

SPRING 2022

Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS





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Journalist Doug Larson said, “Spring is when you feel like whistling even with a shoe full of slush”. We share his optimism. This year, spring is not only the harbinger of warmer temperatures – it symbolizes renewal and an opportunity to look at life with fresh eyes. After a long pandemic we are emerging to once again live life and enjoy each other’s company, while also carefully looking after our health.

Family Matters is ready to ensure that your loved ones can emerge safely as well. Our highly skilled caregivers are trained to help your loved one move around safely inside, enjoy fresh spring and summer foods, and ambulate safely outside to get fresh air.

Spring is a great time of year for many reasons, and we think it’s time for all of us to start whistling again – literally and figuratively speaking.

Stay safe, stay healthy, and call us if you need us,
(888) 962-4836.

Jacob Laffen

President, Co-Owner

Family Matters In-Home Care

HIGH BLOOD PRESSURE THE SILENT CULPRIT

3

High blood pressure is a common condition, but not one to be dismissed. More than 3 million cases of high blood pressure are diagnosed each year and it's common for people ages 60 and older. However, high blood pressure can be very dangerous, and it is essential to keep a close eye on this silent culprit to ensure you remain healthy. High blood pressure can exist without any signs or symptoms.

Blood pressure is the pressure of blood pushing against the walls of your arteries that carry blood from your heart to other parts of the body*. Your primary care physician will tell you what s/he believes to be high blood pressure levels for you. High blood pressure can be diagnosed when the readings begin at 130/80 or 140/90; it depends on the physician and your medical history.

If high blood pressure is not treated, it can damage organs like the heart, brain, kidneys, and eyes. It can cause chest pain, heart attack, heart failure, and stroke. You can only tell if you have high blood pressure by having a health care professional measure it.

If you are diagnosed with high blood pressure, there are treatments to successfully reduce it. They range from medications, to lifestyle changes including managing stress, not smoking, exercising 30 minutes a day, 5 days a week, eating a healthy diet that limits salt and alcohol, and keeping a healthy weight.

If you have not had your blood pressure checked recently, it's a good time to do so. Know what factors increase your personal risk and address them so you can remain healthy for a long time.





MANGIA! SPRING PASTA!

There is nothing more beautiful than a big bowl of pasta tossed with colorful spring vegetables. Enjoy this Spring Pasta Primavera recipe that is low in fat and calories and high in protein.

Ingredients:

- 1 pound fettuccine, cooked according to package directions, drained (reserving 3/4 cup liquid)
- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic, roughly chopped
- 2 large spring (or 4 green) onions, thinly sliced
- 1 1/2 cup thinly sliced carrots
- 3/4 cup broccoli florets
- 1/2 teaspoon ground black pepper
- 3/4 cup grated Parmigiano Reggiano
- 2 tablespoons lemon juice
- 1 pint cherry tomatoes, halved
- 1/2 cup roughly chopped fresh basil (optional)
- 1/2 teaspoon fine sea salt

Nutritional Information:

Per serving: 220 calories, 7g total fat, 2g saturated fat, 10 mg cholesterol, 310 mg sodium, 29g carbohydrates, 10g protein

Directions:

1. Heat oil in a large deep skillet over medium high heat
2. Add garlic and onions, cook 2-3 minutes
3. Add broccoli florets and carrots, cover, and cook for 2-3 minutes
4. Transfer to a large bowl and set aside
5. In the same skillet over medium heat, toss hot, drained pasta with reserved pasta water, cheese, and lemon juice
6. Gently toss tomatoes into pasta
7. Transfer to serving bowls, top with basil and serve



Pom Pom Branches for Spring

Spring crafts are a great way to bring the fresh colors of a new season into the home. This easy craft supports fine motor skills and is fun to do. Pom Pom branches are Fun Fun to make!



Supplies (all available at your local craft or big box discount store):

- Small pom poms, 1" in a variety of colors (available in bags of 50, 80, 100 etc.)
- Small hot glue gun
- Small glue sticks (make sure to buy the size that fits the glue gun)
- Hot glue gun finger caps (protects them from the hot glue)
- Branches from outside

Instructions:

1. Select and/or cut branches to the length that look best in the vase you have selected
2. Lay them on a newspaper on the table
3. Heat up the glue gun. Be careful, the glue is VERY hot and will stick to your skin
4. Put a small drop of hot glue on each pom pom
5. Leaving an inch or more between each pom pom, stick them to the branches
6. Vary the colors of the pom poms as you place them, for a bright assortment on each branch
7. Place the branches in a vase and decorate your home!

Gardening *for* Health

What could be better than getting outdoors and smelling the fresh spring air? Not only is it healthy for your loved one's lungs and heart; studies show that gardening can be beneficial for those suffering from dementia.

A study by the Royal College of Physicians found that "exposure particularly to gardening, is beneficial to mental and physical health".

- Sunlight lowers blood pressure and increased vitamin D levels
- Working in the garden restores dexterity and strength
- Digging in the soil can be calming
- The social benefits of gardening with others can delay the symptoms of dementia

In short, gardening is associated with less depression, anxiety, and stress and in Japan, green space has been linked with increased longevity. It is a healthy and beneficial activity for the entire family. You, your



children, and your elderly loved ones can garden together. If mobility issues prevent your loved one from getting to the garden, create a container garden on the porch, deck, or windowsill. Digging in the dirt is great therapy and watching things grow can create a sense of optimism.

This spring, plan to incorporate gardening into your weekly activities, even if it is planting a flower in a pot near your loved one's chair. Mother Nature naturally brings cheer indoors.





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 elderly father seems depressed,
and I don't know what to do about it.*



A

Depression occurs in 15% of people over the age of 60.

It is a clinical condition, not just feeling "sad" or "disappointed" about things. It is a condition that requires professional help including counseling and medication. If an older adult suffered from depression in younger years, s/he is more likely to suffer from it again when older.

If your loved one is suffering from depression, you may notice some or all of these symptoms:

- Feelings of hopelessness, guilt, worthlessness
- Loss of interest in once pleasurable activities
- Difficulty concentrating, sleeping, making decisions
- Thoughts of death or suicide, or suicide attempts

If you recognize these symptoms in your loved one:

- Make an appointment with his or her primary care. The physician can conduct an assessment and make a referral to a mental health expert.
- Surround your loved one with healthy living; good fresh food, sunshine, and companionship
- Talk to your loved one frequently in person, by phone, by Facetime, Zoom etc.

We can help. Our companions will spend quality time with your loved one sharing memories, eating, walking, and enjoying the day.



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Family Matters In-Home Care is proud to announce that we have once again received three awards from Home Care Pulse, which conducts the annual Home Care Benchmarking Study, the most comprehensive survey of home care providers in North America. These awards include the 2022 Best of Home Care®:

Leader in Excellence, Provider of Choice, Employer of Choice

Thank you FOR LETTING US SERVE YOU!