

SUMMER 2020

# Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS





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Never before in modern times has our nation seen a pandemic, nor experienced its catastrophic consequences. To say this has been a difficult time is an understatement; yet, we have continued to work with our clients throughout the COVID19 crisis. By practicing professional protocols and personal safety measures recommended by the Centers for Disease Control, we have been able to care for our clients in their homes and ensure their health and safety. We have offered comfort to families who could not travel to check on their loved ones and served as their eyes and ears in the most tenuous of times. Quarantine caused by COVID19 has shown a spotlight on our ability to care for elderly loved ones and serve as an extension of the family. It has been our privilege and our mission.

This issue of Family Matters is dedicated to the four things you need to master to move forward in this new world. Stay well and call us to help care for your loved one.

If you have questions, concerns or feedback about this magazine, please give us a call, (888) 962-4836.

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



# Wash Your Hands

Soap and water are still the best

When it comes to COVID19, the Centers for Disease Control says the best way to wash your hands is with good old-fashioned soap and water. Nothing is better when you properly wash your hands to prevent the spread of the virus.



## **Follow these five steps every time.**

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

**Use hand sanitizer when you are away from home. Check the label to ensure it contains at least 60% alcohol.**

## #2:

# Clean Your Environment

A clean space is a safe space



Now more than ever it is important to clean frequently touched surfaces in your home and office. The Centers for Disease Control says that soap and water are the best cleansers; you do not need to buy special products.

To keep your environment as clean and safe and possible, use the list of "10 High-Touch surfaces" used by hospitals when they clean patient rooms and waiting areas.

1. Bedside tables
2. Telephones
3. Remotes
4. Light switches
5. Door handles
6. Toilet flush handles
7. Faucet handles
8. Grab-bars and commode handles
9. Countertops
10. Headboards and dresser surfaces

**You should also frequently clean your cell phone, keyboards, game controls, and other handheld devices.**

#3

# Wear a Mask

But wear it properly for maximum protection

The second most effective thing you can do to prevent contracting COVID19 is to wear a mask. If you are not involved in the direct care of patients, you can safely wear a cloth mask. If you are helping to care for elderly loved ones you should wear a surgical mask (you do not have to wear an N95 respirator mask). **BUT you must wear your mask properly. It must cover your nose to protect you.**



## #4:

# Make a No-Sew Mask

Keep a supply of masks on hand for you and your family by making them from bandanas, or any other fabric. It requires only folding.

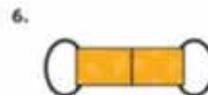
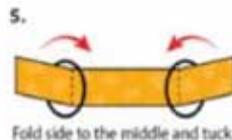
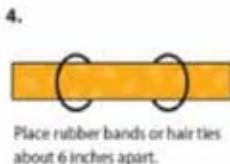
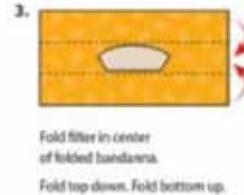
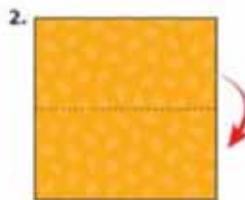
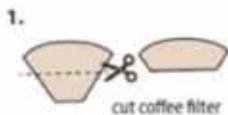
## Supplies:

22" x 22" bandana or fabric and elastics or hair ties

1. Lay a bandana or a 22"x 22" square of cotton fabric flat.
2. Place a flat coffee filter in the center of the square (optional).
3. Fold the top and bottom in towards the center.
4. Place a twist tie, paper clip, or other metal piece close to the top (optional).
5. Fold the top and bottom in towards the center.
6. Fold the sides in towards the center, looping the elastic or hair tie around the fabric .
7. Tuck one end of the fabric into the other.
8. Lift the mask to your face and loop the bands over your ears.

*To clean your mask, simply remove the elastic/hair bands, and wash the fabric in hot water, dry hot, and then refold.*

### Tutorial



(Photo courtesy CDC)



# 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 elderly loved one is too scared to leave the house - what do I do?*

A: As we get older, we like the predictability of routines and habits.

COVID19 has undermined that and created an unpredictable, anxiety ridden environment. Instead of safe, the outside world now seems dangerous. However, getting out of the house is important for mental, emotional, and physical wellness – your loved one's and yours!

Be mindful of the recommendations of your city/town's Board of Health and follow them closely. If a stay-at-home order is still in place, abide by it.

*If you can leave the house, here are some things you can say and do to reassure your loved one:*

- We will wear a mask at all times.
- We will stay 6 feet away from the person next to us.
- We will take a small car ride just to get some fresh air.
- We will go to the farmer's market so we will be outside.
- The Centers for Disease Control says if we wear a mask and practice social distancing, we can keep ourselves safe while outside the house.
- It's a beautiful day for a ride. We have been in the house a long time and the city and state say it's safe for us to go outside.

**Be patient, be consistent, and be predictable.  
It will help to calm and support your loved one.**



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## The ONLY Source of TRUTH about Covid:



*The **only** source of truth about COVID19 is the Centers for Disease Control.  
When you have questions about the virus and how to best protect yourself,  
visit their website. **www.cdc.gov**. You can trust their advice  
as the most current, and accurate, in the nation.*

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