

WINTER 2021

# Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS



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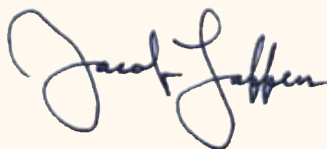
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**2020** was one of the toughest years in modern history. Despite the profound challenges created by the pandemic, we continued to provide care to seniors in their homes, and successfully reduced their isolation imposed by COVID. We comforted our clients and their families, who knew their loved ones were not alone.

We also expanded our care across California with the acquisition of AltaGolden Caregiving, an in-home care company in Escondido, CA. They share our values and principles of care and we are proud to now serve their 30 clients in the San Diego region.

More than ever before, the power of family has carried us through. Together, your family and ours encouraged and empowered one another to make it through the most difficult days. We will continue to provide safe, astute care to your loved ones. Call us if you need us.

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*

# KEEP YOUR DOCTOR'S APPOINTMENTS!

This year health professionals want you to remember two very important things:

Take care of personal health issues and do NOT let COVID prevent you from doing so

Regular health screenings can save lives

February is American Heart Month and March is Colorectal Cancer Month; reminders of the importance of caring for those two health issues.

Caring for heart disease can be a matter of life or death. Make sure to keep important doctor's appointments and schedule regular screenings and tests. Only your doctor can tell you if your vital signs are at healthy levels and your heart is in good health so keep your doctor's appointments! Every physician's office has made special accommodations to keep you safe from COVID, including telehealth appointments, and they can deliver your important care safely.

Regular colonoscopies greatly reduce the risk of colon cancer through early detection. It is a cancer that can be treated early and successfully. The National Cancer Institute warns that delayed screenings now may lead to an increase in cancer rates in years to come. It is imperative that we all continue to have these important screenings.

You can be assured that your physician's office and local hospital have one priority; to make sure you can receive the healthcare you need while remaining safe from the risk of COVID.

If you are worried, call your doctor's office and ask how they will keep you safe at your appointment, but do NOT delay care.



# Healthy Comfort Food for Stressful Days

Let's face it, when feeling stressed, it's easy to neglect a healthy diet. And yet, that is exactly when our body needs healthy food the most. Here are some easy, healthy comfort foods for stressful times. They are filling, yet easy on the stomach. Try these ideas when you are hungry but can't face a salad or three course meal.

## **Breakfast for dinner:**

Eggs cooked any way you like them; poached, scrambled, or fried deliver healthy protein in a meal. Eat them on toast or turn them into a scramble by adding chopped vegetables and leftover meat or chicken. Top it with a bit of low-fat cheese and you have an entrée made with eggs.

**Have a package of wraps?** Scramble some eggs, top them with some sweet red pepper, and roll it up in the wrap.

**English muffins love eggs!** Poach or scramble an egg, top the English muffin with sliced tomatoes, fresh spinach, lettuce or basil, add the egg, and presto! You have a healthy sandwich.





# HAPPY THOUGHTS FOR HEALTHCARE WORKERS

This is the perfect year to make Valentine's Day cards for healthcare workers. They have been working tirelessly to fight the COVID epidemic for many months and could use some community love and encouragement. Get your friends together on a Zoom call and make some cards together.



## Quick card materials:

- Construction paper
- Markers, crayon, paint
- Odd bits of ribbon, thread, yarn, buttons, lace, leaves, tiny artificial flowers

## Quick card instructions:

- Fold the construction paper in half and let your inner artist loose
- Decorate the front of the card gluing bits and pieces of decorations to the front
- Write a heartfelt note inside the card

## Deliver:

Drop your cards off at your local hospital, nursing home, veteran's home, or other healthcare facility. You will give the staff many moments of joy.



## Tips for Alzheimer's Care During COVID

COVID has made caring for those with Alzheimer's Disease even more complex. Symptom management and hospitalizations can be difficult. The Centers for Disease Control recommend:

**Know when you need to seek medical attention for your loved one. Call a healthcare provider if:**

- You see symptoms of COVID
- You see any respiratory symptoms or distress

**If your loved one has advanced dementia and needs to be hospitalized for COVID, make sure hospital staff know that your in-person assistance might be required to communicate important health information and emergency support, and:**

- Be prepared to use personal protective equipment (PPE) as recommended by the hospital staff
- Be aware that you and healthcare providers may face difficulties caring for your loved one because he or she:

- > May not cooperate with care and may not follow personal protective measures such as wearing a mask or practicing social distancing
- > May refuse diagnostic procedures

**To avoid getting sick, incorporate these protocols into your daily life:**

- Wear masks and make sure that others wear them.
- Do NOT place a mask on anyone who has trouble breathing, is unconscious, is incapacitated, or is unable to remove the mask without assistance
  - > Wash hands often
  - > Cover coughs and sneezes with a tissue
  - > Avoid touching eyes, nose, and mouth with unwashed hands
  - > Clean and disinfect frequently touched surfaces

Our caregivers are here to help and are specially trained to care for those with dementia and Alzheimer's disease. Call us whenever you need help.



## 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:

*Where can I find care for my loved one during COVID? I don't know how to find someone who follows safe protocols.*

A:

Finding caregivers who practice COVID safe protocols is extremely important and you are right to be concerned. First, ask potential caregivers what practices they employ when visiting the home. Talk to the director of the business or the supervisor and ask specific questions:

- Do they wear masks or shields when entering the home?
- Do they sanitize their hands frequently, before and during their care?
- Do they sanitize anything they may use with your loved one, such as stethoscopes or thermometers?
- Do they test their caregivers for COVID, and if so, how often?



We can help. We practice COVID safe protocols and have trained our staff. If you have questions, please call us. We would be happy to tell you about our practices and how we care safely, and compassionately, for your loved one.



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FOR THE FOURTH YEAR, WE HAVE WON  
THE CARING SUPERSTAR AWARD  
FROM CARING.COM. THIS AWARD  
IS ESPECIALLY MEANINGFUL  
BECAUSE IT IS GIVEN BASED  
ON REVIEWS FROM OUR  
CLIENTS AND THEIR FAMILIES.

*Thank you* FOR LETTING US SERVE YOU.