids. This month **Susan Markward** shares the following:

*"Courtesy of my Dad! This always made me smile".*

One bright day, in the middle of the night.  
Two dead boys got up to fight.  
Back to back they faced each other.  
Pulled out their swords and shot each other.

A deaf policeman heard the shot.  
And came a-runnin' at a trot.

...and there sat Old King Cole eating vinegar with a fork...

*"Explanations anyone? He he he."*

\*\*\*\*\*

In a strange coincidence, **Vanessa Nelson** heard the same basic story as a kid, but with a little twist...

One bright day, in the middle of the night.  
Two dead boys got up to fight.  
Back to back they faced each other.  
Drew their swords and shot each other.

A deaf policeman heard the noise,  
He came and shot the two dead boys.  
If you don't believe my lie is true,  
Ask the blind man, he saw it too.



If you would like share a memory, I would love to read it! And, with your permission, I could share it with our readers in future issues of this publication. I look forward to hearing from you!!! You can email me at [laurie@companioncarenm.com](mailto:laurie@companioncarenm.com) or mail your story to: Laurie Moorehead c/o Companion Care 3620 Wyoming NE, Ste. 111, Albuquerque, NM 87111



Companion Care's owner, Jan Schuh, enjoys a visit with our graduating client, John Atlee, at a tea party held in his honor at our office.

### Companion Care's Mission Statement

Companion Care's goal is to enrich the lives of our valued elders who want to age in the comfort of their own homes, safely and securely. We empower our elders to be as independent as possible, allowing them to make their own decisions which enhance their quality of life.

### Church Bulletin Bloopers:

- The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."
- Ladies, don't forget the rummage sale.....It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.
- Next Thursday there will be tryouts for the choir. They need all the help they can get.
- Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Jack's sermons.
- Please place your donation in the envelope along with the deceased person you want remembered.

## Cholesterol Reduction, Naturally



Are you among the millions of Americans with high cholesterol? One in three adults in the U.S. has high cholesterol, which can affect anyone at any age, and can negatively impact heart health and cardiovascular function over time. People with high cholesterol have a higher risk of developing heart disease compared to those with optimal levels. Among the culprits are genetics and diet. Some people are predisposed to high cholesterol and produce more of it in the liver, while others get too much from the foods they eat—foods such as bacon, hot dogs, and sausages that contain high amounts of saturated fat. These foods may sit well on your palate, but without proper measures to control intake and reduce body cholesterol levels, they can lead to some major health challenges.

Hello again, Laurel Hull, your Independent Distributor of Shaklee Products here. The Shaklee difference in our products is that they're Always Safe, they Always Work, and they're Always Green, AND we stand behind our products with a 100% Shaklee Guarantee.

High cholesterol is almost as much of an epidemic in our country as obesity is. Did you know that a 10% reduction of LDL ("bad") cholesterol equates to a 10%-20% decrease in heart disease risk? If you eat foods such as pizza, hamburgers, and steak on a regular basis, you may be increasing your chances for developing high cholesterol. The American Heart Association (AHA) recommends consuming no more than 300mg of cholesterol a day; those with heart disease should consume less than 200mg of cholesterol. According to the AHA, eating one egg for breakfast, drinking two cups of coffee with 1 tablespoon of Half-and-Half each, lunching on 4 ounces of lean skinless turkey breast with one tablespoon of mayonnaise, and eating a 6-ounce serving of broiled short loin porterhouse steak for dinner yields 510mg of dietary cholesterol. That's nearly twice the recommended daily amount!

The National Institutes of Health recommendation for lowering cholesterol is to eat less saturated fat and cholesterol, exercise, lose weight, eat more soluble fiber, and consume 2,000mg of plant sterols and stanols daily. Research has shown that natural compounds called plant sterols and stanols, when added to a healthy diet, can significantly reduce LDL cholesterol. Sterols and stanols are found naturally in plants, fruits, vegetables, and grains, and because their structure is similar to cholesterol, they compete for absorption, and therefore may help to

decrease the level of cholesterol in the body.

