

SPRING 2021

# Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS





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Spring is here and we can all take a deep breath – literally and figuratively speaking. It has been a very long, trying year. Now as more Americans get the COVID vaccine, and fresh spring air moves in, we can walk out of our houses to renew and refresh ourselves. Getting outside is important for all of us. Fresh air fills the brain and the lungs, reduces anxiety, contributes to a healthy heart, and improves our state of mind. It's essential for people of all ages. If your loved ones need assistance transitioning from inside the house to outdoors, we can help. If they need companionship and transportation to sit in the park or by the water, we can help with that as well. It's time to shed this past year and fill our minds and bodies with hope and health. Call us if we can help your loved one step into wellness, (888) 962-4836.

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

# Let's Think About Getting Together — *Safely*

As more Americans get vaccinated and the incidence of COVID declines, we can look forward to getting together with friends and family. We need to do so safely while abiding by the health and safety measures that have kept us all safe up to this point. And, we should continue to listen to the Centers for Disease Control and their advice based on the presence of COVID in the United States.

With that in mind, we can begin to feel some happiness about the prospect of once again gathering with those we love. As you plan your get togethers, practice these safe habits until we are 100% in the clear.



## **Wash your hands!**

Whether we are in the midst of a pandemic or flu season, washing your hands is the best way to stop the spread of disease and infection. Wash or sanitize your hands every time you enter your house, get in your car, or leave a store. If you always remember to wash your hands, you will always remember to keep yourself safe from potentially infectious germs.



## **Practice social distancing.**

Even though you love your friends and family, don't get too close just yet. Remain six feet apart (that's the length of your arms outstretched) to stay safe. You can still laugh and visit with each other while maintaining a safe social distance.

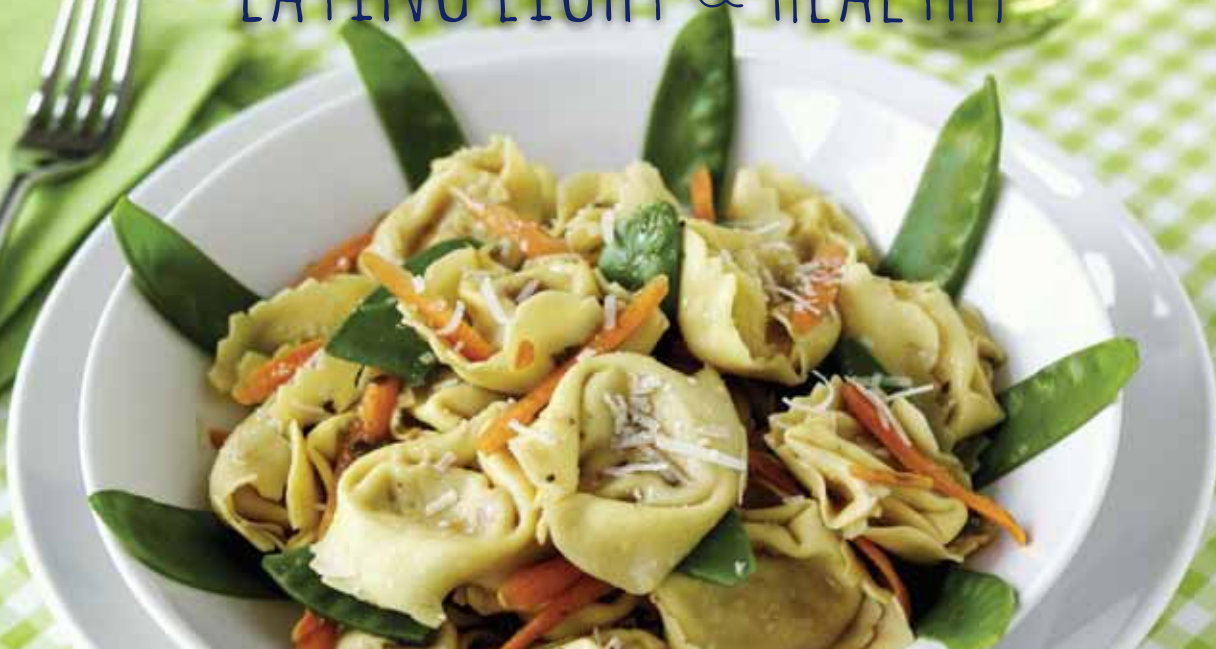


## **Wear your mask!**

Why risk it? Wear your mask when you get together with loved ones for the first time. Even when vaccinated it takes a couple of weeks to be fully immunized against the virus, so protecting yourself continues to be essential.



