

WINTER 2019

Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS



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We are proud to announce that for the 3rd year in a row, Family Matters has received the Caring Star Award from Caring.com. This reflects the five-star ratings we receive from our clients and their families for the skill and compassion of our caregivers. We are grateful for our client's support and humbled by the recognition. It indicates our passion for our work and the training and education of our caregivers. We look forward to another year of providing the very best care for those in our trust.

We hope you enjoy this issue of Family Matters. It provides advice on protecting your loved one's health and well-being through the winter months as well as way to recognize the very different signs and symptoms of heart attack that men and women can experience.

As always, we are ready to help you with in-home care that provides services from companionship to recovery care after hospitalization. We can make caring for a senior loved one's health easier for you and your family.

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



Know the Different Signs of Heart Attack for Men and Women

Both men and women are at risk for heart attack, but the signs and symptoms may be very different. Men can suffer chest pain, while women are more apt to suffer symptoms like deep fatigue or pain around the jaw. The important thing to remember is this; heart attacks are not usually as dramatic as they are on television; they can be much more subtle but just as deadly. It's important to know the signs of heart attack so that you can get help immediately. It can save your life.

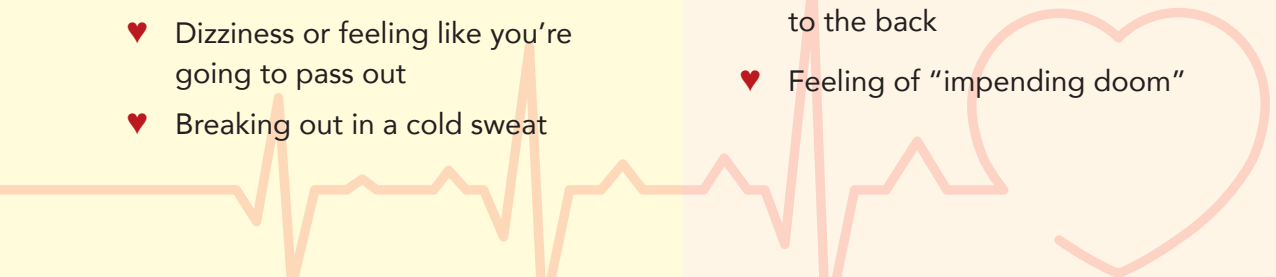


Men

- ♥ Chest pain and/or pressure that feels like an "elephant" sitting on your chest
- ♥ Pain or discomfort in the arms, left shoulder, back, neck, jaw, or stomach
- ♥ A rapid or irregular heartbeat
- ♥ Stomach discomfort that feels like indigestion
- ♥ Shortness of breath even while you're resting
- ♥ Dizziness or feeling like you're going to pass out
- ♥ Breaking out in a cold sweat

Women

- ♥ Deep, unusual fatigue after exercising, making the bed or walking around the house.
- ♥ Have a "heavy" chest
- ♥ Sudden sweating or shortness of breath without exertion (sweating; a "cold clammy" feeling without any obvious cause for it)
- ♥ Pain in the left lower side of the jaw or either arm
- ♥ Pain in the chest that spreads to the back
- ♥ Feeling of "impending doom"



A Warm, Heart Healthy Soup

Eating well for a healthy heart means restricting fat and sodium. There are many delicious, high flavor recipes that accomplish this. They can make your taste buds and your heart happy. Here is a recipe that can be used for lunch or dinner.

SLOW COOKER VEGETABLE MINISTRONE SOUP

Ingredients:

- 4 large carrots, peeled and chopped
- 3 stalks celery, chopped
- 1 small red onion, chopped
- 3 cloves garlic, minced
- 2 cups fresh green beans, trimmed, cut into 2 inch pieces
- 2 (15 ounce) cans no-sodium-added red kidney beans, RINSED
- 2 (15 ounce) cans no-sodium-added diced tomatoes, UNDRAINED
- 6 cups no-sodium-added vegetable broth
- 2 tablespoons Italian seasoning
- 1 teaspoon crushed red pepper
- 3/4 teaspoon salt, divided
- 1/2 teaspoon ground pepper
- 1 large zucchini, chopped
- 4 ounces whole-wheat pasta elbows or other small pasta (about 1 cup)
- 1/2 cup freshly grated Parmesan cheese



Preparation & Directions:

1. Combine carrots, celery, onion, garlic, green beans, kidney beans, tomatoes, broth, Italian seasoning, crushed red pepper, 1/4 teaspoon salt, and pepper in a 6- to 8-qt. slow cooker. Cover and cook on low for 6 to 8 hours.
2. Stir in zucchini, pasta, and the remaining 1/2 teaspoon salt. Cover and cook on Low until the pasta is tender, 15 to 20 minutes more. Serve immediately, topping each serving with about 1-1/2 tablespoons Parmesan.

Share Your Heart

Valentine's Day is the perfect holiday for grandparents and family members to make crafts together. They are colorful, easy to make and can be used to decorate the house, give to friends, or take to the teachers at school.

Here is a fun, inexpensive idea.



