

SUMMER 2018

# Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS





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Welcome to summer, a great time to get outdoors and enjoy the sunshine. Summer certainly provides opportunity for fun, but it also can present concerns for the elderly like remaining well hydrated and eating safe food. Our caregivers work with seniors on these issues – all part of making sure they can live in their own homes for as long as possible. They also counsel seniors and their families on falls prevention and coping with dementia. We've presented several articles on these challenges in this issue. Aging is complex, but it can be done well with the right information.

We hope that you and your family enjoy the summer safely. If you need assistance with housekeeping, transportation or companionship for long summer days, let us know. Our caregivers are just a phone call away. *If you have questions, concerns or feedback about this magazine, please give us a call, (888) 962-4836.*

Sincerely,

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

# KEEPING SENIORS SAFE FROM FALLS



Each year, 3 million older people are treated in emergency departments for fall injuries and 800,000 of them are hospitalized\*. Creating a safe and fall-proof home is the most important thing you can do to keep a loved one safe and living in their own home.

## 3 IMPORTANT THINGS TO DO TO PREVENT FALLS:

**1 Remove throw rugs.** Even when secured to the floor, throw rugs present the highest risk for falls in the home. They may be decorative, but simply put, all throw rugs need to be removed to prevent falls.

**2 Improve lighting.** As a senior's eyesight ages, it can become more difficult to see changes in floor surfaces and stairways. When bright lighting is installed throughout the house it can eliminate shadows and help to prevent falls. Make sure that each light fixture has the highest wattage bulb allowed. Install lighting at the top and bottom of stairs, next to the bed, at all entry points and walkways and make sure switches are easy to reach.

**3 Remove all clutter.** Wherever magazines, newspapers, bags, boxes and collectibles pile up, a fall hazard is created. If your loved one won't keep up with clutter, you may need to make regular visits to go through the piles with them and keep the house free of "clutter fall risk".

# 3 things you need to know about food safety

*Seniors with compromised immune systems need to eat healthy foods that are also safe. Buying only locally sourced foods is the best way to ensure food safety, but that isn't always possible. Here are three things you can do to ensure your loved one is eating foods that will contribute to their health and avoid the risk of infection or illness.*



You may not realize it, but the tops of cans are rather dirty. Washing the tops of cans before opening them can prevent dirt and dust from entering the food.



Peel all fruits and vegetables. While it is true that there is a lot of nutrition in the peels of fresh produce, it can also hold pesticides and dirt. It is better for seniors to eat fresh fruit and vegetables without the peels in order to avoid possible illness and infection.



For those with compromised immune systems, it may be best to cook all fruits and vegetables. It can also make them more easily digestible. Cooking produce is a good way to guarantee that the senior eats highly nutritious foods, without being compromised.

# Summer Crafts Combine Nutrition & Fun

Summer is a great time to combine crafts, fun and food. Making these foods provide easy, fun activities, especially if your loved one suffers from dementia. These simple tasks can provide cognitive stimulation and an opportunity to do something that provides self-satisfaction.

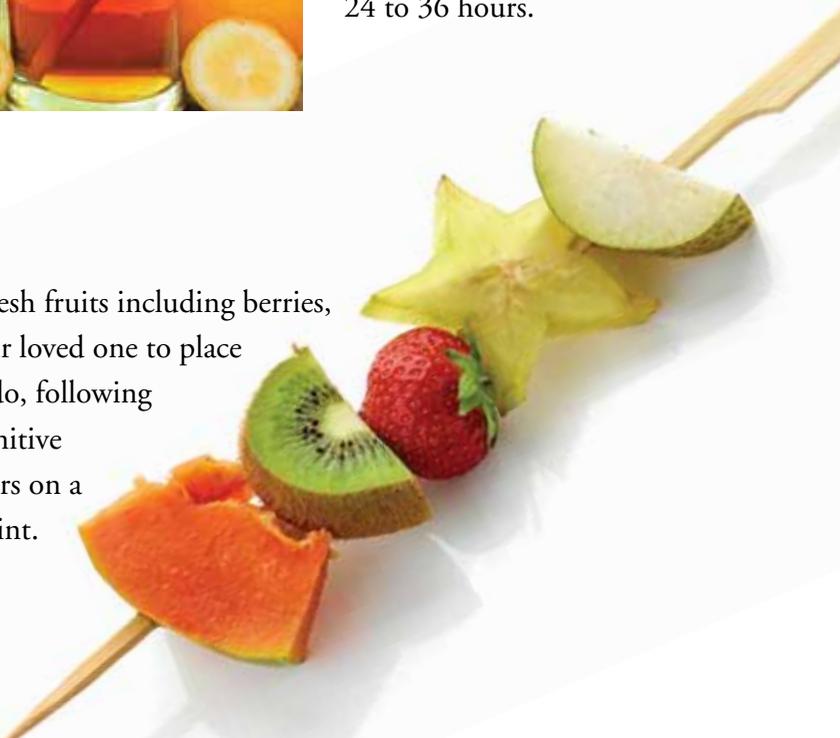


## Make sun ice tea

Fill a 2-quart glass container or pitcher with water. Ask your loved one to open the tea bags and put them in the water. Close the top, leave in the sun for 3 to 5 hours. Check occasionally with your loved one. When the tea has reached the desired strength, refrigerate it and drink it within 24 to 36 hours.