**Shaklee Cholesterol Reduction Complex** is a proprietary formulation with clinically proven ingredients that help prevent the absorption of cholesterol and lower LDL ("bad") cholesterol. It contains plant sterols and stanols that, when added to a healthy diet, have been shown in numerous studies to significantly reduce LDL cholesterol. It is made with a powerful blend of sterols and stanols, which are found naturally in plants, fruits, vegetables and grains. It delivers 2,000mg of plant sterols and stanols daily (100% of the National Institutes of Health's (NIH) recommendation). It is also Gluten free and Star-K certified. This product is not intended for pregnant or lactating women and children under 12 years of age. Consult your physician if you are using cholesterol lowering medication.

Follow these tips from the National Institutes of Health's Therapeutic Lifestyle Changes Program to help lower your cholesterol:

- Decrease your intake of saturated fat to less than 7% of total calories.
- Decrease your dietary cholesterol intake to less than 200mg per day.
- Lose 10 pounds if overweight.
- Add 5-10g of soluble fiber to your diet each day.
- Add 2,000mg of plant sterols and stanols to your diet each day.

For questions or a free private consultation, please call me at 505-228-0302, and have a great Shaklee day! Laurel Hull

### More Church Bulletin Bloopers:

- This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.
- Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.
- The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.
- Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.
- The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: "I Upped My Pledge - Up Yours."

## Seniors and Identity Theft

Identity theft is the fastest growing crime in America and seniors are attractive target for those who participate in fraud or identity theft. Seniors have built more wealth and have higher credit limits than younger people. They frequently deal with major health issues and have more people in and out of their homes visiting or assisting with daily activities. Many seniors are fighting to maintain their independence and will avoid asking for help even when they need it.



Because of these factors, it's more important than ever for seniors to be vigilant in protecting their identities. Guarding their personal information must be a priority. For identity thieves, the most sought after sources of information are checks, credit cards, Medicare cards, and mail. Credit is not the only form of identity that is at risk, the information that is frequently stolen compromises every area of your identity from credit, to character, and even your medical or insurance background.

How can that information be protected? Here are a few tips for seniors to prevent identity theft:

- ⤴ Be wary of friends, family members, or caretakers that start asking for small loans. They may tell stories of hard times, financial hardship or family tragedies. Some criminals will try to play on your emotions to gain access to your private information or your financial stability.
- ⤴ Keep your personal and identifying information in a safe, locked away from visitors to your home. Statements from Medicare, banks, credit cards or similar institutions should never be left out for visitors to see.
- ⤴ Consider having a post office box. Having your mail delivered to a secure post office box instead of your home removes the opportunity for thieves to steal your important documents and have access to your information.
- ⤴ Shred any documents that contain personal information.
- ⤴ Keep your credit card information and your social security card locked in your safe or a safety deposit box. This allows you access to your information should your purse or wallet be stolen with your credit cards.
- ⤴ Use a trusted identity protection plan with a reputable company.

As a senior, it is important to be able to trust those around you. However that does not mean closing your eyes to warning signs. If you need assistance in your home, be sure to use a reputable company. Companies like Companion Care in New Mexico will run background checks on their companions and they also carry insurance to protect both you, the client, as well as themselves.

- ⤴ Meet with the company you choose before hiring anyone. A reputable company will welcome the chance to be interviewed by you.
- ⤴ Have an advocate with you, preferably a family member or another long-time associate at your first interview.
- ⤴ Verify that the companions/caregivers are employees, not independent contractors.
- ⤴ Ask about how they protect themselves and you through insurance, licensing or bonding.

Having trusted companions will help you protect your personal information and your independence. Should your identity be compromised, there are companies that will help you restore your good name and your credit.

Pre-paid Legal partners with Kroll, Incorporated to offer Identity Theft Shield. This service actually repairs your identity for you utilizing licensed investigators, not counselors. Identity Theft Shield covers all areas of Identity theft, not just credit so you can be sure your good name and reputation as well as your credit will be cleared.

If you would like more information on how to protect yourself from the fastest growing crime in America, feel free to give me a call. There is no obligation or cost for my time.

Susan Markward  
Independent Associate  
Pre-Paid Legal Services, Inc.  
505.263.3914



**Jan Long, one of our featured columnists and author of *Dying The Right Way* will be speaking as part of a series on *Planning for Caregiving and End-of-Life Issues*.**



Her bio reads: Jan Long carried her forty year experience and knowledge of the health care arena home to care for her parents in their remaining years. She applied medical advocacy and systems concepts to the caregiving environment. She has chaired performance improvement teams in small and large healthcare environments and is passionate about using updated knowledge to achieve improvement in any process.

