

Bethalto Man Feels at Home

October 21 2014 11:27 AM



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Ralph Tatman, 57, of Bethalto, has battled with anger issues for as long as he can remember. He was diagnosed bipolar several years ago and then with end-stage COPD leading him into hospice. Despite all that, his two years with the AMH Center for Senior Renewal have helped him to improve his coping skills.

“I always had a rough background, but everyone at Senior Renewal is very good and very professional,” Tatman said. “I don’t argue with my wife anymore, and that has always been a problem.

“You really get to feel a bond with the staff. I was coming as often as three times a week. At the end of July, I felt it was time that I didn’t need to come anymore. But I know they are here if I need them again. I can’t do all the things I would like because of my health, but they made me feel like I want to get out and help so I would like to get a volunteer job somewhere. I would recommend Senior Renewal to anyone who thinks they need it.”

Senior Renewal’s experienced and specially trained team cares for older adults with a variety of mental health issues. The staff also works closely with families to provide both education and necessary support for the patient. Patients can access care in a variety of ways. They can refer themselves, a friend or family member can refer, or a patient can be referred by his or her physician. To receive more information, call The Center for Senior Renewal at 618-463-7895.