

SUMMER 2022

Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS





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Summer is here and with it the opportunity to breathe healthy air, walk in the cool evening, and sip refreshing drinks. Those things remind us of the importance of aging in a healthy way. That is our priority as we care for our clients and help them navigate the day. Some of the things we pay attention to include:

Taking one thing at a time: We help your loved one set realistic expectation and use their energy for the things they love to do.

Move more and strengthen muscles: Lifting even light weights can help to prevent osteoporosis and other diseases. It's about motivating and encouraging your loved ones with fun activities and companionship.

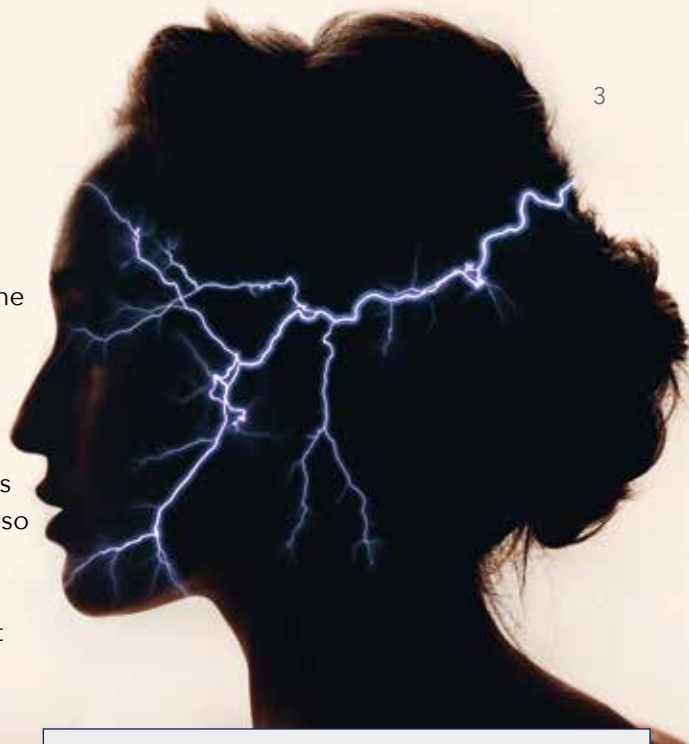
Eating good food: Our companions will cook light meals for your loved one and eat with them to provide company. When seniors eat good food, they generally feel better and have more energy.

If you need help encouraging your loved one to practice healthy habits, give us a call. We are happy to help. Call (888) 962-4836.

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

Is it a Migraine or a Headache?

Do you know the difference between a migraine and a headache? It's estimated that 40 million Americans live with migraine disease and headache disorder and about 75 percent of them go undiagnosed. It's important to talk to your healthcare provider about your symptoms if they occur more than 15 days a month. It's also important to identify the difference between a headache and a migraine so you can receive the right treatment. Here are some of the most common symptoms for each condition.



Headaches are throbbing pain

3 Types of Headaches

- Tension headaches affect the entire head – they begin in the back and move forward
 - > Causes: stress, hunger, eye strain
- Sinus headaches are worst in the morning, and bring pain to the nose, eyes, and cheeks
 - > Causes: sinus infection
- Cluster headaches can be the most severe, and occur a few times a day or several days a month
 - > Causes: overly bright lights, extreme heights, excessive exertion

Treatments for headaches and migraines can include over the counter medications, heating/cooling packs and prescription medications.

If you suffer from headaches or migraines, check with your doctor to discuss your symptoms and begin the right treatment.

Migraine is a neurological disorder

Migraines involve extreme pain usually on just one side of the head.

- They can last a few hours or several days at a time
- They can interfere with everyday activities.

Migraine symptoms include dizziness, extreme fatigue, nausea, vomiting, and extra sensitivity to light, sound, and smells

Researchers are trying to identify the causes of migraines, and studies show some of them are:

- Genetics
- Aged 20-50
- Weather
- Hormonal shifts in women
- Lack of sleep
- Some medications

For more information visit: The National Headache Foundation: Headaches.org

US Headache Association: usheadache.org

American Migraine Foundation: americanmigrainefoundation.org

SUMMER "COOL" TREATS

This time of the year brings a wide variety of fresh fruits and vegetables, and that makes for delicious, easy-to-make recipes for a light meal and refreshing drink.

Here are two.

Tomato and Mozzarella Salad

Ingredients:

