

FALL 2021

Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS



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As we look to the fall and winter seasons we hope for improved health and safety for everyone. Although the pandemic has been trying, it has highlighted the tenacity and fortitude of human beings. We saw and experienced that teamwork and collaboration provide strength; we are indeed stronger together than apart. Our caregivers never stopped visiting our clients, providing important at-home care and companionship. Together they found joy, conversation, and a distraction from the distressing events of the day. It was heart-warming and a source of wellness for everyone involved.

We would like to invite you to join us. We are ranked as one of the best at-home care companies in the nation, with high employee satisfaction rankings. If you are looking for a fulfilling job that matters, consider becoming a caregiver. You will go home every day knowing you have made a difference. We are all getting older with every passing day, the question is, are we aging well? That's our business, and we would like to talk to you about becoming part of our team.

To talk to us about joining our team, or finding help for your elderly loved one, please call us, (888) 962-4836.



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

Is Healthy Aging Possible?

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Increasingly the answer is a resounding yes

and a decades-long study is changing our understanding of how to accomplish that.

Perhaps the longest study ever conducted on aging is the 60-year (so far that is) National Institutes of Aging (NIA) Baltimore Longitudinal Study of Aging. It has discovered some very interesting things about aging that tip traditional assumptions on their head:

1: “Normal” aging cannot be distinguished from disease. Although people’s bodies change and can decline over time, these changes do not inevitably lead to diseases such as diabetes, hypertension, or dementia.

2: No single, chronological timetable of human aging exists. We all age differently. Genetics, lifestyle, and disease processes affect the rate of aging between, and within, all individuals.

These revelations are helping to change our understanding of how to age healthfully.

Behaviors changing over time improve health: scientists found that study participants could change their eating habits over decades and their health benefitted from the changes.

The evidence is clear that the best way to age healthfully is:

- 1. Stay engaged socially**
- 2. Stay active and exercise**
- 3. Eat healthy foods and avoid high fat, high salt “empty calorie” foods**

(see more information on page 4)



HEALTHY CHOICES = HEALTHY EATING

Eating healthy isn't difficult, it's just a matter of making the right choices. Whether you love or hate fruits and vegetables, there is always a way to eat well and give your body the healthy fuel it needs.

The older we get, the more we should avoid foods with a "high glycemic index value", like white bread, because they cause the highest rise in blood sugar. On the other hand, foods with a low glycemic index value, like vegetables, fruits, and whole grain breads have little effect on blood sugar, make you feel full longer, and are healthier for you.

Eat foods with soluble fiber: Foods with soluble fiber are great for your digestive tract and prevent it from absorbing cholesterol. These are foods like:

- Whole-grain cereals such as oatmeal and oat bran
- Fruits such as apples, bananas, oranges, pears, and prunes
- Legumes such as kidney beans, lentils, chick peas, black-eyed peas, and lima beans

Eat fish high in omega-3 fatty acids: They may protect your heart from blood clots, inflammation, and reduce your risk of heart attack by controlling bad cholesterol (LDL) and raising good cholesterol (HDL) levels. Fish high in omega-3 fatty acids include salmon, tuna, and mackerel.

Limit salt to about 1 teaspoon a day.

Limit alcohol intake. It holds a lot of calories and can contribute to heart disease.

- Men should have no more than two alcoholic drinks a day
 - Women should have no more than one alcoholic drink a day
-



Easy, Fun + Holiday Crafts

You can have fun creating beautiful holiday crafts with your loved one that don't require a lot of time or complicated materials. You can make greeting cards with a symbol of your holiday on the front, made from colorful strips of fabric or paper.

MATERIALS:

- 1 inch strips of scrap fabric, colored paper, wrapping paper, or construction paper
- One 8 ½ x 11 sheet of paper (white, colored, or repurposed)
- Glue and a pencil

INSTRUCTIONS:

Gather the strips in a pile next to the larger piece of paper you are working with.

Folder the piece of paper in half.

Draw the design you want to make on the paper with a pencil.

Glue the strips in any order to make a colorful shape.

Option: You can buy used books at thrift shops and use pages out of the book as the basis of the card, placing the holiday design on top of the repurposed paper.



You're not alone — we can help



According to the Centers for Disease Control (CDC), each year more than 16 million Americans provide an estimated 18.5 billion hours of unpaid care for family and friends with Alzheimer's disease and related dementias. The responsibility falls mostly on women, who comprise approximately two-thirds of those providing care. One-quarter of those providing care are "sandwich generation" caregivers, meaning that they care not only for an aging parent, but also for children under age 18.

The need for constant care can be a burden for family members, regardless of the desire to provide the care or love for the family member who needs it. The CDC says well over half (57%) of family caregivers of people with Alzheimer's and related dementias provide care for four years or more.

Providing at-home care for someone with dementia is time consuming, complex,

exhausting, and can stretch personal and financial resources. It can cause anxiety, depression, and a poor quality of life for the caregiver. It can also cause poor health and threaten their ability to hold a job.

Once a loved one is diagnosed with dementia, the need for care is ever-present. However, the pressure it places on family members can be reduced. Family Matters at-home caregivers are trained in the specialized care of those with dementia and can reduce the burden on family members. When we are present with your loved one, you can go to work, care for your children, and keep your life organized knowing your loved one is receiving the care s/he needs and deserves. You have more opportunity to enjoy your loved one and keep yourself in good 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 thinking about becoming a professional caregiver. What advice do you have?

A: First, I think it is the best profession in the world. I started as a caregiver for one client, and after experiencing how meaningful the work was I grew it into this company. Nowhere else can you make a difference in someone's life every day, contribute to their happiness and well-being, and become a good friend. We have the joy and responsibility of getting to know our clients closely, understanding their strengths and weaknesses, their hopes and dreams, their illnesses and pain. It is our privilege to do everything possible to make their days better, happier, and calmer.



When I started this company, I believed that being an at-home caregiver was a high calling and I believe that to this day. Many of our caregivers were called to the profession after caring for an aging loved one in their own families. They saw the power of companionship, a kind word, and a smile. Now, along with specific services that range from transportation to light housekeeping and companionship, our caregivers bring that human touch to their clients.

If you are interested in becoming an at-home caregiver, please call one of our offices. We would love to talk with you.



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OUR LATEST AWARD

We have just added a 2021 award to our already growing list of awards. Congratulations to our Roseville team for being awarded the *Best of the Best in Roseville* for in-home care.

We are proud to have you as part of our team.