

SUMMER 2021

Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS





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At long last, California is open for business. After more than a year and a half of quarantine, isolation, and masks, we can see each other again, and experience the joy of one another's company. It's been a long haul for all of us. Throughout the pandemic our caregivers provided safe, appropriate care to our clients. We helped address their daily needs in their homes and reduced their isolation.

Although the pandemic was the most difficult thing any of us have been through in our lives, it also brought out our strengths. Ensuring our clients are cared for is the essence of our mission. Giving families the knowledge that their loved one is ok is what we do.

Now we can all breathe a sigh of relief. We made it. We are on the other side of the pandemic. We will remain vigilant and in compliance with the Centers for Disease Control (CDC) recommendations so that we stay there, and we all stay healthy.

If you need help for your elderly loved one, contact us. Help is just a phone call away, (888) 962-4836.

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

The rapid growth of 55+ and 85+ in CA

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Now more than ever it is important to understand the needs of the elderly. The 55+ population in California is growing rapidly, and in some areas outpacing the aging rate of the United States. The California Department of Aging* (CDA) estimates that the “population over age 60 will have an overall increase of 166 percent during the period from 2010 to 2060. More than half the counties in the state will have over a 100 percent increase in this age group” during that time period.

As we stay healthier longer, the over-85 population is burgeoning as well. The CDA estimates that the 85+ population “will increase at even a faster rate than those over 60 years of age, having an overall increase of 489 percent during the period from 2010 to 2060”. Of California’s 58 counties:

- 55 will have increases of more than 150 percent
- 45 will have increases of more than 200 percent
- 36 will have over a 300 percent increase

We are dedicated to caring for seniors so they can remain in their homes, happy and healthy. Knowing the issues that are particularly important to seniors can help everyone care appropriately for their aging loved ones.

Some of the things to keep in mind are:

- **Signs of stress in your loved one;** changes in eating habits, moods, concentration and/or memory
- **The critical importance of socialization;** companionship can improve a sense of well-being
- **The special connection between nutrition and thriving;** as appetite wanes, healthy snacking throughout the day can deliver essential nutrients
- **Identify dehydration in your loved one;** cracked lips, dry skin, dizziness and/or headaches
- **Make sure your loved one sees the eye doctor regularly, an important but often overlooked doctor’s appointment**



Healthy Snacking for HOT WEATHER

When Mother Nature turns up the temperature your appetite may go out the window, but it's still important to eat. Grazing on healthy snacks throughout the day will help get the nutrients you need. Here are some delicious ideas for frozen snacks so you can eat well and stay cool.

Frozen grapes can taste like candy: Wash the grapes, dry them off, spread them on a shallow tray, freeze them, and then place them in a zip lock bag. Ta da! Bite size snacks!

Frozen watermelon: Cut watermelon into chunks, spread on a tray, freeze, and then store in a Tupperware container in the freezer. Yummy on a hot summer day.

Grab a kebab stick: You can find bags of bamboo kebab sticks in any supermarket.

Place cut pieces of any fruit you love on the stick and serve with flavored yogurt as a dip.

Frozen oranges? You bet. Pop them in the freezer and take them with you wherever you go. They will taste delicious cold and stay that way inside the peel for quite a while.

To help you stay hydrated, dress up your water: Try Minty Cucumber Water. Finely slice a small cucumber and finely chop ½ cup of mint leaves. Add to a large jug of iced water or sparkling water. Strain as you pour into glasses and you will taste the fresh essence of the cucumber and mint. Perfect for a hot summer day.



GROW YOUR OWN PLANTS INDOORS

Summer is the time for growing and you can make your own germinating planters with a few supplies and a tiny bit of work. They will look nice in the house and grow a few plants at the same time.

MATERIALS:

- Any small container: jars, cans, cups
- Growing dirt and pebbles
- Mod Podge
- Twine
- Seedlings and/or succulents

INSTRUCTIONS:

1. Cover the container with Mod Podge (a lightweight glue-like substance) using a small brush. Wrap the twine evenly around the container with the sides of the twine meeting so as not to leave gaps in coverage of the container.
2. Cover the bottom of the container with pebbles
3. Fill 2/3rds of the way with growing dirt
4. Place the seedlings or succulents in the dirt.
5. Gently hold them erect while filling around the plant to the top of the container with growing dirt.
6. Water and place in the sun.

Now watch the plants grow and thrive in your beautiful new container!



FDA APPROVES NEW DRUG FOR TREATMENT OF ALZHEIMER'S DISEASE

Some of the most eagerly anticipated news of the year was the Food and Drug Administration's (FDA) announcement that they had approved the "disease-modifying drug Aduhelm (aducanumab) for the treatment of Alzheimer's disease. The FDA calls the approval "significant in many ways":

- Aduhelm is the first novel therapy approved for Alzheimer's disease since 2003
- It is the first treatment directed at the underlying cause of Alzheimer's disease, the presence of amyloid beta plaques in the brain
- The clinical trials for Aduhelm were the first to show that a reduction in these plaques is expected to lead to a reduction in the clinical decline of this devastating form of dementia

The FDA stated with uncharacteristic candor, and near emotion, that the importance of this approval could not be understated, perhaps considering the objections of some FDA staff who believe clinical trials were not exhaustive enough. "We are extremely

aware of the gradual and cumulative devastation that Alzheimer's disease causes, as patients lose their memory and

cognitive functioning over time. On average, a person with Alzheimer's disease lives four to eight years after diagnosis, but some patients can live up to 20 years with the disease.

"The need for treatments is urgent: right now, more than 6 million Americans are living with Alzheimer's disease and this number is expected to grow as the population ages. Alzheimer's is the sixth leading cause of

death in the United States.

"As a result of the FDA's approval of Aduhelm, patients with Alzheimer's disease have an important and critical new treatment to help combat this disease." The FDA will monitor the drugs efficacy and if it does not work as intended, it will be pulled from the market. The drug is on its way to market now through pharmaceutical companies. As your physician if s/he has information on its availability.

"As a result of the FDA's approval of Aduhelm, patients with Alzheimer's disease have an important and critical new treatment to help combat this disease."



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 is easily overheated. What do I need to know to prevent dehydration?

A: That is an important question not only for the summer months but year-round. Dehydration poses a real threat to seniors. They may lack a thirst sensation, medications may upset the water/sodium balance in their body, they may forget to drink, and/or it may be difficult for them to get up and walk to the faucet or the refrigerator.

Signs of dehydration can include:

- Dry mouth
- Inability to urinate
- Recurring urinary tract infections
- Lack of perspiration
- Weakness or dizziness

Things you can do to hydrate include:

- Provide water, juice, or tea with every meal and snack

- Place a water bottle by the bedside
- Make sure the senior eats fresh fruit and vegetables; they contain water
- Limit alcohol and caffeine intake, they dehydrate
- Encourage eating more dairy, and soups that contain water

Keep a close eye on your loved one.

If you notice changes in behavior during the hot weather call his or her physician immediately and discuss the symptoms you see. Help your loved one to drink lots of fluids and keep them out of the sun. Together you can safely enjoy the summer months in the cool morning and evening hours.





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Summer Frozen Salad Recipe

Wash and pat dry a combination of your favorite summer fruits including berries, mandarin oranges, and seedless grapes.

Spread them on a pan and freeze them.

When frozen, toss them with unsweetened fruit juice of any flavor and place in a bowl.

You will have a refreshing, very healthy salad for hot summer days!