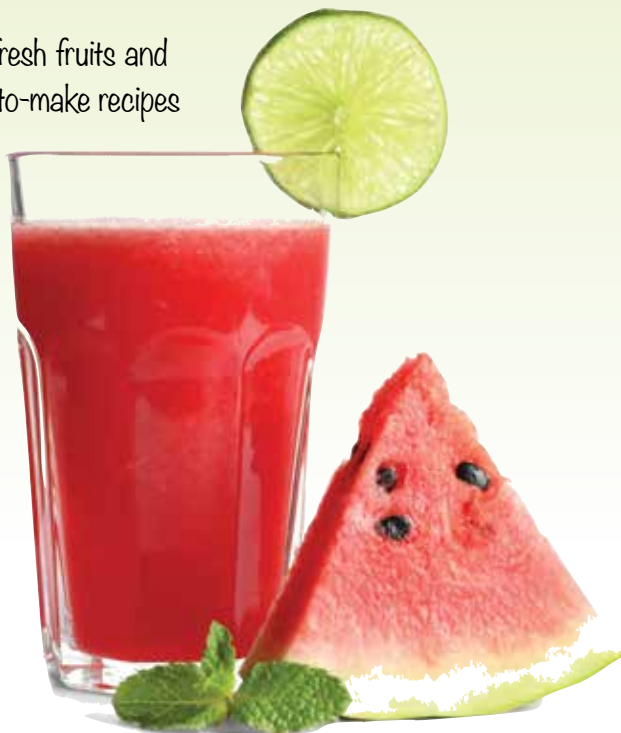
- 8 ounces fresh mozzarella balls
- 15 grape or cherry tomatoes
- 10 large fresh basil leaves
- Balsamic vinegar

Directions:

Cut each mozzarella ball and tomato in half.

Tear each basil leaf into 3 or 4 pieces.

Toss in a bowl, sprinkle with balsamic vinegar to taste and enjoy.



Watermelon-Cranberry Agua Fresca

Ingredients:

- 7 cups seedless watermelon diced
- 1 cup fruit-sweetened cranberry juice
- ¼ cup fresh lime juice (about 2 limes)
- 1 lime, cut into 6 slices

Directions:

Place the melon in a blender or food processor and process until smooth. Strain the puree to remove pulp. Add the cranberry and lime juices and stir. Refrigerate until very cold. Pour into chilled glasses and garnish with a slice of lime.

BUTTERFLIES TAKE FLIGHT

What could be happier than butterflies in the house? Thanks to onelittleproject.com, here is a fun, easy craft idea.



Supplies:

- 2 coffee filters- small size
- Washable markers & water
- Eye dropper/small measuring spoon
- 1 pipe cleaner (12 inches long)

Directions:

Place the coffee filters on a cookie sheet.

Flatten out the coffee filters and color them with the markers.

Drip water onto the coffee filter until it is completely wet, then dry completely.

Pull apart the two coffee filters and fold each one back and forth, accordion style, in about 1/2 folds. It will look like this:



Put the two folded strips on top of each other.

Twist a pipe cleaner around the middle so that the two ends point upwards in a big letter "V".



Pinch the end of each pipe cleaner and curl it outwards to make a small spiral.



Pull apart the folds in the coffee filter to shape your butterfly.

(shown left)

Not all Dementia is Alzheimer's Disease



Alzheimer's disease and dementia are frequently confused and as a result any type of dementia is often called Alzheimer's. However, that is not the case; Alzheimer's is just one type of dementia. If your loved one is exhibiting signs of dementia; forgetfulness, disorientation, inability to complete daily tasks, do not assume it is Alzheimer's disease because that might cause accurate treatment to be delayed or missed altogether. Here are 10 signs of Alzheimer's disease and an example of each (*there are many, this is not an inclusive list*):

1. Memory loss that disrupts daily life:
Asking the same questions over and over
2. Challenges in planning or solving problems:
trouble following a familiar recipe
3. Difficulty completing familiar tasks:
remembering the rules of a favorite game
4. Confusion about place: forget where they are or how they got there
5. Trouble understanding visual images/spatial relationships: makes driving difficult
6. New problems with words speaking/writing:
difficulty conducting a conversation
7. Misplacing things, inability to retrace steps:
may accuse people of stealing
8. Decreased or poor judgement: less attention to grooming and personal hygiene
9. Withdrawal from work/social activities:
has trouble keeping up
10. Changes in mood/personality: becomes confused, depressed, suspicious, fearful

If you notice these changes occurring regularly in a loved one, take him or her to the doctor for an exam. Knowing what is happening will improve your ability to understand how to interact, and get the care she/he needs.



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 want to keep my parent's mind as active as possible. What can I do?

A Good old-fashion games may improve cognition and mental sharpness, and increase socialization for your loved one; all factors that contribute to a senior's mental and emotional health. Don't think you have to buy expensive brain-training apps; some studies have shown that they do not provide the brain stimulating benefits they claim*.

Some of the best games are ones you are very familiar with and include Scrabble, crossword puzzles, and word search books. A small maze on paper can be stimulating as well, just make sure it isn't too complex. When your loved one plays games, it provides several benefits:



- Offers intellectual stimulation
- Gives him/her a sense of accomplishment
- Improves decision making skills
- Provides socialization with loved ones

Pull out the games in the closet and have a family game night. Your senior loved one will have fun and keep their mind sharp at the same time.

*journals.plos.org



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Avoid the sun and
outdoor exercise in
hot weather.



HEAT STROKE

SYMPTOMS

- Rapid heartbeat
- No sweating, hot/red skin
- Dizziness & headache
- Unconsciousness
- Vomiting



PREVENTION

- No alcohol - drink water
- Use sunscreen
- Take cool showers
- Limit time outdoors
- Avoid wearing thick, dark clothing

