

SPRING 2019

Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS





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After the rainy, chilly temps of winter, the advent of spring can seem unexpected; a thrilling burst of color and warmth. The same could be said of in-home care; it brings warmth that chases away the chill of living alone, and color to days that might otherwise be painfully monotonous.

Our caregivers come from all walks of life but they all share one goal, to improve their client's emotional and physical wellness in some way. We support them in that effort with education and training. We see the improvement in clients' lives, health, and ability to remain in their own homes.

If you or a loved one need support at home, call us.
Our family would love to care for your family.

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

Happy Spring!

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



Once again we have been recognized as one of the very best in-home care companies in the nation.

2017, 2018, 2019

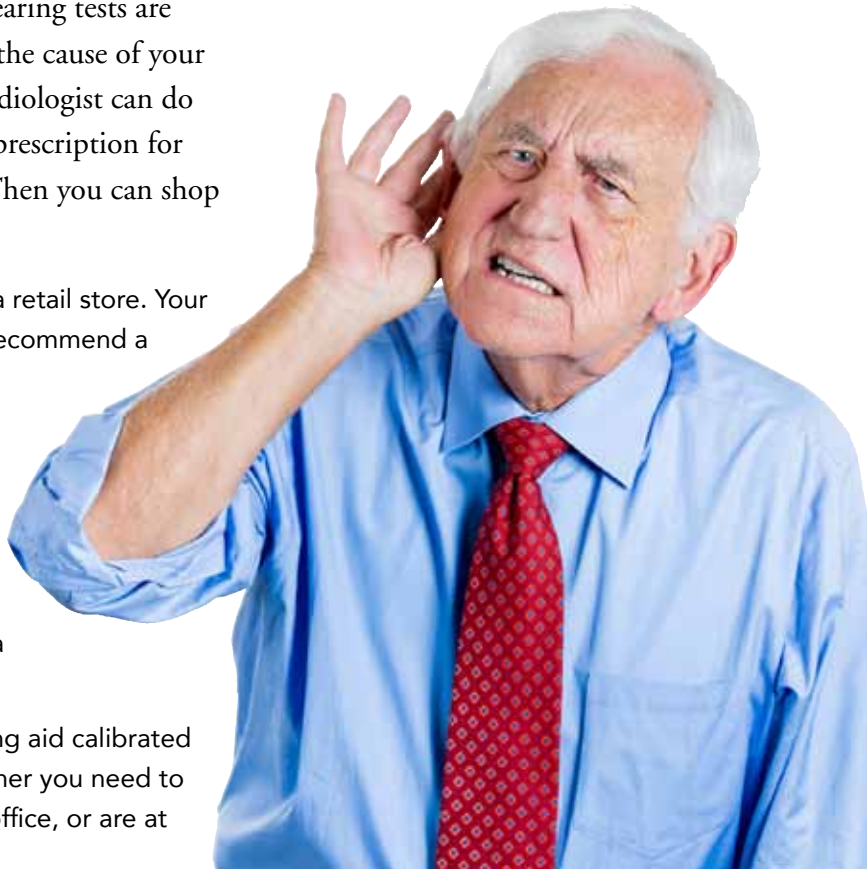
I CAN'T HEAR YOU

Hearing loss impacts health in surprising ways and the better you hear the better your health can be. People with hearing loss are three times more apt to fall¹. They are more apt to be readmitted to the hospital, experience depression, isolation, and dementia^{2,3}. If you have a hearing impairment, addressing it can keep you healthier.

First, it's important to have a hearing test by a certified audiologist. Online hearing tests are unreliable and cannot tell you the cause of your hearing loss. Only a trained audiologist can do that. They can also give you a prescription for hearing aids if they will help. Then you can shop for the best models and prices.

- You can buy hearing aids at a retail store. Your audiologist may be able to recommend a reputable hearing aid dealer.
- Online hearing aids are also reliable according to the American Speech-Language-Hearing Association⁴; as long as you use a prescription from a certified audiologist.
- Make sure to have the hearing aid calibrated to your lifestyle needs, whether you need to hear in a restaurant, a busy office, or are at home most of the time.

If conversations or television begin to seem muffled, get your hearing checked by a professional. Good hearing supports your health, and your ability to engage with the world around you.



1: www.hopkinsmedicine.org/news/media/releases/hearing_loss_linked_to_three_fold_risk_of_falling

2: www.audiology-worldnews.com/research/3218-risk-of-readmission-to-hospital-higher-for-elderly-with-hearing-loss

3: www.audiology.org/publications-resources/document-library/untreated-hearing-loss-linked-depression-social-isolation

4: www.asha.org/public/hearing/Buying-Hearing-Aids-Online/



FOOD CAN POWER YOUR BRAIN

Food is important for a healthy body, but did you know it is important for a healthy brain as well? Eating food that feeds your brain can help to keep it strong so it can fight off dementia, including Alzheimer's disease. Harvard Medical School¹ says that foods high in vitamins and minerals protect the brain from cell damage, while diets high in sugar can impair brain function and increase inflammation.