Jan began working in the health care field as a teenager and carried her love of medicine into her professional career, acquiring a Bachelors Degree in Nuclear Medicine. She later earned her Masters in Business Administration. Ms. Long has worked in clinical medicine, research and development, as a technical representative, in marketing, as a statistician, and in systems management for a worldwide health care system. Her most recent expertise was concentrated in performance improvement, disease management, establishment and monitoring of metrics, and metrics report card design.

The schedule for the series is as follows:

- March 17 Caregiving
- March 24 Hospice and Life Support
- March 31 End-of-Life Issues, Planning a Memorial Service
- April 7 Wills & Trusts, Covenant Pastoral Visitors
- April 14 Reverend Dr. Catherine Robinson & Rev. Seth Finch

During the series, Caregiving guide Jan Long will discuss caregiving, hospice, life support, and end-of-life issues. Additionally, an attorney will speak about wills and trusts, and Covenant Presbyterian's pastoral visitors will explain how they assist families through health crises. The Reverend Dr. Catherine Robinson and Rev. Seth Finch will close the series. The location is at Covenant Presbyterian Church, 9315 Candelaria Rd. NE in Albuquerque. If you would like to attend, please call Jan Long at (505) 323-9686.

## Is Your Mailbox Safe?

Everyone you know has a mailbox. But, is it safe? We get reports of mail being stolen from residential mailboxes, whether the mail is incoming to you or outgoing. Even the community mailboxes are vulnerable to vandalism.



A Private Mail Box (PMB) at The UPS Store is safe, secure and comes loaded with other benefits as well. Your mail is indoors and is accessible only by you. You can access your mail 24 hours a day, 7 days a week. And, you can receive deliveries from the US Postal Service, FedEx, UPS, and local couriers.

We will send you an e-mail or text message when you receive packages and mail. What could be better than knowing that you need to pick up something, or better yet, not wasting a trip just to open an empty mailbox?

Our PMB's are perfect for people who travel. We can forward just the mail you need to just the address you specify, to arrive on just the date you pick. Instructions can be made in advance of your trip, or on the fly via telephone or e-mail.

The UPS Store will never give out any personal information about you nor will we give your mail to anyone other than you or a preapproved representative. As an added benefit, your residential address can be your secret. You have a street address, so packages can be delivered by UPS or Fed Ex and others.

Getting a PMB at The UPS Store is fast and easy. It takes just a few minutes to get you set up. We need a couple of forms of ID and your signature. Prices start at \$45/quarter, with generous discounts for 6 or 12 month rentals. Mention this article to us, and we will waive the \$17.50 set up fee AND give you 1 free month with your purchase! The UPS Store is located at Wyoming and Academy (around the corner from Whole Foods Market and Borders Books), and is open 7 days a week: M-F 8:30 to 6:30, Sat 10:00 to 5:00, and Sun 12:00 to 4:00.



## Life Insurance for our Children and Grandchildren

Why do we purchase life insurance? Life insurance allows tax free money for expenses after death to ease the financial burden on survivors. Burdens that not only include the cost of a funeral (about \$6500.00 in the US) but also the cost of medical bills and lost income. Income allows our loved ones time to grieve without the concern of getting immediately back to work to maintain day to day living expenses. Grief can interfere with our day to day living process, making the ability to take the time off work to recover a necessity in order to move on with our lives after a death in the family.

Life insurance for the young people in our lives is a subject that, for many, is too scary to think about. Some people feel like they would be wishing the worst for their kids if they decide to purchase it. However, I believe that purchasing a life policy for children is a wonderful opportunity to provide protection that extends to the entire family.

Take into consideration the reasons we carry life insurance ourselves. Covering lost income is still an issue. Time to grieve and handle all the details that come with the devastating loss of a child involves time off of work. Additionally, the cost of a funeral can be too much for many younger families to cover with their current income and they may be forced to take out a loan.

Another perfect reason to provide your child or grandchild with life insurance at a young age it to provide a guarantee of insurability. Childhood diseases are on the rise, from asthma and autism, to depression and diabetes. Any of these diagnoses can reduce the ability of someone to get life or health insurance. At the very least, it increases the cost of that insurance greatly.