# EATING LIGHT & HEALTHY



What could be better than pasta and fresh spring vegetables tossed together with a bit of olive oil and lemon zest? It's fresh, healthy, and inexpensive. Here is the recipe for Spring Pasta Salad.

## Ingredients:

12 ounces	Any short pasta, cavatelli, rotini, etc.
12 ounces	Sugar snap peas
¼ cup	Olive oil
2 teaspoons	Shallot, Dijon mustard, honey
1 teaspoon	Lemon zest, kosher salt
½ teaspoon	Black pepper
½ cup	Fresh mint leaves
¼ cup	Radishes
1 ounce	Grated cheese*

## Directions:

Place pasta in boiling, salted water. Break snap peas in half, zest lemon, slice radishes, and tear mint leaves into small pieces. Grate cheese. When cooked to taste, drain pasta thoroughly. Sprinkle with salt and pepper. Whisk Dijon mustard, honey, and olive oil together. Pour over pasta and toss well. Add sugar snap peas, shallot, radishes, and sprinkle with grated cheese. Add extra fresh lemon juice to taste. Toss well and serve.

## Nutritional facts :

Calories	546	Sugar	9 grams
Total fat	21 grams	Sodium	666 mg*
Cholesterol	8 mg	Protein	15 grams
Fiber	5 grams		

(\*You can reduce the sodium by using low salt cheese.)

# How to have a Safe Social Gathering

Some people are more anxious about COVID than others. Even with the protective measures we discussed on page three, some friends and family members may not be eager to get together. If you want to propose a social gathering, here are some things you can do to reassure them it will be COVID-safe. Include this list with your invitation to show you are being vigilant about each person's well-being.

- The gathering will be held outdoors
- The number of attendees will be limited to 10 people or less
- Everyone will be required to wear a mask and you will have extras on hand
- Seats will be set 6 feet apart
- Hand sanitizer will be on every table
- Food will be individually wrapped/served and there will be no shared dishes
- Disposable dishes, glasses, utensils and serving ware will be used
- Each attendee will be called the day before the party to make sure they are in good health with no COVID or flu-like symptoms





# Stepping Out for Good Health

It's often said that walking 10,000 steps is necessary for good health, but research does not bear that out. However, it is true that the more you walk, and the more active you are, the healthier you will be. Researchers have discovered that 7,500 steps a day is a solid goal\*.

If you have a smart phone, Fitbit or other electronic device that tracks your steps, you're ready to calculate the number of daily steps you are taking. If not, here is an easy way to calculate the number of steps in average daily activities.\*\*



**Multiply the number of minutes you participated in the activity by the number listed. For example, 10 minutes gardening,  $10 \times 131$ , equals 1,310 steps.**

ACTIVITY	NUMBER
Gardening:	131
Cleaning house:	78
Miniature golf:	91
Mopping the floor:	101
Walking, moderate speed:	100
Yard work:	111
Yoga:	89

\*<https://www.nih.gov/news-events/nih-research-matters/how-many-steps-better-health>

\*\* [https://www.pehp.org/mango/pdf/pehp/pdc/step%20conversion%20chart\\_FFB805BB.pdf](https://www.pehp.org/mango/pdf/pehp/pdc/step%20conversion%20chart_FFB805BB.pdf)



## 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 parent has become deconditioned through lack of activity during COVID. What can I do to help him/her become active again?*

A:

It takes encouragement and assistance to transition an elderly loved one from being sedentary to active, but it can be done. The best way to start is with tiny steps; suggest walking onto the porch or the front steps to get some sun. Slowly expand to walking out onto the walkway or the driveway, whichever is a smooth surface without bumps or ruts. As you walk, watch your parent's foot placement to make sure s/he is stepping flat on the ground to avoid falls. Always provide footwear with solid, non-slip soles. Make sure there is a chair outside, a short distance from the door for rest. It won't take long for your parent to want walk a bit to enjoy the fresh air. If you need help, please call us. We are experts in transitioning and can help your parent move and enjoy life more.







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## HOW ABOUT AN EASY SPRING SMOOTHIE?

POUR ALL THESE INGREDIENTS IN A BLENDER, BLEND UNTIL SMOOTH, AND THEN ENJOY!

- 1 BANANA
- 1 CUP FROZEN STRAWBERRIES, BLUEBERRIES, OR MANGOES
- 4 ICE CUBES
- ½ CUP ORANGE JUICE
- ¾ CUP VANILLA YOGURT
- ½ TEASPOON HONEY (OPTIONAL)

