

SPRING 2020

# Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS





## TABLE OF CONTENTS

FACTS about Coronavirus	3
Hidden Salt in your Diet	4
Rock Art	5
Alzheimer's Disease Update	6
Carol's Corner	7
Stay Safe	8



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These seem like risky times; the coronavirus has sown anxiety into the fabric of our daily lives. The steady drumbeat of news coverage can make the truth hard to find. It can be frustrating to know how to care for vulnerable, elderly loved ones. One thing remains true; we are here for your family and we will continue to do everything we can to provide safe, healthy, compassionate care for your loved one during this crisis.

We remain not only a source of information you can trust, but a resource you can count on to care for your loved one. Our caregivers have been trained on the signs and symptoms of coronavirus and other communicable diseases and can educate your loved one on prevention and safe daily hand hygiene. In the midst of uncertainty Family Matters remains a steady hand and a resource that can help to keep your loved one happy, healthy, and in their own home. If you have questions, call us today. We can help.

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*

# The FACTS about Coronavirus

When it comes to coronavirus, one adage holds true;

"Don't believe everything you hear, don't believe everything you read,  
and only believe half of what you see."

You CAN believe these facts from the Centers for Disease Control (CDC):

FACT

1

People of Asian descent, including Chinese Americans, are not more likely to get coronavirus than other Americans. Tell this fact to your friends and family.

FACT

2

People who have been in close contact with a person known to have coronavirus, or traveled to an area where the disease is spreading are at an increased risk of exposure.

FACT

3

If you are coming from a place with the outbreak, **SELF QUARANTINE** for 14 days. Anyone, any age, can catch the virus. The elderly or those with compromised immune systems are at higher risk of serious illness or death due to the virus.

FACT

4

You can keep yourself healthy! Stay at home. Limit physical contact with others and outside trips. Only go out for necessities. See tips at right...



Wash your hands often with soap and warm water for at least 20 seconds and use hand sanitizer.

- After blowing your nose
- Coughing
- Sneezing
- Going to the bathroom
- Before or after eating or preparing food

Avoid touching your eyes, nose and mouth with unwashed hands

Cover your mouth when you cough or sneeze, using a tissue or the inside of your elbow

Stay home! Use Skype or Zoom to reach out to loved ones!

**Get the flu vaccine – it is not too late!**



# DO YOU KNOW WHERE SALT HIDES IN YOUR DIET?

The Centers for Disease Control (CDC) recommends that Americans eat less than 2,300 milligrams (mg) of sodium (salt) each day, but most eat 3,400 mg daily. Salt is essential to helping the body maintain a balance of fluid, but too much salt increases the risk for high blood pressure. Managing salt intake isn't just a matter of sprinkling less on your food, it's awareness of how much salt is in the prepared foods you eat.

## Top 5 sources of salt:

- Bread and rolls; 1 piece can have up to 230 mg
- Pizza; 1 slice can have up to 760 mg
- Sandwiches; depending upon ingredients, can have 1,500 mg +
- Cold cuts and cured meats; 2 slices of bologna = 578 mg
- Soup; 1 cup of canned chicken noodle soup = 600 mg

Burritos and tacos, salted snacks, chicken, cheese, eggs and omelets rounded out the top 10. Salad dressings and cereals are two of the other culprits that contain sodium. In fact, the CDC says that 75 percent of the salt that Americans consume comes from just 25 foods.

## How can you reduce hidden salt?

1. Read food labels when you shop
2. Don't buy prepared foods
3. Cook fresh foods at home
4. Use herbs and spices, rather than salt, to enhance flavors





# Rocks aren't just for the beach anymore!

Rock painting is easy, fun, and inexpensive.



Try it for yourself! Anyone can do it because the simpler the image the better it looks on a small rock. Supplies can be found in big box stores, fabric, and arts and crafts stores. You can find your own rocks outside, but the smoother rocks found in stores provide an easier surface to paint on. Here's how to get started:

## Buy Supplies:

- Rocks
- Craft paint in different colors
- Small paint brushes
- Paper towels

## Find an image:

Peruse a magazine or look on a website like Pinterest for image ideas. The simpler the better; a word, a flower petal, a leaf, or polka-dots look stunning on a rock.

## Paint!

Pour small puddles of paint on a plate, dip small paint brushes in the paint and then paint your chosen image on the rock. If you don't like the image, wipe it off with a paper towel, or soak the rock in water and start all over again!





# News on the Fight Against ALZHEIMER'S DISEASE

*Researchers continue to work tirelessly to find a cure for Alzheimer's disease. Though it may not make the front pages of newspapers, scientists are slowly discovering new information and new insights about potential causes for the disease. Here are two of the newest findings\*:*



## THE EYES MAY BE A WINDOW INTO EARLY DETECTION FOR ALZHEIMER'S DISEASE:

Researchers say that measuring how quickly a person's pupil dilates while they are taking cognitive tests may be a low-cost, low-invasive method to aid in screening individuals at increased genetic risk for AD before cognitive decline begins. Protein plaques in the brain are thought to cause and/or contribute to Alzheimer's by damaging or killing neurons. Responses of the pupils are controlled by neurons in the brain stem.

*Hopefully this body of work and hundred more like it will pave the way to find new therapies to battle Alzheimer's disease.*



## THE BRAIN'S IMMUNE CELLS MAY HOLD GENES THAT CAN PROTECT AGAINST THE DISEASE:

Science Daily reported, "An international team of researchers led by scientists at Washington University School of Medicine in St. Louis has identified a pair of genes that influence risk for both late-onset and early-onset Alzheimer's disease." Most research has pointed to genes that affect neurons that transmit messages, allowing, or hindering different regions of the brain to communicate with one another. This latest research found genes that affect a different set of genes; those in the brain's immune cells. It may provide a new target for treatment and delay of Alzheimer's disease.

\*Source: [www.sciencedaily.com](http://www.sciencedaily.com)



## 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:

*How do I get more “spring into my step” when caring for my loved one?*

A: They say that hope springs eternal and we believe it does; especially as the flowers show their green heads above the soil and the temperatures start to climb. The winter can bring long hours of caregiving and seniors can feel housebound, anxious and depressed. Caregivers feel the burden too, and fatigue can begin to etch away normal levels of patience. Those nagging feelings that you need a break, time to yourself, “just one minute for a cup of coffee” are not to be ignored. They can be the beginnings of burnout, and

only by addressing them can you continue to care for your loved one.

I see this often as we talk with family caregivers. They feel guilty about wanting some relief from caregiving duties, but those are very natural feelings. They are also a safety mechanism warning the caregiver that it is time to take a break and pay attention to personal care.

This is one of the reasons I went into the field of professional caregiving; to care for seniors so family caregivers can find time for themselves, their job,

and their lives. It's important to not only take care of daily matters like housekeeping and meal preparation, but to address socialization as well. A senior that has social interaction, companionship, and the opportunity to spend time in purposeful activities is healthier and happier.

If you are a family caregiver, hope does spring eternal! Call us. We know that although you provide care with love and commitment, you also need a break. Spring is the time for new beginnings, and we can provide just that for you.

*If you need help, call. We can be there to give you a much needed rest from the care of your loved one.*



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## Staying safe through the Coronavirus outbreak...

We can all help to minimize  
the threat to our older adults  
and those with compromised  
immune systems by using some  
common sense precautions.

*more on page 3*

For state updates visit the  
California Department of Health:

[www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx](http://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx)

