

FALL 2019

# Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS



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As we move into the fall and winter months, changes in the weather can change socialization patterns for seniors. Wind, rain and cold temperatures can make it difficult to get outside and a lack of sunlight can create challenges for those with vision impairment. Yet, avoiding isolation is essential for physical, emotional, and cognitive wellness. We can give you the tools to make sure your favorite senior makes it through the fall and winter without increased anxiety, depression and isolation. Some of them are included in this issue. We can also visit your loved ones to make sure they stay engaged and well. If you need help or have questions about supporting your loved one's wellness, call us any time. We are here to help.

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

**Happy Fall!**

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

# Let's Learn How to Age Well

SEPTEMBER IS HEALTHY AGING MONTH.

Research shows that paying attention to several key areas of health can help us all to age well. They include:



Eat superfoods regularly and increase the plant-based portion of your diet. Superfoods help reduce antioxidants that can cause cancer, reduce cholesterol, inflammation, and the risk of heart disease. They include:

- Beans, blueberries, and broccoli
- Oats and oranges
- Salmon, soy and spinach
- Tea (green or black), tomatoes and turkey
- Walnuts and yogurt

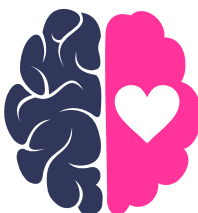


## Vision Protection

Protect your vision and maintain sharp eyes. Many eye diseases that rob vision late in life – like macular degeneration and glaucoma – have no early symptoms. Regular, complete eye exams by a certified ophthalmologist can detect these diseases before symptoms occur and lead to treatments and vision support.

## Keep strong legs

Strong muscles and joints can prevent trips and falls. Exercise every day to maintain strong legs, whether it is through chair yoga or walking around the block.



## Brain Health

A happy brain is a healthy brain. The brain is a muscle and the more you exercise it the more it can do for you. Do what you love, stay engaged in life and socially active. Learn new things and your brain will thank you.



## Breast Health

Protecting breast health is essential for women. Mammograms are the first line of defense to detect and treat breast cancer before it becomes a killer. Women of all ages should discuss recommendations for mammograms with their physician and then comply with them. They are covered by insurance and save lives.

# Fall Soup Time!

Fall is the perfect season for soup, and it's an easy way to pack powerful nutrition in a bowl. Here's a recipe that can be made ahead and refrigerated in individual servings.

- 3/4 pound 94% lean ground beef (or 1 can drained, rinsed cannellini beans)
- 2 cans (14.5 oz each) diced tomatoes with basil, garlic, oregano, undrained
- 3-1/2 cups water
- 1-1/2 cups frozen vegetables (Italian-style blend works best)
- 1/2 cup dry whole grain medium shell pasta, uncooked
- 2 tablespoons balsamic vinegar
- 4 teaspoons dry sodium-free chicken bouillon
- 1/2 teaspoon garlic powder

237 calories, 29g Carbs

## DIRECTIONS

- 1: Cook beef in large saucepan over medium-high heat 6 minutes or until crumbled and no longer pink, stirring occasionally; drain. Add remaining ingredients.
- 2: Bring soup to a simmer. Reduce heat to medium; cook 10 minutes or until pasta is tender.
- 3: Divide into individual servings, refrigerate and/or freeze.



# YOGA FOR ALL AGES



It's important to remain active and move your muscles and joints, regardless of what the weather is outside. Yoga is the perfect answer. It can be done inside, any time of day. Chair yoga is safe for anyone and encourages movement and deep breathing; both essential for good health. Here are some exercises you can do every day.



Begin with a deep, slow breath, inhale and exhale. Bring yourself to a calmer state of mind by noticing how the breath moves your torso. Inhale again and on the exhale bend at the hip, lead with your heart, and extend your spine, head to your knees. Keep extending through the top of your head and on an inhale lift up, slightly rounding the back to the first position and repeat.



Like the first exercise, bend forward at the hips. Keep extending through the spine, lead with your heart. Then bring the head of the armbones up to the ears and swing your arms up and behind your back. On an inhale bring your arms up toward the ceiling, on the exhale, bring them back down toward the floor. Repeat.



Take a deep breath in, root your hips in the chair and extend the spine (head up toward the ceiling). Do this a number of times. Then cross your left hand on to your right knee, right hand holds the edge of the seat, inhale up and on the exhale twist from your waist to the right. Inhale up, extend through the spine and exhale twist. Come back to center with an inhale. Repeat on the other side.

# Palliative Care Reduces Pain & Suffering –

AND IT'S NOT HOSPICE

*Palliative care is an important support system for patients and their families. It is not hospice – and that's an important distinction. Palliative care reduces the pain and suffering caused by serious illnesses at any time. Making use of palliative care services does not mean the patient is at the end of life, rather, it means they need support to improve their quality of life.*

Palliative care is delivered by a team of specially trained physicians, nurses and other clinicians who coordinate care with the patient's primary care doctor.

Palliative care can provide comfort when it is most needed because it can:

- Provide relief from the symptoms of the illness
- Help to reduce the stress of coping with rigorous medical treatments
- Add a layer of support to the patient's care plan
- Improve overall well-being for the patient's family
- Reduce great amounts of suffering
- Reduce hospitalizations
- Lower the cost of healthcare for the patient and family



Getpalliativecare.org likens palliative care to a bridge. When life is going well an individual's bridge is strong. However, illness may cause that bridge to crumble and palliative care can shore it up, providing strength, support and comfort through difficult times and painful treatments.

Some of the illnesses that palliative care treatments can support include, but are not limited to:

- Cancer
- Congestive heart failure
- Chronic obstructive pulmonary disease
- Kidney disease
- Alzheimer's disease
- Parkinson disease
- Amyotrophic Lateral Sclerosis (ALS)
- HIV/AIDS





## Carol's Corner

Family Matter's founder Carol Pardue-Spears stays in close touch with our caregivers and clients to make sure everyone is well cared for. Here, she answers some of the most frequent questions our clients ask.



Q:

*I am experiencing sundowning with my father, how can I help him stay calm?*

**A:** Sundowning is a unique condition brought on by dementia and Alzheimer's disease. It occurs early in the evening as light begins to wane. It can trigger anxiety and sadness, restlessness, increased energy and confusion, screaming, crying, disorientation and sudden mood swings. There is no diagnosis of why sundowning occurs, but some theories state it may be caused by hormonal balances, fatigue, or a feeling of being unsafe as the sun goes down.

Two other common symptoms of sundowning are that the senior may start *to pack all his or her belongings at sundown or may try to leave a safe place to "go home"*.

If your loved one exhibits the symptoms of sundowning, there are some things you can do to calm them.

- Play their favorite music
- Give them a soothing drink or favorite food

- Take them for a short walk around the house, inside or outside
- Give them a comforting blanket or pillow
- Sit with them and talk to them in a soothing low voice

You can play an important role in helping your loved one get through sundowning.

*If you need help, call. We can be there every evening to calm and soothe your loved one.*



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2017, 2018, 2019



**We Walk for Alzheimer's! Join our 2019 team or find a location near you!**

Join us as we walk to raise awareness and funds for Alzheimer's care, support and research.

For the location of a walk near you, search on the web:  
**WALK TO END ALZHEIMER'S**

Our team from Campbell will be at:  
Arena Green  
North Autumn Street  
San Jose, CA 95113

Date & Time:  
October 12th  
Registration: 8am  
Ceremony: 9am  
Walk: 9:30am



Our team for the 2018 Alzheimer's Walk.