

# Blog Articles

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## November is National Family Caregivers Month

**Client:** Able to Stay

**Objective:** Promote National Family Caregivers Month and thank those who care for aging loved ones.

Across the United States millions of family members and friends dedicate their lives to providing care and support for their aging loved ones when they need it the most. These caregivers do this while balancing their own lives, and don't ask for anything in return. This month we honor those individuals.

### Recognizing heroic work

In November 2011 President Barack Obama [issued a declaration](#) stating that that month, and every November after, should be known as "National Family Caregivers Month." This would be a time dedicated to recognizing all of these individuals' hard work. The statement reads in part:

*"Across America, daughters and sons balance the work of caring for aging parents with the demands of their careers and raising their own children. Spouses and partners become caregivers to the ones they love even as they navigate their own health challenges. Mothers and fathers resume care for children returning home as wounded warriors. Friends and relatives form networks to support loved ones with disabilities. All of them give selflessly to bring comfort, social engagement, and stability to those they love."*

This heroic and remarkable work that caregivers provide day to day should not go unacknowledged. Caregivers provide selfless support and make a difference in their aging loved one's lives — even though it often means that the caregivers experience care-related stress and occasional burnout. But they still do it.

### Caregiving: fulfilling and life changing

Despite the stress and difficulties of taking care of an aging or disabled person, when asked most caregivers will spend more time talking about what an incredibly fulfilling and life-changing experience it is.

Those who care for parents cite increased bonding opportunities — more time spent together, making new memories or reliving old ones — as a main benefit. Keeping loved ones in their

own homes, near family and community, might be impossible were it not for family caregivers who dedicate their time to making a difference.

### **Thank a caregiver**

Caregivers are not always noticed or appreciated, and National Family Caregivers Month is the perfect time to change that.

Maybe you know someone who is taking care of her parent, or an older adult caring for a disabled child, or two friends looking out for each other. Take time this month to thank them for their loving care, or offer to take over for them for a day so they can get some much-needed rest.

If you are the person taking care of someone in your family, we thank you. You are not alone or unsupported, and your work does not go unnoticed or unappreciated.

### **Able to Stay supports caregivers**

Caring for loved ones can be difficult. Fortunately there are options other than assisted living. The BeClose home monitoring system is an affordable way to allow aging or disabled individuals to remain in their homes while also providing family the comfort of knowing their loved ones are safe.

To learn more about Able to Stay and the BeClose home monitoring system, please [visit our Frequently Asked Questions](#) section. Want to learn more? [Contact us today](#).

## Choosing Design Elements for Your Master Bathroom

**Client:** Authentic Custom Homes

**Objective:** Describe ways to bring personality to custom bathroom design.

More than just a room dedicated to personal hygiene, the master bathroom in your custom home is a relaxing getaway you can visit every day. Whether your tastes are simple or you want to recreate the feeling of your favorite day spa, there are five basic elements we help you choose to make your master bathroom look and feel exactly the way you want.

### Set the mood with your bathtub

For many of our clients, the bathtub is the focal point of their bathroom. What could be better than a tub with a view of your Hill Country home's lush lawn, or more luxurious than a soaking tub with jets and bubblers that rivals any hot tub?

- If your taste runs toward traditional, or even vintage, décor, you might like a free standing, clawfoot tub.
- If you prefer contemporary design, an extra-deep soaking tub (also called a garden tub) set under a window might be better.
- You should also consider whether you want a tub for two, and if you want your tub to have jets for a true spa experience.

Whatever bathtub we select, you should know that hot water is a key element of any bath. To make sure your tub only runs cold when you want it to, we install a water heater that is large enough to give you all the hot water you need.

### Add elegance with your shower

If the bathtub is the focal point of your master bathroom, the shower is most likely the next most important element. Things we consider regarding shower design include:

- Do you want your shower separate from your tub? A tub/shower combo can maximize the space in a smaller bathroom.
- What type of enclosure do you prefer? For tub/shower combos, we can select framed or frameless shower doors, or opt for a tile surround and a shower curtain.
- The shower head: while low-flow shower heads are fairly standard, there are many different options, including wall-mounted sprayers — which we can add to one or both ends of the shower — or shower heads that mimic rainfall, for a gentle, meditative shower experience.

## Make a statement with flooring

The floor of your master bathroom is both a way to unleash a little creativity, as well as an important safety feature.

- Traditional ceramic tile isn't harmed by water, and comes in a variety of colors and sizes. We love including custom detailing that adds pops of color and personality.
- Extending the tile floor into the shower enclosure is great for making a room look bigger, or an open shower feel a bit fancier. If you love the spa feel, this is how to achieve it.
- Textured tile like slate or stone can provide dramatic impact as well as prevent slipping on the wet floor.

## Add color with countertops

Countertops and backsplashes in your master bathroom can make or break the feel of the whole space.

- Light colors make a bathroom feel bright and clean, and make the space feel larger.
- Dark colors can add an air of elegance or romance to the master bathroom.

If you will be sharing your master bathroom, "his and hers" sinks can be an amazing time (and relationship!) saver, especially if storage and counter space are also equally divided. We include his and hers power receptacles in our designs as well, so there's plenty of room for hair dryers and electric razors.

## Complete your design with hardware

Details like drawer pulls, faucet styles, and choice of mirrors and towel bars are the things that pull a master bathroom together, giving everything that final personal touch.

- Traditional design elements include porcelain knobs and pulls and more delicate plumbing fixtures, as well as round mirrors.
- A more contemporary look features burnished steel, chrome, and frosted glass. You might choose a single long, rectangular mirror that spans the length of your counter, rather than smaller, individual mirrors.

## We design dream bathrooms

Whether you want a romantic retreat with a vintage feel or a contemporary space that reminds you of your favorite day spa, we have the expertise to design and build the master bathroom of your dreams.

[Visit our portfolio](#) to see just some of the custom homes and master bathrooms we've built.