Point in case - my own child with no significant health problems at all, at the age of fourteen suffered two seizures. There is no family history of seizure disorder, no reason to believe this might even happen. The doctors found no cause and there was never another incident. However, those two unanticipated seizures increased the cost of future insurance forever. When a parent spends most of their time planning for their child's future we rarely ever think of a medical issue having such a lasting effect for them.

Life insurance for anyone is an important part of an over-all insurance plan to protect ourselves and our families. It is not a simple decision that will be the same for everyone. Please find an insurance agent that is willing to discuss options and choices with you. A good agent will take the time to research what works best for you and your family. Life insurance is a gift for your children that will really last a lifetime.

If you have questions about types of insurance available, or would just like to understand more about your current coverage, please contact me at 505.263.3914. I would be happy to sit down with you and your family.

Susan Markward  
Insurance Agent  
Farm Bureau Financial Services  
8110 Louisiana Blvd. NE Ste B  
Albuquerque, NM 87113



*The irate customer calls the newspaper offices, loudly demanding to know where her Sunday edition was. 'Ma'am, said the employee, today is Saturday. The Sunday paper is not delivered 'til Sunday.' There was quite a pause on the other end of the phone, followed by a ray of recognition. 'So that's why no one was in church today.'*

### Heart Disease and Eating Out

A little over a year ago, the doctor told my husband Ron the reason he felt so tired was that he had developed Left Ventricular Hypertrophy... hardening of the heart. The good news was that we caught it at a very early stage, and that it was totally reversible - if Ron kept his diet low in fat and sodium and stuck to a daily exercise regiment designed to improve his heart function.

Scary? Yes. Manageable? Yes. Or so we thought! When we started reading ingredient labels and saw how much sodium most foods contained it occurred to us that we would have to do a lot of cooking from scratch... actually, most of our cooking from scratch! There were very few things out there that were "safe" for him. Imagine having to start each recipe with "raw" ingredients! I was used to making Texas chili by opening cans of kidney beans - but we could not find cooked beans anywhere that didn't have added sodium. So now beans have to be purchased dry & cooked in the crock pot overnight before we can even start the chili!

We eventually found a few things that had no salt added (canned tomatoes, potato chips, hot sauce - to name a few), but life started to get busier and we needed to eat out occasionally. Now *that* presented a real challenge. Most restaurants love salt!!! Fortunately, we stumbled upon a little family run restaurant called **Juan's Broken Taco**. Dolores and her son Dean made us feel like family from the minute we walked in the door. **Dolores works hard to keep the amount of added salt in their food to a minimum** since many of her customers need lower salt options for dining. The menu is New Mexican food and of course the cheese contains salt, so we go easy on the cheese for Ron. Now this is in no way a medical endorsement for the restaurant, but it IS the first time we have found a place to eat that doesn't cause Ron's blood pressure to rise or my fingers to swell (from salt), and that is an exciting discovery for us! So if you, too, are trying to follow a lower salt diet, stop by & check them out:

Juan's Broken Taco  
2740 Wyoming Blvd NE # 8  
Albuquerque, NM 87111-4573  
(505) 296-5211

By the way, I am happy to report that at his last check-up the doctor told Ron he was doing a great job following "orders" and things are looking good so far! If you know of any places with low salt options, contact us. We will check them out!  
Laurie@companioncarenm.com



The old prospector had never seen railroad tracks or trains before, having lived his whole life in the desert, so when he heard the train whistle it meant nothing to him. He didn't move out of the way. Fortunately it was only a glancing blow, but it did result in some minor internal injuries, a few broken bones & some bruises, requiring several weeks in the hospital to recover.

Back at his friend's house after being released from the hospital, he was in the kitchen when the teakettle started whistling. He immediately grabbed a bat from a nearby closet and bashed the teakettle into an unrecognizable lump of metal. His friend, hearing the ruckus, rushes into the kitchen, sees what has happened and asks the old prospector, "Why'd you do that to my teakettle?"



The prospector replies with complete sincerity, "Because... you gotta kill them things when they're small!"

