

Home Health Care with Feeling Keeps Centenarian Positive and Happy at 106

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Helen Graham Turner, Linwood, N.J., turned 106 on April 1. Her secret? Have a positive attitude and surround yourself with happy people and positive thoughts.

Many of Turner's positive thoughts come from the relationships she has developed with caregivers from Preferred Home Health Care & Nursing Services, which has provided care to her for several years at Brandywine Senior Living, Brandall Estates, Linwood, N.J.

However, a lot of that happy, positive attitude comes from Turner, herself. At 106, Turner is an avid Rummikub (also known as Rummy-O) player who teaches fellow residents how to play at Brandywine Senior Living. She also crochets blankets for premature babies at AtlantiCare Regional Medical Center.

"Helen is an amazing person," said Craig Hoffer, manager of Preferred's Galloway, N.J., office, which oversees Turner's care. "She is smart, charming, articulate and a great inspiration for all of us."

Turner reports that she rode to high school in a horse and buggy, lived through both World Wars, the Depression, and traveled around the world. She graduated from Towson University, Maryland, Class of 1926, and was an elementary school teacher in Margate, N.J., for 38 years. Turner belongs to the Children's Seashore House Auxiliary, for which she volunteered for years, and the Northfield Garden Club.

For more information about Preferred Home Health Care & Nursing Services, contact Lisa Gallicchio, 732-840-5566.

About Preferred Home Health Care & Nursing Services:

Since 1987, Preferred Home Health Care & Nursing Services (PHHC), 45 Main Street, Eatontown, N.J., has provided a wide range of medical and non-medical home health care services from pediatric to geriatric care throughout New Jersey and Pennsylvania. PHHC is accredited by CHAP (Community Health Accreditation Program), an accrediting organization for the home health care industry.

Preferred works collaboratively with physicians, hospitals, nursing homes and facilities to ensure a smooth transition to one's home. In-house services include skilled nursing care for infants, children, adults, and seniors; personal care services, including bathing, grooming, dressing, feeding, etc.; private duty nursing services; and at-home physical therapy, among others. All of the care can be provided in-house and is coordinated by registered nurses, with clinical supervision available 24 hours a day, seven days a week. Visit Preferred at PreferredCares.com for more information.