

WINTER 2018

Family Matters

A MAGAZINE FOR SENIORS, CARETAKERS & PROVIDERS





TABLE OF CONTENTS

Preventing Heart Disease	3
Recipe for Brain Health	4
Photo Albums into Photo Books	5
Keeping Warm in Winter	6
Caregiver Profile	7
Upcoming Events	8



www.familymattershc.com
Call toll free: (888) 962-4836

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

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

Palo Alto/San Francisco Office:
825 San Antonio Road, Suite 105
Palo Alto, CA 94303
(650) 285-2373

Welcome to 2018 – As with any new year, we find ourselves reflecting on 2017 and the events that unfolded across the country. Above all, we witnessed the remarkable goodness and strength of the American people and their ability to comfort and care for one another. We find great reassurance in that because we believe in the power of personal relationships. We know that caring for one another can heal and help each of us to thrive. That is what we strive to do for our clients every day.

We are excited about the promise that 2018 holds and we look forward to the privilege of continuing to care for you.

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

PREVENTING HEART DISEASE – *The #1 Killer of Women*

Heart disease is the number one killer of women in the United States. It kills one in three women every year.* More than 70 percent** of women between the ages of 60 and 79 have cardiovascular disease. That's why it's very important to know the risk factors of heart disease for women.

- Diabetes
- Obesity and overweight
- Smoking
- Inactivity
- Menopause
- Mental stress and depression

Women can have different heart attack symptoms than men. Some may experience the classic signs of heart attack like pressure or pain in the chest or pain running down one or both arms. However, women can also experience different symptoms that may include:

- Pain around the bra line, jaw, or the back
- Breaking out in a cold sweat, nausea, lightheadedness for no apparent reason
- Trouble breathing for no apparent reason
- Stomach pain that feels like the flu or an elephant sitting on your stomach
- Fatigue



**PAY ATTENTION TO
YOUR HEART AND YOUR
HEALTH TO PREVENT
A HEART ATTACK.**

A Warm Recipe for Brain Health

Eating highly nutritious foods can be as beneficial to the brain as they are to the body. The brain likes foods that are packed with vitamins and minerals like broccoli, brown rice and fish and they improve brain function. There are other ingredients that are great for brain health in this recipe, (and it's good for your heart too).

Pumpkin Lentil Soup

(makes 8–10 servings)

Ingredients:

- 1 large onion, chopped (1 cup)
- 2-6 garlic cloves, diced
- 3 ribs celery, chopped (3/4 cup)
- 3 carrots, chopped
- 2 cups red lentils
- 7-8 cups vegetable broth or water
- 1 large can pumpkin (no sugar)
- ¼ teaspoon dried marjoram
- ¼ teaspoon dried thyme
- Lots of Tabasco

Directions:

1. Combine onion, garlic, celery, carrots, lentils and broth or water in a soup pot. Bring to a boil.
2. Lower heat and simmer, covered, 30 minutes or until vegetables are soft and lentils have turned to mush.
3. Add pumpkin and spices and simmer until all is well blended.
4. Add Tabasco to taste.



Turning Old Photo Albums into Photo Books

A fun and interesting winter project is to help your loved one create a photo book. Regardless of his or her physical or cognitive abilities, viewing old photographs can fill your loved one with warm, happy memories.

Materials:

