

FALL 2023

Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS





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As we enter the last quarter of 2023 and have 2024 in our sights, we reflect on the commitment to care that Family Matters continues to provide our clients. Once again, this year we were proud to receive numerous awards, based on our clients surveys, reflecting our high quality of care and the skill of our caregivers. It underscores the reasons why we went into business. When our matriarch Carol started Family Matters, it was to be the one company that cares for every client like they were our family member. I believe we meet and exceed that goal every day.

Our caregivers frequently tell us that caring for a grandparent when they were younger inspired their career. They are passionate about bringing joy to another's life and assisting with activities of daily living to make life easier and more enjoyable. As we watch them work, we too are inspired by their dedication to the work.

As your loved one ages, s/he will need more support and we are here to help. From light housekeeping and transportation to companionship and hospital after-care, we are here to be with your loved one when you can't be.

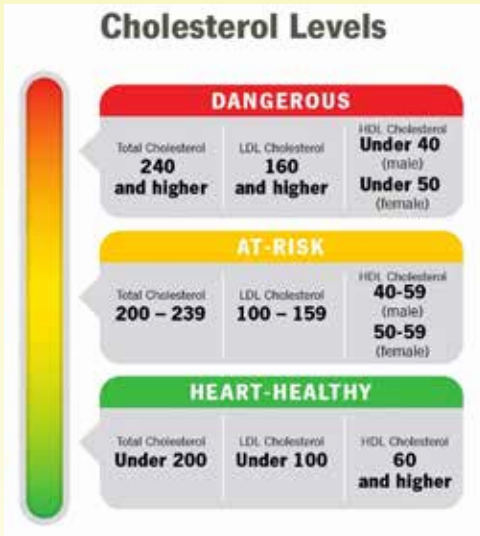
Call us and tell us how we can help, (888) 962-4836. We are always here to make the load lighter for you, and the days happier for your loved one.

Sincerely,

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

5 THINGS YOU NEED TO KNOW ABOUT Cholesterol

3



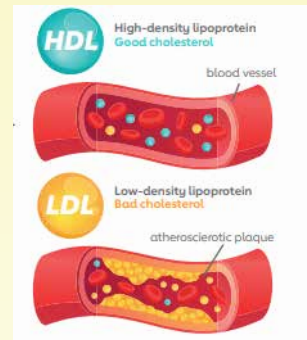
1: Cholesterol is important. It circulates through the blood, builds cells and makes hormones the body needs to operate efficiently. The liver makes all the cholesterol we need. We also get dietary cholesterol from eating meat, poultry, dairy products, oil, saturated and trans fats.

2: There are two types of cholesterol:

- 1. HDL:** High-density lipoprotein is the good kind of cholesterol and reduces your risk of heart disease and stroke.
- 2. LDL:** Low-density lipoprotein is the bad kind of cholesterol that can increase your risk of heart disease and stroke.

Foods like full-fat dairy products and red meat can raise LDL, which can build plaque in the arteries to the heart, causing them to narrow.

3: Lipoproteins carry fats through your bloodstream. Think of them as tiny boats that carry fats to various cells in the body.*



4: Triglycerides also

matter. They are a common type of fat in the body that stores excess energy from the foods you eat. A high triglyceride level combined with high cholesterol can contribute to fatty buildups in the arteries.

5: You can maintain healthy cholesterol levels.

- 1.** Move more, sit less. Get at least 2.5 hours of heart pumping exercise each week.
- 2.** Eat lean. Select lean cuts of meat, but it's best to eat less meat, more fish and lots of fresh vegetables.
- 3.** Use canola, olive, and safflower oils instead of solid fats like butter.

*<https://www.heart.org/-/media/Files/Health-Topics/Cholesterol/What-is-Cholesterol.pdf>

Yummy and Veggie! Soup for Fall

Here is a delicious, healthy recipe that is good for healthy cholesterol levels, easy to make, and can be frozen as a make-ahead meal.

INGREDIENTS:

Vegetables:

- 1 onion
- 2 carrots
- 2 stalks of celery

Any quantity of:

Butternut squash/
Pumpkin/Sweet potato
Leeks

Bell pepper
Broccoli/Cauliflower/
Brussels Sprouts
Zucchini
Green beans
Kale/Spinach
Peas
Mushrooms
Tomatoes

- Spices including garlic, bay leaves, rosemary, parsley, thyme, sage, oregano, basil
- Vegetable, chicken or beef stock

Directions

1. Prepare the vegetables: Dice all the vegetables into 1-inch pieces.
2. Make the soup: Sauté the onion, carrot, leeks and celery until soft, fragrant and starting to turn golden brown. The more the vegetables caramelize at this stage, the more intensely flavored the soup will be.
3. Add the remaining hard vegetables and cook until they too start to caramelize (approximately 10 minutes).
4. Add the green vegetables (anything leafy like spinach or kale and broccoli, peas and green beans), tomatoes and stock.
5. Allow to cook with the herbs until all the vegetables are cooked.

