

FALL 2018

Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS



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The fall and early winter is a special time of year filled with warm foliage colors, cool temperatures and holiday celebrations. We want to make sure that you are prepared to stay well and enjoy getting together with your friends and family. That is why we urge you and your loved ones to get a flu shot. Influenza can be extremely dangerous to those with compromised immune systems and multiple chronic diseases. A flu shot is the best way to avoid severe illness and hospitalization.

If you need additional support at home we are just a phone call away. We can make sure that your loved one has the companionship and experienced caregiving needed to enjoy the fall season and holiday celebrations.

Everyone needs a little support this time of year. We are here to provide exactly what you need.

If you have questions, concerns or feedback about this magazine, please give us a call, (888) 962-4836.

Sincerely,

Jacob Laffen
President, Co-Owner
Family Matters In-Home Care

Breast Screenings Save Lives For Those 55+

October is Breast Cancer Awareness month. It's important to understand the screening guidelines for women aged 55+. The American College of Obstetricians and Gynecologists* recommends the following:

- A clinical breast exam (conducted manually by the physician in the office) yearly.
- A mammogram yearly. Discuss this with the physician when over the age of 75. The American Cancer Society says that mammograms may be conducted every 2 years for women over the age of 55, but only with a physician's recommendations.

Regular breast screenings are the best way to detect breast cancer early, when treatment is most effective.

Make sure you attend to this important life-saving screening.

*www.acog.org

Flu Shots Save Lives at Any Age

Flu season is upon us and the best protection is the influenza vaccine. Some years the vaccine is more effective than others in fighting the virus but it always saves lives. Earlier this year the flu reached epidemic proportions. The Centers for Disease Control and Prevention (CDC) reported "intense and widespread flu activity, with record-breaking levels of influenza-like-illness and hospitalization rates". The CDC says the influenza vaccine is the best way to prevent illness, serious health complications, and hospitalization from the flu. The vaccine is essential for those over the age of 65, with compromised immune systems, chronic diseases or around young children. The flu shot is widely available through physicians, pharmacies, clinics, and community centers.

Make sure to get your flu shot!



Delicious Diabetic Recipes for Thanksgiving Leftovers

Thanksgiving is a time for great food. It can be difficult to pay attention to dietary restrictions. Those managing diabetes must be careful of what they eat during the holiday to maintain a healthy balance and not become ill from sugar or carb overloads. As a result, many people avoid taking leftovers home, despite the fact that they can be the tastiest part of the holiday! Here are some recipes that make it easy for diabetics to take advantage of delicious doggie bags.

Mashed potato pancakes*

Ingredients:

- 2 cups of mashed potatoes
- 1 cup of matzo meal
- Cooking spray
- Pepper

Directions:

Mix the mashed potatoes and the matzo meal together. Divide the mashed potatoes into 1/3 cup portions. Each portion is 1 pancake. Coat a skillet with cooking spray and heat to medium high. Place 1/3 cup of mashed potatoes in the skillet and cook until each side is brown. Sprinkle pepper on the pancakes while cooking.

Carrot Smoothie*

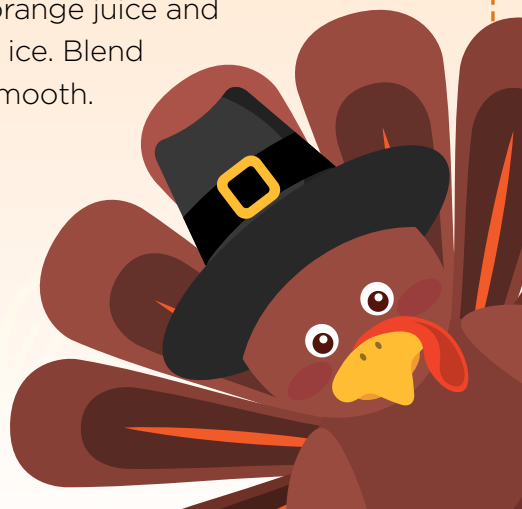
Ingredients:

- 1 cup cooked carrots
- 1 teaspoon orange peel, finely shredded
- 1 cup orange juice
- 1 cup cubed ice

Directions:

Place cooked carrots in a blender along with the orange peel, orange juice and cubed ice. Blend until smooth.

*<https://diabetic.news/20-tasty-diabetic-friendly-recipes/7/>



Halloween Witch Countdown

Halloween is one of the best holidays for making crafts together. Here is one that seniors and grandchildren can make together and use as a countdown during the entire month.