Yarn Hearts

Materials:

1. Cardboard hearts, cut out at home or purchased at craft store
2. Yarn in pinks and reds

Instructions:

Use hearts big enough for the senior to hold, especially if fine motor skills and/or dexterity is a challenge. Place the ball of yarn next to the heart. Glue one end of the yarn on the back of the heart. Wrap the yarn up and around the center of the heart, then down around the point. Continue wrapping the yarn in a clockwise fashion until the heart is completely covered with yarn. Cut the yarn and tuck one end under the yarn closest to the cardboard. Make several of different colors, place in a bowl or use as gifts.

4 REASONS WHY Winter Makes Dementia Worse

Winter can make dementia symptoms worse. The shorter days can make it difficult for those suffering from the disease to get their bearings and can increase anxiety and depression. Here are four symptoms you need to know about to increase support for loved ones with dementia during the winter.

1. Sundowning is worse.

The anger, irritation and behavioral changes that occur in those with dementia when the sun goes down become worse in the winter. Increased hours of darkness can mean more hours of disruptive behavior. *Comforting your loved one with soft blankets, soothing warm foods and music may help.*

2. Depression can increase.

Less sunlight can increase the chance of depression. Some with dementia may also suffer from Seasonal Affective Disorder caused by a lack of sunlight. *Consult with a physician if you see your loved one experiencing increased depression.*

3. Sleep may be disrupted.

Earlier darkness may disrupt sleep that is already uneven because of dementia. The senior may go to bed when the sun sets at 4 or 5, then wake up in the middle of the night. *Try to entertain your loved one during the early evening hours to delay bedtime until a regular hour.*

4. It may cause visual problems.

Darkness causes many problems for those with dementia including disorientation. Shadows can cause confusion. That can lead to extreme frustration, outbursts, fatigue and deep sadness. *Use clear, bright lighting in the living areas of the house, especially near the chair where your loved one sits.*

GEORGE MIRABELLA – EMPOWERING CAREGIVERS TO DO THEIR BEST

George Mirabella has spent his life caring for others – you could say it's in his DNA. As a child, he watched his mother take care of his grandmother and great grandmother. From the time he was a teenager, he knew he wanted to be a professional caregiver. Now he is, and he trains others as a caregiver training specialist at Family Matters.

George has been taking care of other people for as long as he can remember. He served as a firefighter, an emergency medical technician (EMT), and in what might be the toughest role of all – a stay-at-home Dad. George knows how to take care of people.

“As a child, I always wanted to help whenever I saw people in need,” said George. “By the time I was a teenager I realized my role in life was to help people and I decided to make that my career. I want to make people's lives a little bit easier when I am with them.”

George's passion for caregiving infuses his work at Family Matters. He started at the company as a caregiver and served in



Angelo (seated) a former client with George and his two boys, Noah and Patrick

that role for four years. Now he uses his experience and knowledge to help other caregivers deliver the best care possible to clients; training them in personal care, completing activities of daily living, conducting safe client transfers, and other client care needs.

“I believe that in the United States some elderly people seem to be neglected,” said George. “I feel very fortunate to be in a position where I can help and serve as an advocate for the elderly.”



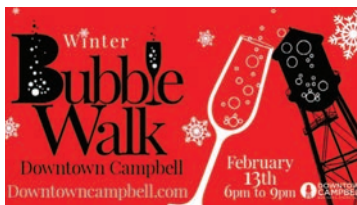
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2017, 2018, 2019

Upcoming Events



Campbell: Winter Bubble Walk, February 13, 2019, 6-9pm.

We're saving the bubbly for you! Join us for our first ever Winter Bubble Walk in Downtown Campbell. Tickets on sale now. Downtown Campbell, E Campbell Avenue and N 1st Street, Campbell.

www.downtowncampbell.com/event/2019/02/winter-bubble-walk

San Mateo/Redwood: 9th Annual Lunar New Year Celebration, February 9, 11-4pm, Free.

Join Redwood City's New Year Celebration with lion dancers, martial artists, taiko drummers, and other live performances, in the Year of the Pig. Enjoy FREE arts & crafts at San Mateo County History Museum. Courthouse Square, 2200 Broadway Street, Redwood City. www.redwoodcity.org/residents/redwood-city-events/cultural/lunar-new-year



Palo Alto: The Food in the Fad: Optimizing Wellness through Food and Nutrition. February 14, 12noon-1pm.

A FREE seminar with Christopher Gardner, PhD. Thursday. Lucile Packard Children's Hospital, 725 Welch Road, LPCH Auditorium, Room #180, Palo Alto.

www.eventbrite.com/e/the-food-in-the-fad-optimizing-wellness-through-food-and-nutrition-tickets-50702695126



San Diego: Beach walking and tide pools. Minus tides in January mean great beach walking and exploring! Run barefoot, take a power walk, or take a romantic stroll on the beach with your lover. Many beaches have overlooks and boardwalks for those who prefer not to walk on the sand.

www.san-diego-beaches-and-adventures.com/best-san-diego-beaches.html