Here are some foods that provide powerful nutrition for brain cells:

Whole grains
Oily fish like salmon, trout, sardines
Blueberries
Tomatoes and Eggs
Pumpkin seeds and Nuts
Broccoli
Leafy green vegetables

Avoid foods known to cause inflammation including:

Sugar and high-fructose corn syrup
Refined carbohydrates like white bread and pasta
Processed meat
The artificial sweetener Aspartame
Excessive alcohol

Eating a diet full of healthy foods can feed your brain and your body. The more colorful foods on your plate, the more apt they are to be rich in vitamins and minerals. Fill three-quarters of your plate with fresh fruits and vegetables, nuts and whole grains and you will be feeding your brain the food it needs to remain strong to serve you well.

1: www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626



COLORFUL SPRING BOOKMARKS

Making crafts together is fun family time, and an excellent way to stimulate cognition and gross motor skills for a senior loved one. This spring why not create pretty bookmarks made with free paint swatches?



Supplies:

- Strip paint swatches in your favorite colors
- Hole punch
- Stickers
- Thin ribbon or paper strips

Instructions:

1. Punch a hole 1/4 inch from the top.
2. Decorate the paint swatch with stickers.
3. Cut 1/4 inch wide strips of paint swatches or paper, or use 1/4 inch ribbon. Cut 4 pieces, each 8 inches long, thread through the hole and tie in a knot.
4. Give as gifts or use as you read your favorite book!

Exercise

MAKES A BRAIN HEALTHY

A new study¹ shows that exercise improves brain health, even in the very early stages of Alzheimer's disease. That is a powerful finding, indicating that when the brain is cared for it can fight Alzheimer's, even as the disease tries to reduce brain function.

Researchers discovered that exercise regulated blood flow in a way that benefited the brain. Participants in the study walked on a treadmill for 30 minutes, four times a week, for 12 weeks. At the end of that time period, individuals in the study performed higher on brain function tests. Researchers are hopeful that these findings can be used to "prevent or postpone the onset of dementia."

Fortunately, walking is a great exercise that can be done anywhere for free. Walking outdoors in good weather pumps fresh air into the brain and the lungs. Walking indoors

during inclement weather is safe and warm. Whether you walk for 30 minutes or start slowly by walking for 15 minutes at a time, it will make your brain and body stronger and healthier.

If you want to begin a walking program, check with your doctor first. Then buy some sturdy footwear and get started. You'll be surprised at how great you feel!



¹: www.sciencedaily.com/releases/2019/01/190131125941.htm



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:

My elderly parent doesn't eat enough. I'm not with her all the time, so what can I do?

A: That is a common challenge and there are things you can do. Here are some of the practices our caregivers find helpful:

Stock the house with high nutrition snacks that meet dietary restrictions such as:

- Trail mix
- Bananas
- Pudding packs
- Pre-made smoothies
- Grapes

Make the food look

appetizing: A sandwich of white bread placed on

a white plate won't be very enticing. However, a sandwich made of whole grain bread, with ham, cheese and lettuce, or organic peanut butter and low sugar jelly, cut in quarters and placed on a colorful plate with a few grapes will look more appetizing.

Place the food in plain sight:

When food is easily seen, it's easier to remember to eat. Place small servings of fruit, crackers, and other non-refrigerated snacks

on the counter. Place cut up sandwiches, cheese and crackers, fruit, etc. on the front shelf of the refrigerator.

Use eating reminders:

Post a colorful sign on the front of the fridge reminding your loved one to eat, call at meal and snack time. If possible, engage a neighbor or family member to visit several times during the week to share a meal with your loved one.



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2017, 2018, 2019

Use FAST to Remember the Warning Signs of a Stroke

FAST can help you identify the most common symptoms of stroke.

Call 9-1-1 immediately.

Fast action can lead to faster treatment and better recovery from stroke.

Use FAST to Remember the Warning Signs of a Stroke

F

FACE: Ask the person to smile. Does one side of the face droop?



A

ARMS: Ask the person to raise both arms. Does one arm drift downward?



S

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?



T

TIME: If you observe any of these signs, call 9-1-1 immediately.



Call 9-1-1 immediately if you observe any of these symptoms.

Note the time of the first symptom.
This information is important and can affect treatment decisions.