Instructions:

The Hat: Cut a piece of black construction paper in half diagonally for the witch's hat. Fray one side of the hat by snipping into the paper at 3/4 inch intervals in slices about 1/2 inch long. Cut the frayed pieces off in the center, in a length of 2 inches. Cut a small triangle of black paper and tape it to the top point of the hat.

The Witch: Cut a piece of green construction paper in half diagonally for the witch's face. Cut another small triangle approximately 3 inches long at the base and 2 inches long on either side to the point. Bend the triangle about one inch up from the shortest side.

Tape the black hat onto the green face. Tape the underside of the small triangle, the nose, to the witch's face, using the picture as a guide. Draw a face on the witch.

The Ringlets: Cut pieces of construction paper two inches wide, the full length of the piece of paper. Tape one together in a loop. Insert a piece of paper into that loop and tape in a circle. Make as many of these loops as there are days between craft day and Halloween.

Tape the paper chains to the witch's face to look like braids.

Remove one chain every day to count down to Halloween!

Materials:

- **Construction paper**
- **Scotch tape**
- **Scissors**
- **Ruler**
- **Black marker or crayon**

What is Sundowning & What Can You Do About It?

Sundowning is a set of behaviors exhibited late in the day and evening by those who have dementia and Alzheimer's disease. It can cause increased confusion, anxiety, aggression and agitation. Some individuals will begin to wander, pace, or pack all of their belongings and wait "to go home." Sundowning subsides when the senior goes to sleep for the night.

Factors that may contribute to sundowning include:

- *Shadows*
- *Fatigue*
- *Low light*
- *Disruption of the body's internal "sleep/wake" clock*
- *Infections such as urinary tract infections (UTI)*

To calm your loved one:

- *Keep the home full of light in the evening*
- *Speak to your loved one in a calm and even manner and avoid arguing*
- *Establish a specific evening schedule for structure and reassurance*
- *Caregivers should be aware of their own exhaustion levels in the evening and simplify interactions with the loved one who has dementia*
- *Reduce background noise and stimulus*
- *Plan for more active days and increased exposure to sunlight*
- *Play familiar music*
- *Talk to your loved one's doctor.*

Sundowning is difficult for loved ones to witness because it clearly causes the senior distress. There is no way to talk the senior out of sundowning because it is caused by dementia's damage to the brain. The most important thing to remember is that the senior needs to be comforted and reassured during this time. If nothing else, express your love and affection for the senior and stay by him or her until the sundowning subsides.



SLIM TRAHAN – PATIENT, ACCEPTING AND CARING

Talk to Slim Trahan for 30 seconds and you are enveloped in his warm, engaging conversational manner. He talks with ease about being an in-home caregiver. It requires a skill that he knows not everyone possesses – something he calls “the patience that comes with being an antique.”

He’s active, physically fit, interesting, and far from an antique, although he has lived 77 years. He joined Family Matters as a caregiver three and a half years ago when looking for a new career. He had personal experience caring for his mother and mother-in-law for many years when they were ill. But he had earned his living as a California certified nurseryman, electrician, hospital administrator and kitchen remodeler.

“It takes a certain personality to be a caregiver,” Slim said. “You have to be patient, accepting and caring at the same time. You have to understand that a person with Alzheimer’s disease can’t change their behavior and some people aren’t going to get any better.”



Slim (R) with client Dennis McGinley

“I may not be able to improve my client’s health and I can’t change how they live. But I can listen to them and make them feel valued and important,” said Slim. “That is the most important thing I bring to the arrangement. I listen. I ask questions, and I let people tell their stories.”

Slim says there is an advantage to being an “old guy”, taking care of seniors. “Sometimes I take care of a man who could be me.” It’s that very special, human insight that makes Slim a very special, compassionate caregiver.



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Upcoming Events



San Jose: 2018 Walk to End Alzheimer's-Silicon Valley, CA

Saturday, October 13, Arena Green. We will be walking.

Meet us there! For more information visit: www.act.alz.org



Campbell: Oktoberfest, Saturday, October 20th, 10 am to 6 pm & Sunday October 21st, 10 am to 5 pm. Food, live music, 100+ arts and crafts vendors
www.downtowncampbell.com/event/oktoberfest-downtown-campbell-2018

Pleasanton: Ugly Christmas Sweater Stroll, Saturday, November 17, 6 to 8 pm, Downtown Pleasanton, check website for more details, www.pleasantondowntown.net/event/details/435



San Diego: Balboa Park December Nights, Friday, December 7 and Saturday, December 8, 12 noon to 11 pm, House of Hospitality, 1549 El Prado, San Diego, CA 92101

www.sandiego.org/members/visitor-information-centers/balboa-park/events/balboa-park-december-nights.aspx