- 8 ½ x 11 colored construction paper
- Glue or tape
- Ribbon
- 3 hole punch

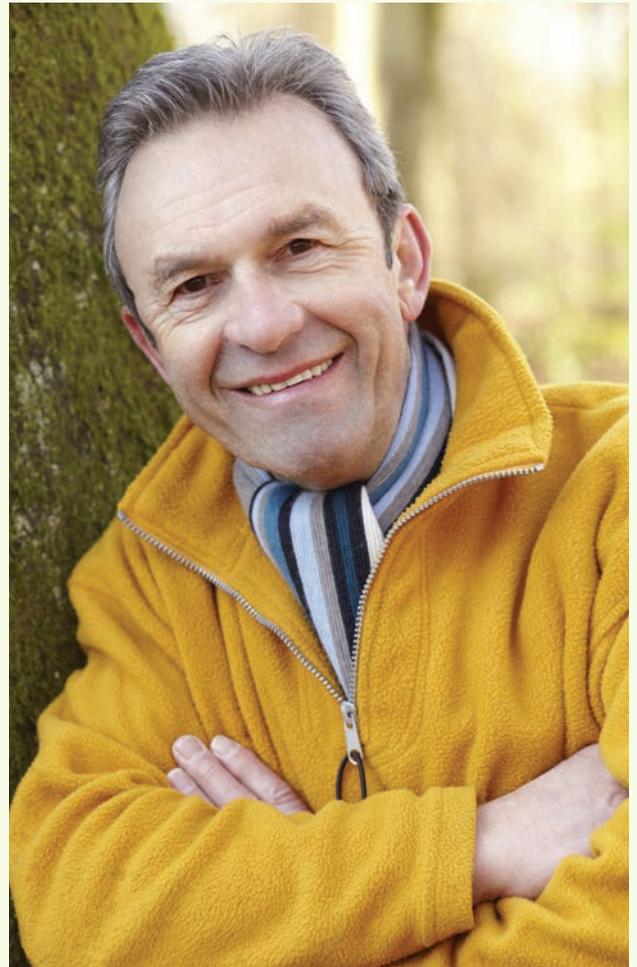
Review the photo album together and select eight to ten photos that are special to your loved one. Set them aside. Cut each piece of construction paper in half and place the paper in a horizontal or vertical stack. Open the stack and place one or two photos on each piece of construction paper, leaving the front and back pages empty. Glue or tape photos in place. Cut pieces of ribbon and place them on the pages in any design to decorate them. Punch holes on one side of paper. Wind ribbon through the holes loosely to bind the pages together. Once you have made one photo book you can easily expand the number of pages and photos that you use and add more decorations.



Keeping those with Dementia Warm in the Winter

Dementia, including Alzheimer's disease, interrupts continuity of thought. It prevents those suffering from the disease from remembering cause and effect, and can cause language deficiencies. That may make it difficult to keep those with dementia warm in the cold weather. They may remove layers of clothing as the disease prevents them from making the connection between warmth and clothing. They may feel cold but lack the language skills to express their discomfort. If you have a loved one who suffers from dementia of any type these tips may help you to keep them warm in the cold weather.

- Buy clothing made of warm, soft fabrics that retain heat and that can be worn as one layer.
- Flannel shirts made of a wool mix are warmest. Tops made of performance fleece retain heat while allowing sweat to escape.
- Invest in insulated underwear. Commonly available in cotton and silk, insulated underwear will keep your loved one warm even if he or she does remove other layers of clothing.
- Buy warm socks made of wool or a wool mix.



JOSE LUIS NUNEZ

Combining Heart with Professionalism

There are certain skills and characteristics that make a good caregiver: compassion, dependability, trustworthiness, patience and empathy—to name a few. According to those who have worked closely with Jose Luis, he possesses all these qualities and more, exemplifying what it means to be a truly outstanding caregiver.

Originally from the southern Mexican state of Morelos, Jose Luis earned a bachelor's degree in business administration as a C.P.A. However, he deeply believes that his current career as a certified home care aide is his true calling. "Providing care is a job that must be done with heart as well as professionalism," Jose Luis said. "I'm so grateful that my



Jose (right) with client Tom on an outing.

personality is a good fit for this role, because I really love helping people who are in need."

Jose Luis says that his favorite thing about being a caregiver is the gratitude he receives from those he cares for

and their family members. "Even if a client isn't able to articulate their feelings, seeing them with a smile on their face let's me know they feel happy and comfortable, and that means everything to me," he said.

He also understands and appreciates the relationship that is built when caring for his clients. "It's important for me to treat my client like I would a family member," he said "because over time we do become each other's family."



2155 S. Bascom Avenue, Suite 116
Campbell, CA 95008

www.familymattersshc.com



In December we were honored to receive this national 5-star consumer rating (highest possible score) from family caregivers and older adults. *Thank you! We love what we do.*

Upcoming Events



Campbell: An American Celebration Bernstein's Centennial (Peninsula Symphony Orchestra)

Saturday, March 17, 2018, 8:00pm \$10-\$40

Heritage Theatre, 1 W Campbell Ave, Campbell, CA 95008

408-866-2700

<https://peninsulasymphony.org/2017-2018season/2018march/>



Palo Alto, Art Exhibit:

The Crown under the Hammer: Russia, Romanovs, Revolution

Now through March 4, 2018, Wed.-Mon. 11am-5pm, Thurs. 11am-8pm,
Tues. Closed, Admission FREE

Cantor Arts Center & Herbert Hoover Memorial Exhibit Pavilion

Memorial Exhibit Pavilion, 328 Lomita Drive at Museum Way, Stanford, CA 94305

650-723-4177

http://museum.stanford.edu/view/exhibition_sched_new.html#Crown

**THE CROWN
UNDER
THE HAMMER**
RUSSIA • ROMANOV • REVOLUTION