

FALL 2020

# Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS





## TABLE OF CONTENTS

Knowledge is Power	3
Good Food Can Slow Aging	4
Bring Fall Leaves Inside	5
Wildfire Smoke & Your Lungs	6
Carol's Corner	7
Peace	8



[www.familymattershc.com](http://www.familymattershc.com)  
Call toll free: (888) 962-4836

Campbell Office:  
2155 S. Bascom Avenue, Suite 116  
Campbell, CA 95008  
(408) 824-1021

San Mateo Office:  
400 Concar Drive  
San Mateo, CA 94402  
(650) 484-0051

Sacramento Office:  
300 Harding Boulevard, Suite 101  
Roseville, CA 95678  
(916) 824-3565

San Diego Office:  
100 E. San Marcos Boulevard, Suite 400  
San Marcos, CA 92069  
(760) 970-8305

Portland, OR Office:  
17020 SW Upper Boones Ferry Road, Suite 102  
Portland, OR 97224  
503-862-8088

It's safe to say that California has never seen such a challenging time. COVID19 is still ravaging our state, and the fires are right behind. Staying safe has become challenging and caring for loved ones has taken on new urgency.

We share your frustrations over the complexity of daily life. Our family cares for elderly family members, tries to keep our children safe and healthy from dangerous air quality and COVID19, all the while working to ensure this business serves the best interests our clients.

Not only do we care for elderly clients; we offer respite for overworked, exhausted family caregivers. We are fully trained in COVID19 protection and we can care for your family members while you focus on other issues in your life. Call us. We need each other more than ever and we are here to help you.

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

Jacob Laffen

*President, Co-Owner*

*Family Matters In-Home Care*

# Knowledge is Power – And Better Health

Fall is packed with health awareness months, designed to call your attention to important health issues. Knowledge is power – and better health! Here are some resources you can use to know more and stay healthy.



## **October is Breast Cancer Awareness Month**

**National Breast Cancer Foundation:** Free educational guides, and information about the National Mammography and Patient Navigator Programs: [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)

**National Breast and Cervical Cancer Early Detection Program:** See if you qualify for free or low cost screenings: [www.cdc.gov/cancer/nbccedp/index.htm](http://www.cdc.gov/cancer/nbccedp/index.htm)

**American Cancer Society:** Everything you need to know about diagnosis, treatment, and living as a breast cancer survivor: [www.cancer.org/cancer/breast-cancer.html](http://www.cancer.org/cancer/breast-cancer.html)

## **November is Diabetes Awareness Month**

**American Diabetes Organization:** A collection of practical tips and information, from diet and exercise to treatment and care, to make daily life with diabetes easier: [www.diabetes.org](http://www.diabetes.org)

**Centers for Disease Control and Prevention:** Fact sheets about prediabetes, diabetes and complications that may arise from the disease: [www.cdc.gov/diabetes/library/factsheets.html](http://www.cdc.gov/diabetes/library/factsheets.html)

**Association of Diabetes Care & Education Specialists:** Tip sheets and other resources to help make living with diabetes more manageable: [www.diabeteseducator.org/living-with-diabetes](http://www.diabeteseducator.org/living-with-diabetes)



## **December includes National Handwashing Awareness Week (12/6-12/12)**

Never has hand washing been so important. Along with wearing a mask and practicing social distancing, proper hand washing is one of the most important things you can do to stop the spread of infection and disease, including COVID19: [www.cdc.gov/handwashing/when-how-handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html)

# Good Food Can Slow Aging



Aging is a matter of chronological years – and the health of your cells. Inside your cells are tiny powerhouses called mitochondria.

They act like generators that make the energy-rich molecules your cells use every day. A decline in the quality and activity of these energy-makers is associated with normal aging.

Eating good food may keep these cells healthier and slow aging. In fact, a low-calorie diet has been shown to slow aging at the mitochondrial level.\* It may be complex science, but a simple, fresh diet may be fuel for those powerhouses trying to energize your cells.

Try to build your daily diet around foods that are rich in antioxidants. The seven food with the highest antioxidant levels are:

1. **Olive oil**
2. **Yogurt**
3. **Fish**
4. **Dark Chocolate**
5. **Nuts**
6. **Artichokes**
7. **Blueberries**

Log onto [eatingwell.com](http://eatingwell.com) and search for “healthy aging meal plan” for more ideas and easy to follow menus. It’s a delicious way to eat – and maybe slow aging at the same time!



