

FALL/WINTER 2022

# Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS





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It's hard to believe yet another year is coming to a close. 2022 has been a mixed experience; while enjoying the reduced incidence of Covid many of us still struggle to create new, comforting routines that feel safe. Our caregivers have helped our clients move through that process. They have helped seniors reconnect socially and expand their daily activities. They have acted as companions for walks, familiar drives, lunches out, and a little shopping. We have accompanied our clients to in-person doctor's appointments and helped them transition at home from hospital stays. It has been a very careful, measured process tailored to each individual and family with our skilled caregivers at the helm. It looks like Covid is here to stay and we are here to help your loved one learn to live safely in its midst.

If you have a loved one who needs assistance and reassurance, call us at (888) 962-4836. We can make each day valuable and bring friendship and joy into your loved one's home.

Jacob Laffen

*President, Co-Owner*

*Family Matters In-Home Care*

# BONES & HEALTH: A WEIGHTY MATTER

Weightlifting may make you think of Mr. Universe, but it can be beneficial for your health, especially in later years.

Lifting light weights can strengthen bones and joints and help the body to burn fat and calories more consistently. This is important because as we age we lose one to two percent of muscle mass annually and that rate increases rapidly after age 65.\* This increases the risk of falls, hip fractures and osteoporosis. In fact, bone and joint conditions are the most common cause of severe long-term pain and physical disability for those over the age of 65.\*\*

## RESISTANCE TRAINING WITH FREE WEIGHTS.

This type of exercise can help you develop stronger hip, leg and knee muscles to avoid falls. It can also increase your strength which can help safeguard your ability to live independently.

## HOW MUCH WEIGHT?

That is highly individual but begin with a weight you can lift 5 times. For some that is 1 pound, for others it may be 2 to 5 pounds. Before you begin, check with your doctor to make sure it is ok for you to begin a new exercise regimen. Then start with 3 sets of 10 repetitions of these 4 exercises.



*Start doing these exercises three times a week and then increase as comfortable.*

*You are on your way to strong bones and joints!*

You can learn more at: <https://californiamobility.com/21-chair-exercises-for-seniors-visual-guide/>





## A Bowl Full of Comfort Food<sup>\*</sup>

If you have a craving for comfort food, here is an easy, warm, diabetic friendly dish that fits the bill. It's quick to make, delicious to eat, and will fill your craving and your stomach!

### HOMEMADE CHICKEN RAMEN NOODLE BOWL

#### INGREDIENTS:

- 1 (10 ounce) can condensed low-sodium chicken noodle soup
- 1 ½ teaspoons grated fresh ginger
- ½ cup cilantro leaves
- ½ cup grated carrot
- ¼ cup thinly sliced scallions
- 2 soft-boiled or hard-boiled eggs, halved
- ½-1 tsp. Sriracha (hot sauce)
- ½ tsp toasted sesame seeds

#### DIRECTIONS:

- 1: Prepare soup according to package directions. Stir in ginger and heat until simmering.
- 2: Divide the soup between 2 bowls. Top each with ¼ cup each cilantro and carrot, 2 tbsps scallions, and an egg. Finish with Sriracha to taste, and sesame seeds.

<sup>\*</sup>Courtesy of EatingWell.com

# It's a Paper Turkey for any age!

The great thing about making paper turkeys is that no matter how you make them they are going to look great. You are going to end up with a turkey that can be used as a Happy Thanksgiving Day card or a place marker for the big meal.

**Here are the easy directions for family members of any age.**

## *Supplies:*

- Construction paper, brown and bright colors
- Scissors
- Black markers or craft store eyes
- Glue

## *Instructions:*

1. Cut two circles out of brown paper, one twice as big as the other. The small one will be the head and the larger one the body.
2. Cut a small triangle (about 1 inch in length) from orange paper. This will be the nose.
3. Trace your hand on 3 pieces of colored paper – 1 handprint per color. Cut out the hands.
4. Glue the bottom edge of the head to the back of the top edge of the body (so the glue won't show).
5. Place the hands around the back of the body, 3 on each side. Fan them out like feathers. Glue to the back.
6. Glue eyes to the head or draw eyes with markers. Glue the widest part of the triangle to the head, centered just below the eyes, with the point of the nose facing down toward the body.
7. Add other decoration as you like, and have a Thanksgiving turkey!



## DO YOU KNOW THE 10 SIGNS OF ALZHEIMER'S DISEASE?

Many people refer to all dementia as "Alzheimer's disease", but that is not accurate. There are five types of dementia, and Alzheimer's is just one of them. All types of dementia share some symptoms, so how do you know if your loved one may be suffering specifically from Alzheimer's? Here are some of the most common signs and symptoms of the disease:

1. Recently learned information is forgotten; memory loss disrupts daily life
2. Trouble planning or solving problems; can't follow a familiar recipe or pay monthly bills
3. Trouble completing daily tasks; driving to a familiar location or remembering the rules of a favorite game
4. Loses track of dates, seasons, passage of time; forgets where they are
5. Trouble reading, determining color; struggles to understand visual images and spatial relationships
6. Trouble following or joining a conversation; may stop in the middle with no idea of how to continue
7. Puts things in unusual places (keys in the freezer); may accuse others of stealing
8. Poor judgement; decision making about money, less attention to grooming
9. Withdrawal from work and social activities
10. Changes in mood and personality; confused, suspicious, depressed, fearful, anxious

If you see any of these changes in a loved one, don't wait. Schedule an appointment with his or her doctor and ask for a referral for a neurological assessment.







## 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:

*A cloud of sadness falls over my mother during the holidays. Is there anything I can do that might help her in a meaningful way?*

*A* You are right, the holidays can bring sadness and even despair to some seniors. If your mother has lost many of the people who participated in family traditions, it can seem like a bleak time of year focused on losses and loneliness. You cannot replace the people, places, or things that your mother cherished, but you can support her mental and emotional well-being.

- **Acknowledge feelings:** Don't ignore how your mother feels – validate it and give it value. Ask her to talk about how she feels so she don't feel she is alone.
- **Ask her to share:** Ask your mother to share her memories of holidays past. She may feel some relief from sadness by telling the stories.



- **Create new memories:** Involve your mother in creating new traditions with grandchildren, family members and friends. Cooking, making decorations, creating a scrapbook may help her to feel she is moving forward with some happiness.

Your mother is lucky to have you!



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## WE ARE LOOKING FOR CAREGIVERS!

- Do you enjoy sharing your time with people in need of companionship and friendship?
- Do you enjoy knowing that you have made someone's day better, happier?
- Do you like a job where every day is different, with interesting, challenging work?

*Then join us! We are looking for caregivers who want to make a senior's life easier and happier. We are ranked as one of the best in the industry.*

Apply today: <https://familymattershc.com/be-a-caregiver/>

## BENEFITS INCLUDE:

- Competitive hourly pay
- Health, dental & vision benefits for full-time positions
- 401K options
- Paid sick days
- Employee appreciation events