### Companion Care



*When you need a hand...  
We'll be there!*

505.293.5858 (tel)

888.455.8629 (fax)

3620 Wyoming Blvd. NE, Ste. 111  
Albuquerque, NM 87111

[www.companioncarenm.com](http://www.companioncarenm.com)

# Directory of Services: (These businesses are able to come to your home to provide services!)

## Accounting/Tax Preparation

### Eagle Eye Accounting

Ronda Zaragoza  
PO Box 3113 Moriarty,  
NM 87035-3313  
505-550-2621  
www.eagleeyeaccounting.com  
ronda@eagleeyeaccounting.com



We provide personal income tax preparation for both current and prior tax years. We come to you to pick up your tax documents, then return them after completion for your review and signatures.

## Bookkeeping/Tax Service



**CJB Tax & Bookkeeping Services, LLC.**

*Tax Preparation, Bookkeeping and Notary Services*

Karen T. Lee  
1330 San Pedro Dr. NE  
505-554-1881/Fax 505-435-9045  
[klee@cjbtaxandbookkeeping.com](mailto:klee@cjbtaxandbookkeeping.com)

Do you need someone to reconcile your bank account, help you pay your monthly bills, or assist you with correspondence?

If so, we can help! We are a small financial service who specializes in tax preparation and bookkeeping. We can help you reconcile your bank account and identify any lost or duplicate checks, deposits or unauthorized transactions. We can keep track of your monthly expenses, payments, and review and respond to correspondence on your behalf.

Call me today for more information on how we can assist YOU!

## Chiropractor



### Equilibrium Chiropractic LLC

Dr. Michael Pridham, D.C.,  
Chiropractic Physician  
2730 San Pedro Dr. NE Suite B1, Albuquerque, NM 87110  
Phone: 505.872.1900 Fax: 505.881.2129  
Website: [www.drpridham.com](http://www.drpridham.com)

"To promote health and wellness in my community through holistic techniques, and to bring about equilibrium in my patients."

\*\*\*Ask about the Balance and Flexibility Classes that are available. These classes are geared toward fall and injury prevention, and also provide a fun, safe and relaxing exercise program for all ages!

## Cleaning Products Green and Eco-friendly Shaklee



Laurel Hull, Independent Distributer

(505) 867-9172 [www.shaklee.net/laurelhullprism@lobo.net](http://www.shaklee.net/laurelhullprism@lobo.net)  
GET CLEAN: Safe for you, your family and your planet.

At Shaklee we provide a healthier life for everyone ...and a better life for anyone!

## Clothing (Eco-friendly)



### Estate Planning Attorney Brad Vaughn Law Office, P.C.

2900 Louisiana NE  
North Building, Suite I-2  
Albuquerque, NM 87110  
Phone: 505-883-9110  
Fax: 505-292-3789  
E-mail: brad@bradvaughnlawoffice.com



Please contact Brad Vaughn for your Estate Planning and Disability Planning needs!

Free initial estate planning consultations up to one hour in length.

### Hair Care, Manicures

#### Hair Concepts Salon

Jan Belsher – Owner & Operator  
121 Eubank NE #A, Albuquerque, 87123  
505-332-9109

We offer complete beauty services in the salon and in your home. Home services include: shampoo and sets; perms; color; cuts and manicures.

Call for prices and appointments.

### Financial Planner

## LPL Financial

We offer a full range of non-proprietary investment products, including:

- Stocks
- IRAs
- Bonds
- Tax-Free Investments
- Mutual Funds
- Alternative Investments

Contact us today for more information or to schedule a consultation.

Todd C. Smith CIMA  
Financial Advisor  
6020 Academy Road NE  
Suite 202  
Albuquerque, NM 87109  
505-856-9237  
todd.smith@lpl.com  
www.lpl.com/todd.smith



A Registered Investment Advisor  
Member FINRA/SIPC

### Handyman



6007 Osuna Road NE • Albuquerque, NM 87109

505-888-2495

**For all your residential needs!**

Home Repairs & Maintenance

Handyman Services  
Interior & Exterior

Remodeling & Additions

Decks & Fencing

Overhead Garage Doors & Openers

Gutter Cleaning

Interior & Exterior Painting

Trash Hauling

Licensed \* Bonded \* Insured  
License # 268313



### Identity Theft Shield

Susan Markward  
(505) 263-3914



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#### Farm Bureau Financial Services

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**If you are interested in joining the *Services That Come to You* team, please contact Laurie at 505-293-5858 or e-mail [laurie@companioncarenm.com](mailto:laurie@companioncarenm.com).**

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