## Make fruit kabobs

Pre-cut chunks of a variety of fresh fruits including berries, bananas, pineapple etc. Ask your loved one to place the chunks on a skewer as you do, following the color arrangement, (for cognitive stimulation). Arrange the skewers on a plate and decorate with fresh mint.



# DEALING WITH *Alzheimer's and Dementia*



*September is World Alzheimer's Month. There is a wealth of important information to be found on [alz.org](http://alz.org). Our space is limited, but we would like to present important issues to be mindful of when caring for a loved one with the disease:*

As the disease progresses the individual may be prone to anxiety, agitation, and outbursts. To reduce those occurrences, be acutely aware of the person's environment at the time of outbursts. Is it noisy, chaotic, confusing? Who is talking to them, touching them? Those factors may be triggers; limiting or removing them may reduce outbursts.

Verbal communication may fail as the disease progresses, but you can always rely on the simple language of expressing love because it always speaks volumes.

- 🌿 Adopt language that is non-threatening and use a language of comfort.
- 🌿 Do not say "Don't you remember?" or "I told you that yesterday". Simply tell them again.
- 🌿 Use short, simple sentences.
- 🌿 Ask yes or no questions. "Would you like some lemonade?", not "What would you like to drink?"
- 🌿 Laugh. Laughter truly is the best medicine.
- 🌿 Give visual cues as you speak and use more gestures.
- 🌿 Be compassionate. When all else fails, a hug and a comforting touch helps.



## CAREGIVER PROFILE

### MEET THE FOUNDER OF FAMILY MATTERS— CAROL PARDUE-SPEARS

Sixteen years ago, Carol Pardue-Spears founded Family Matters. It has been growing nonstop ever since. Carol's passion for in-home elder care infuses the company and inspires everyone who is connected with it. She wants the best for her caregivers and her clients – and it shows.



than when a client calls to thank us for finding someone who fits the personality of their family.”

Carol also works hard to ensure her caregivers are happy. “Caregivers are very important,” she said. “I was a caregiver and I know it’s

hard work. That is why we acknowledge our caregivers always.”

What began as Carol taking care of personal clients has now become a family owned and operated company that serves 145 clients with 250 caregivers across five offices in the Bay area and San Diego. It was rated as the best in home care company in the nation by clients and their families, who gave perfect ratings for the compassion of the caregivers.

“I want our clients to be happy,” said Carol. “I meet with them and try to match the best caregiver to them. Nothing makes me happier

Carol has built a company that now supports her three “boys”, as she calls them, and their families, a source of happiness and gratification for her. When her mother needed surgery to correct a hip replacement gone wrong, the family was able to bring her to their own home and do what they do best - provide caregivers during her three-month recovery. It’s one more indication that for Family Matters, it is indeed all about family.



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## Upcoming Events



**Summer car shows and car cruises:** Thousands of hot rods, cruisers and classic cars on display. Check times and locations through October.  
[www.sandiego.org/articles/events/car-cruises-auto-shows.aspx](http://www.sandiego.org/articles/events/car-cruises-auto-shows.aspx)

**Free Summer Concerts:**  
[www.sandiego.org/campaigns/summer-in-san-diego/summer-music.aspx](http://www.sandiego.org/campaigns/summer-in-san-diego/summer-music.aspx)



**Palo Alto Twilight Concert Series (free-check times online):**  
Outdoor Movie Nights 8pm, thru August, Mitchell Park & other venues  
[www.cityofpaloalto.org/gov/depts/csd/events/twilight.asp](http://www.cityofpaloalto.org/gov/depts/csd/events/twilight.asp)



**Concerts in the Park:** Lions Wayside Park, 7-8:30 pm, thru Aug. 31st  
[www.pleasantondowntown.net/event/eventcalendar](http://www.pleasantondowntown.net/event/eventcalendar)

**Tri-Valley Jazz Trio + Various Jazz Artists:** July 20, August 10 & September 21, 7-9pm, Jazz at Inklings, 530 Main Street, Pleasanton, CA  
[www.eventbrite.com/e/tri-valley-jazz-trio-benny-torres-tickets-45829955631?aff=ebdssbcitybrowse](http://www.eventbrite.com/e/tri-valley-jazz-trio-benny-torres-tickets-45829955631?aff=ebdssbcitybrowse)



**Campbell Summer Concert Series:** Thursdays, thru August 9, 6:30-8pm, Orchard City Green [www.ci.campbell.ca.us/280/Summer-Concert-Series](http://www.ci.campbell.ca.us/280/Summer-Concert-Series). For the flyer go to: [www.ci.campbell.ca.us/DocumentCenter/View/6714/Summer-Concert-ScheduleFlyer](http://www.ci.campbell.ca.us/DocumentCenter/View/6714/Summer-Concert-ScheduleFlyer)