# Bring the Beauty of Fall Leaves Inside



*Coasters are beautiful and practical, especially when they keep the beauty of fall foliage inside year-round. Here's how to make an easy, inexpensive set of coasters that incorporate fall leaves.*

## Supplies:

- White bathroom tiles (Less than 20 cents each at Home Depot, etc.)
- A sponge painting brush
- Mod Podge (available at craft and Big Box stores)
- A heavy book for pressing
- Lots of colorful leaves
- Felt and craft glue for coaster bottoms

## Directions:

1. Gather a variety of colorful fall leaves in good condition
2. Place the leaves (2 or 3 per coaster) inside a heavy book to press them flat. Place another heavy object on top of the book and leave it to press for 7-10 days
3. Prepare your tile: set the leaves on the tile in the arrangement you like
4. Remove the leaves and coat the tile with a thin layer of Mod Podge. While it is still wet place your first leaf on the tile. Coat with more Mod Podge. Continue placing and coating the leaves until your arrangement is complete.
5. When dry, the Mod Podge will look clear instead of milky. Glue felt to the bottom of the coaster.

**TA-DA! YOU HAVE COASTERS FOR  
YOUR HOME OR AS A BEAUTIFUL GIFT.**

# THE DANGER OF WILDFIRE SMOKE TO YOUR LUNGS

Since the middle of August, more than 2.9 million acres have burned in California. Tens of thousands of firefighters have fought fires, more than 40,000 people have been evacuated, and scores have perished. The danger of wildfires extends as far as the smoke travels and you need to know how to keep your lungs safe.

Even when you can't see smoke, the air can be dangerous. According to [airnow.gov](http://airnow.gov)\*, that's because smoke is a complex mixture of gases and fine particles; the particles you can't see pose the biggest threat. They can penetrate deep into your lungs, aggravating chronic heart and lung disease. It's important to pay attention to air quality reports and heed public health officials' recommendations.

Air Quality Index-Particulate Matter	
301-500	Hazardous
201-300	Very Unhealthy
151-200	Unhealthy
101-150	Unhealthy for Sensitive Groups
51-100	Moderate
0-50	Good

## Remember:

- Paper masks will not protect your lungs. N95 and P100 respirators must be professionally fitted to work. The best action may be to stay indoors.
- Keep the indoor air as clean as possible. Keep windows and doors closed, run the air conditioner, and keep the filter clean.
- Avoid stirring up fine particles indoors; don't vacuum, use wood fireplaces, gas stoves or candles.
- If you are asthmatic or have a heart condition, have a 5-day supply of medication on hand. If you feel your health is worsening call 911!

Learn to PLAN, KNOW, ACT:  
[www.readyforwildfire.org/](http://www.readyforwildfire.org/)

\*[www.airnow.gov/air-quality-and-health/how-smoke-from-fires-can-affect-your-health/](http://www.airnow.gov/air-quality-and-health/how-smoke-from-fires-can-affect-your-health/)





## 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'm exhausted as a caregiver. COVID19 put me over the top and there is no relief in sight. What do I do?*

A: COVID19 has created its own high levels of stress for nearly everyone, especially caregivers. You may have support right at your elbow – your children. You may be thinking “That’s too hard and it’s easier if I do it myself.” But it isn’t – and no one wins if you end up burned out. You can complete your caretaking duties, know where your children are, and get some help, all at one time.

*Consider this:*

- *Ask your young child to take a magazine to Grammy*
- *Your middle school-aged child can carry lunch from the kitchen, set the table for dinner or play a game with your loved one for companionship*
- *Your high school aged child can take out the garbage, do the laundry, pick up clutter*
- *Your college age child can run errands, pick up groceries, go to the pharmacy*

There are many benefits; several of our professional caregivers say caring for an elderly loved had a dramatic impact on them as a young person and is the reason they became a professional caregiver. It’s a new world as we move through COVID19; learning compassion for others might be one of the few benefits of this challenging time.



2155 S. Bascom Avenue, Suite 116  
Campbell, CA 95008

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**2017, 2018, 2019**



PEACE COMES  
FROM WITHIN.  
DO NOT SEEK IT  
WITHOUT.

– Buddha