

SUMMER 2019

Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS



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Alzheimer's disease affects 5.8 million Americans. Every 65 seconds, someone in the U.S. is diagnosed with the disease. Family and friends - more than 16 million of them - provide more than 18.5 million hours of unpaid care to those with Alzheimer's*. These staggering statistics are only expected to grow. That is why Family Matters is in the battle.

We have specially trained, expert caregivers who comfort and care for those with Alzheimer's disease. We provide respite care for family members who need time off from caregiving duties to rest, work, or go to appointments.

We can only win this battle together. It takes all of us to care compassionately and meet the daily needs of those suffering with the disease while researchers search for a cure. We stand ready to support you and your loved ones with skilled, in-home caregivers and we hope the information in this issue will help as well.

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

Happy Summer!

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

*www.alz.org

The 3 Behavioral Symptoms of Alzheimer's Disease You Need to Know

Alzheimer's disease is one of the most difficult diagnoses today. It deteriorates the brain, diminishing the person's functioning, memory and speech. It may also cause behavioral changes that can put the person at risk. Knowing what these changes are may help you to improve your loved one's safety.

1

IRRITABILITY AND AGGRESSIVENESS

Individuals who were previously calm and mild-mannered may have outbursts of anger, and/or uncontrolled verbal or physical aggression. They are not doing this on purpose; it is the result of the deterioration of the brain cells. Keep the individual in a calm environment and eliminate all known stressors and triggers.

2

WANDERING

Some individuals may wander endlessly. It can be dangerous if they leave their home and get lost or injured. Make sure the doors and windows of your home are secured with locks your loved one cannot release. If you create activity centers that harken back to their younger years; keys for mechanics, dolls for mothers etc. it may grab their attention and cause them to stop wandering.

3

LOSS OF INHIBITIONS

Some people may suddenly begin to talk to strangers and ask them for food or money. They may take their clothes off in public or make lude comments. This is a result of deterioration of the frontal lobe that controls judgement. Try to identify triggers to the behavior, and when they do occur, act calmly and without scolding.

Small Plates

Encourage Big Nutrition

As Alzheimer's disease changes the brain it may also reduce an individual's appetite. However, it is important to ensure that the person is well nourished and hydrated.

Small snacks and nourishing drinks will provide sufficient nutrition, can be appetizing in appearance and are easy to prepare. Adapt these ideas to your loved one's dietary restrictions/food allergies and his or her ability to chew and swallow.



Smoothies:

These can be power packed with nutrients that are easy to swallow and digest. In a blender put 1 cup of yogurt, ½ cup of milk, any chopped or frozen fruit, 1 scoop of protein powder, 1 tablespoon of peanut butter, 2 ice cubes, and blend. You can also add cottage cheese for added protein.

Tiny rolled pitas:

Place a slice of cheese, thin ham/chicken/turkey and thinly sliced vegetables on one side of a small pita and roll it up tightly. Cut it in one-inch slices and lay them on the plate.



Single serving applesauce or yogurt:


Open the container and put it in a nice bowl with small pieces of fruit around it.



Mini quesadilla:

Place shredded or sliced cheese on one-half of a small corn tortilla, fold it in half, heat in the microwave for 30 seconds and cut it into wedges.





Activities for those with Alzheimer's

This month the craft corner is dedicated to activities for those with dementia, including Alzheimer's disease. These activities can give them joy, keep them engaged and active. As Alzheimer's disease diminishes brain capacity, often repetitive activities are the only ones that can be completed. The ideas here can help to support brain function.

Place brightly colored clothespins on the edge of a laundry basket. Have your loved one clip them on and off the basket.

Buy a selection of large nuts, bolts, washers and screws. Ask your loved one to sort them.

Give your loved one a pile of washcloths to fold.

Stack large plastic party cups.

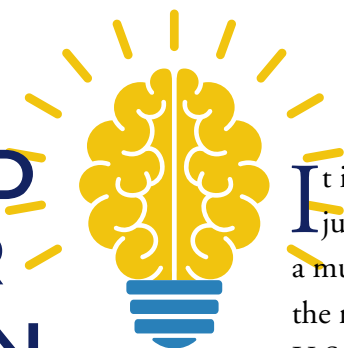
Arrange flowers.

Roll out play dough and set out cookie cutters.

Place alphabet magnets on a metal tray.

Place pictures of loved ones on a table for sorting and stacking.

BUILD YOUR BRAIN MUSCLE



It is possible to maintain a healthy brain, just like we maintain a healthy heart. It is a muscle and working it keeps it strong. As the rate of Alzheimer's disease escalates in the U.S. and around the globe, learning how to keep the brain healthy and strong in order to fend off the disease becomes all-important.



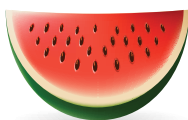
Learn more

Keep learning no matter what your age. Study something new, learn a new language, read the classics.



Take care of you heart

Researchers believe that heart disease may contribute to cognitive decline. The healthier your heart, the healthier your brain.



Fresh food

The brain loves fresh fruits and vegetables. Stock up on them and stay away from high fat foods that can clog arteries in the heart.



Sleep well

Sleep deprivation is linked to dementia in some studies. Adults of any age need a minimum of 7 to 8 eight hours sleep a night.



Protect your head

Wear your seatbelt always. Wear a bike helmet. Practice safe sports and safe house repairs to avoid head injuries.



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 mother has Alzheimer's disease and I don't dare leave her alone. I'm exhausted. What can I do?

A: We hear this frequently from our clients. They love their parents and are committed to their care, but it can exact a great personal toll. Many of you are also trying to work a full-time job and take care of your own families. We recommend several strategies:

✓ Ask a friend or family member to stay with your parent for a couple of hours on the weekend. Establishing a regular schedule may be

stressful but starting with a couple of hours is doable. Leave written instructions and schedule the respite time when you know your parent is least agitated. Plan to do things nearby in case they call you in an emergency. That way you can relax.

✓ Hire an in-home caregiver. It is more economical than you may think. You will lose less time from your job, be less apt to

get sick from exhaustion and stress, and will know that your loved one is in expert hands. Well trained caregivers know how to introduce themselves in a way that is least disruptive to the person with Alzheimer's.

There is help and support available to you, you just have to call and ask.



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Chamber ribbon cutting ceremony, from left to right: Jami Areia–Style Magazine, Ambassador Barbara Johnson, Jacob Laffen–President Family Matters, Ambassador Tom Caruthers, James Laffen–Care Manager Family Matters Bay Area, Carol Pardue-Spears–Founder Family Matters, Todd Millikan–Community Catalyst, Jill Seoane–Operations Manager Roseville, Scott Correia–Care Manager Roseville, Ambassador Joann Caetano, Erika Murillo–Care Manager Bay Area, Ambassador Cheryl Cobbin, and in the back right is Tony Reed from AFLAC

We have opened a new office in the Sacramento area in Roseville.

We have opened a new office in
Sacramento, centered in Roseville:

300 Harding Blvd. Suite 101
Roseville, CA 95678
(916) 824-3565.

If you live in the area please drop by
to say “Hi”. We are excited to serve
the Greater Sacramento area.