You can freeze portions for up to 3 months. Thaw overnight in the fridge before reheating over medium heat. The cooked soup will last for approximately 4-5 days if kept covered in the fridge.

Easy healthy vegetable soup-Simply Delicious
(simply-delicious-food.com)



Hoot Hoot!

FOR PINECONE OWLS!



There's nothing better than a craft that can be used for fall decorations, Thanksgiving place holders, or Christmas gifts. Time to make pinecone owls!

Supplies:

- Large pinecones- gather yourself or buy at a craft store
- 6 felt squares – 1 each in blue, white, yellow, black, beige, pink
- Plastic googly eyes
- Hot glue gun and glue

Instructions:

For each pinecone owl:

1. Cut one set of large circles for eyes
2. Cut one set of medium circles from different color
3. Cut one set of small circles from black felt
4. Cut two tiny white dots
5. Cut one yellow triangle
6. Cut one white oval and four tiny blue dots for stomach (optional)
7. Cut a blue triangle, then cut out part of one side to make the triangle appear rounded (see owl on right in the photo)
8. Cut two circles from beige, two smaller circles from blue, 3 smaller circles from pink for the wings
9. Glue the circles for the eyes onto the owl, largest circle first, then medium circle, etc.
10. Glue yellow triangle upside down in middle of eyes.
11. Glue felt circles sequentially, larger to smaller circles, on each side of the pine cone for the wings
12. Glue the blue triangle above the eyes, touching the tops of the eyes.



A PRESCRIPTION FOR GOOD HEALTH – KNOW YOUR MEDICATIONS

People aged 65 and older take five or more prescriptions drugs each week,* and some take as many as 15.** Taking multiple medications correctly can be confusing, and buying them can be expensive. That is why it is essential to review your full prescription list with your primary care physician each year. As health conditions change some drugs may no longer be required, some may need to be updated, or moved to a less expensive generic brand. Keeping track of prescription medications and taking them appropriately is extremely important to optimal health, here's how.

Make a list and keep it with you. In an emergency, the list of medications you take is the most important information the emergency room can have. Keep the list updated and make sure it includes:

- Name and dose of medication
- How often, and when you take it
- Why you take it and the phone number of the pharmacy filling it

Keep a copy of the list in your wallet and give a copy to a friend or loved one.

Take Medicine as prescribed. Don't skip doses or stop taking prescriptions without asking your doctor. It can make your condition worse, cause hospitalization, or even death.

- Continue taking the medication even when you feel better
- Buy a pillbox to sort the medications by time of day and day

If you cannot afford your medications, talk to your doctor. There may be a less expensive generic brand, and/or the drug manufacturer may have programs to help you afford the drug.

Be aware of medication interactions. Pay careful attention to the instructions given to you by your physician, the pharmacist, and the directions accompanying the medication, so you take it correctly.

- Some foods, like grapefruit, and alcohol interact with medications
- An over the counter herbal supplement can interact with prescription drugs and can be potentially harmful

If you experience memory difficulties, dizziness, sleepiness or pain while on a medication, this could be a side effect and you should contact your doctor immediately.

*<https://www.uspharmacist.com/article/polypharmacy-and-drug-adherence-in-elderly-patients>

**<https://www.nytimes.com/2019/12/16/well/live/the-hidden-drug-epidemic-among-older-people.html>



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 parent has diabetes and needs to eat regularly, but when s/he is alone I am worried s/he doesn't eat. What can I do?

A: Fortunately there are lots of nutritious snacks and prepared meals that you can stock in your

parent's house so there is always something beneficial to snack on. If your parent is snacking regularly through the day, s/he can keep blood sugar levels fairly even. Consider filling the house with nutritious snacks and small meals, then leave a list on the refrigerator or the cupboard. It might also be a good idea to leave a fun note on the bathroom mirror to remind your parent to eat.

"Hey Mom (Dad) – looking good! Time for a snack!"

The best diabetic snacks are:

- High in fiber and protein
- Low in added sugars
- Around 200 calories or less per serving

Great snacks:

- Hard boiled egg
- Cottage Cheese
- Small bowl of nuts
- String Cheese
- Fruit with 2 tablespoons peanut or almond butter
- Blueberries
- 1 cup homemade granola
- Greek yogurt parfait

Our companions are happy to spend the day with your loved one and are trained in providing frequent nutritious snacks and small meals. It can reduce stress for you and improve the health of your loved one. Call us if you need us, we are always available to help.





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JOIN OUR AWARD WINNING TEAM!

- 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-home care companies to work for.
- Every day is different, with interesting, challenging work.
- We offer a caregiver referral cash incentive for new hires.

BENEFITS INCLUDE:

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

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-home care employers. Apply today using the QR code right:

