

WINTER 2022

# Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS



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[www.familymattershc.com](http://www.familymattershc.com)  
Call toll free: (888) 962-4836

Campbell Office:  
2155 S. Bascom Avenue, Suite 116  
Campbell, CA 95008  
(408) 824-1021

San Mateo Office:  
400 Concar Drive  
San Mateo, CA 94402  
(650) 484-0051

Sacramento Office:  
300 Harding Boulevard, Suite 101  
Roseville, CA 95678  
(916) 824-3565

San Diego Office:  
100 E. San Marcos Boulevard, Suite 400  
San Marcos, CA 92069  
(760) 970-8305

Here we are in a new year and still in the midst of the pandemic. We were all hoping for a more positive start to 2022, but we remain optimistic that together we can see our way through.

### **We know two things:**

- 1. Getting vaccinated protects you from the most lethal impact of COVID19 and may save your life if you contract it*
- 2. Wearing a mask and washing hands is the best protection against breathing in any COVID19 droplets in the air*

Our caregivers practice all of these steps so they can care for your loved one in their home while also keeping them safe. We maintain rigorous standards of cleanliness and hand hygiene because we know they are essential.

We will get through this pandemic. Eventually science will get ahead of it and find a way to keep us safe, just like it has with other contagious, deadly diseases in the past. In the meantime, we are here to reduce your stress with careful, compassionate, healthy care of your loved one.

The pandemic is stressful enough on its own. We can provide the care you need so you can pay attention to work and the rest of your life.

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

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

# Set Your Sights on Healthy Vision

It's easy to take good vision for granted, but sight is precious and as we age, we need to take care of it with regular check-ups, knowledge of the symptoms of eye disease, and self-care. Here are some things that you need to know:

**Glaucoma:** It is a group of eye diseases that damage a nerve in the back of the eye causing vision loss and blindness. Symptoms may start slowly, and you may not notice them until you begin to experience reduced vision. That's why it's important to have an annual vision check that includes a comprehensive dilated eye exam. It can be treated with prescription eye drops, laser treatments, and/or surgery.

**Low vision:** This makes it difficult to conduct everyday tasks like reading, driving, watching TV, and recognizing people's faces. It is caused by several different eye diseases that can rob central vision, peripheral vision, cause night blindness, or blurry vision. Low vision diseases include:

- Age-related macular degeneration (AMD)
- Cataracts
- Diabetic retinopathy (a condition that can cause vision loss in people with diabetes)
- Glaucoma

Low vision cannot be cured but there are many advanced vision aids that can enhance remaining vision including computerized lenses.

The best way to avoid these vision-robbing conditions is take good care of your eyes.

1. Get annual eye exams
2. Know if you have a family history of eye diseases
3. Eat healthy and stop smoking
4. Protect your eyes with sunglasses that block 99 to 100% of UVA and UVB rays
5. Give your eyes a rest from the computer screen.  
Every 20 minutes look 20 feet away for 20 seconds





# Healthy Food for a Healthy Heart

*February is Heart Month and the perfect time to review your daily eating habits to see if you are eating in a heart-healthy way. Most importantly, lower your salt intake and make sure you have a range of colors of healthy fruits and vegetables on your plate. Then cook recipes like the one below. You only have one heart – feed it good food!*

## **BROILED SCALLOPS WITH SWEET LIME SAUCE**

Serves 4

### **Ingredients**

- 4 tablespoons honey
- 2 tablespoons lime juice
- 1 tablespoon olive or canola oil
- 1 pound bay or sea scallops, rinsed and patted dry
- 2 teaspoons grated lime peel
- 1 lime, cut into 4 wedges

### **Directions**

Heat the broiler and position oven rack 4 inches below. Cover a broiler pan or cookie sheet with aluminum foil. Spray generously with cooking spray.

In a large bowl, whisk together the honey, lime juice and oil. Add the scallops and toss gently to coat with the honey mixture. Arrange the scallops in a single layer on the prepared broiler pan or baking sheet.

Broil until opaque throughout when tested with the tip of a knife, about 5 minutes. Turn the scallops over and broil for another minute.

Divide the scallops onto 4 warmed plates. Pour any juices from the broiler pan or baking sheet over the scallops. Sprinkle with grated lime peel and serve with a lime wedge.

- |                     |                        |
|---------------------|------------------------|
| • Calories 185      | Total fat 4            |
| • Saturated fat 1g  | Cholesterol 27mg       |
| • Sodium 445 mg     | Total carbohydrate 23g |
| • Dietary fiber 1mg | Added sugars 17g       |
| • Protein 14g       |                        |







# Kindness Clothespins Cheer Everyone

This winter make Kindness Clothespins to cheer your senior parent and everyone who receives them. It's an easy craft and a great way for grandparents to give or mail gifts to their children, grandchildren, and friends. The options for colors, patterns, and messages are endless.



## Supplies:

- Paint brush
- Washable paint
- Glitter glue
- Permanent markers
- Wooden clothespins (flat surface works better than round)

## Instructions:

1. Cover the top and bottom of the clothespin with paint. Let dry 1-2 hours
2. Write positive messages on both sides with permanent markers.
3. Add sparkly accents with glitter glue. Dry 3-4 hours.
4. Repeat steps 1-3 to make as many happy, encouraging clothespins as you like.

# REDUCING FRAILTY COULD PREVENT DEMENTIA

A new study published in the Journal of Neurology, Neurosurgery and Psychiatry reports that frailty in seniors is a “strong risk factor” for dementia and that the risk of developing it might be modified through a healthy lifestyle.

The international team conducting the study worked with data from more than 196,000 adults in the United Kingdom. To calculate participant’s risk of developing dementia they created an equation that combined genetic risk factors, a score for frailty reflecting the accumulation of age-related symptoms, signs, disabilities, and disease, a third score for healthy lifestyle behaviors, and who eventually developed dementia. Together, these factors gave researchers insight into the impact of a healthy lifestyle on the eventual development of dementia.

The study found, “Even among those people with the highest genetic risk of dementia, the risk was lowest in those who were fit. The risk was highest in people who were in poor health and a high degree of frailty.” One



finding is particularly striking, those people with a combination of high genetic risk and high frailty were at six times greater risk of dementia than those without either risk factor.

Co-author Dr. Janice Ranson, from the University of Exeter Medical School, said: “These findings have extremely positive implications, showing it’s not the case that dementia is inevitable, even if you’re at a genetic high risk. We can take meaningful action to reduce our risk; tackling frailty could be an effective strategy to maintaining brain health, as well as helping people stay mobile and independent for longer in later life.”



## 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'm having difficulty getting my elderly mother to move around when it's rainy or cool. Do you have any advice?*

*A:* Inclement weather can adversely impact moods and create aches and pains in older adults. Start slowly to get your senior mom or dad moving. Here are some things that our caregivers find especially effective:

- Go to a mall, walk around and window shop. It will take your parent's mind off walking and s/he will get some exercise and move those aching joints.
- Walk out on the porch or front steps. Dress appropriately for the weather and get some fresh air. Take some deep breaths together and talk about the things you see on the street, sidewalk, trees, and/or sky.
- If it isn't slippery, take a short walk in the driveway. Encourage your parent by saying

it smells good outside, or there are new things to see on the lawn.

- If you cannot get your parent to go outside, sit beside him or her and do leg lifts together.

While sitting, slowly raise one leg and then the other. Try to do 5-10 repetitions with each leg.

There is help and support available to you and our companions can help get your parent moving; just call and ask.





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"A heart full of love and  
compassion is the main source  
of inner strength, willpower,  
happiness, and mental  
tranquility."

~Dalai Lama XIV