

WINTER 2020

Family Matters

A MAGAZINE FOR SENIORS, CAREGIVERS & PROVIDERS



TABLE OF CONTENTS

Know Risks/Care for Your Eyes	3
Crunchies, Munchies, Smoothies	4
Brain Exercises	5
Caregiving Stress	6
Carol's Corner	7
Inside this Magazine: De-stress	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 Mateo Office:
400 Concar Drive
San Mateo, CA 94402
(650) 484-0051

Sacramento Office:
300 Harding Boulevard, Suite 101
Roseville, CA 95678
(916) 824-3565

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

Portland, OR Office:
17020 SW Upper Boones Ferry Road, Suite 102
Portland, OR 97224
503-862-8088

It's a new year, and time to make realistic resolutions that we may not quickly break. Instead of pledging to lose 30 pounds overnight, we should make resolutions that make our lives easier and less stressful; like spending more time with loved ones and appreciating every moment with them.

As professional caregivers, we find that focusing on the moment at hand is the secret to great care. Our services free families from housekeeping chores, meals, and transportation, so they are able to spend enjoyable time together.

This year let's pledge to find ways to reduce stress in our lives. When it comes to caring for senior loved ones, we can help. Call us and let's talk about the services we can provide.

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

Happy New Year from our family to yours,

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

Know your Risks and Care for your Eyes



This year make a pledge to get regular, annual eye exams. They can detect eye diseases that have no symptoms but lead to progressive, irreversible vision loss; like age-related macular degeneration and glaucoma. If you are over the age of 60 you are at risk for these silent thieves of sight.

Age related macular degeneration (AMD) is the leading cause of low vision and blindness for those over 50, and it affects more than 1.5 million Americans. It causes cells in the retina to die, causing blind spots, grayness and distortions in the center frame of vision. There is no cure.

In addition to age, risk factors include a family history of AMD, being a Caucasian, or a smoker.

Glaucoma is the second leading cause of blindness in the U.S and affects more than 3 million Americans – but only half of them know it. You are at risk if you are diabetic, have family members diagnosed with the disease, are severely nearsighted, or are African American (who are 6-8 times more likely to become blind from glaucoma). The only treatment is eye drops or surgery to lower pressure in the eye.

What can you do to decrease your risk? LIVE A HEALTHY LIFESTYLE!

- Stop smoking
- Eat green leafy vegetables, fresh fruit, and fish like salmon and tuna
- Avoid processed foods
- Maintain normal blood pressure, blood sugar, and cholesterol levels.
 - Exercise; walk half an hour every day, do yoga or swim
 - Protect your eyes from the sun with visors and sunglasses



Crunchies, munchies and smoothies

A DELICIOUS WAY TO EAT

March can be a dull month, but focusing on interesting foods can help break the doldrums. Try switching up your old habits by introducing some incredibly healthy foods that are fun to eat and delicious to taste.



The Mediterranean Diet, considered one of the healthiest ways of eating on the planet, suggests adding nuts and olive oil to your diet. If you don't have a nut allergy, consider eating a handful of almonds as a snack. Add cashews to a salad. Experiment with new whole grains; try bulgar, quinoa, or brown rice. Cook a small batch and add it to salads or use as a side dish. You can add spices, or even a bit of brown sugar, to make a delicious dish.



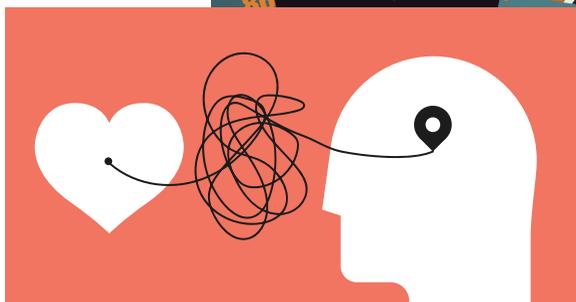
Sick of the same old lunches? Try a smoothie instead. Toss any type of fresh or frozen fruit, some plain or vanilla yogurt, a splash or milk or orange juice into a blender and blend it up. You can also add peanut butter for added protein. It's an easy, delicious way to get a lot of nutrition.



Cooking for one? Consider eating small plates, or Tapas. Hard boiled eggs, sliced tomatoes, nuts, sliced chicken, grapes and a small piece of cheese make an attractive collection of small plates. It's a great way to eat good, whole food without waste and a ton of cooking.

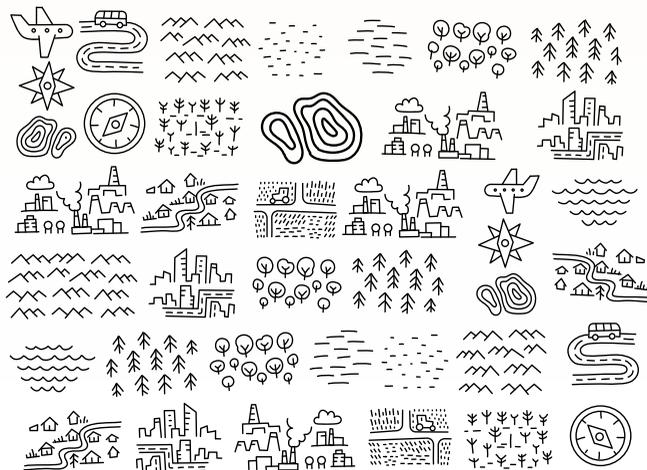
Take your brain out for regular exercise

Your brain is a muscle and exercising it can help to keep it strong and ward off the ravages of dementia. Don't let it get sluggish – put it to work and build that muscle with some of these mind games.



Create word pictures. Visualize the spelling of a word in your head, (you may have learned to spell this way in elementary school – by drawing lines around each word to create a shape). Then try to think of other words that begin and end with the same two letters.

Do math in your head. How long has it been since you put the calculator aside? Figure out math problems without the aid of a pencil, paper, calculator or computer; you can make this more difficult – and athletic – by walking at the same time.



Draw a map from memory. After returning home from visiting a new place, try to draw a map of the area; repeat this exercise each time you visit a new location.

CAREGIVING EXACTS A TOLL...

Across the nation, about 15.7 million Americans provide care for loved ones with Alzheimer's and dementia. Although it is a labor of love, clinical studies call caregiving a "formula for chronic stress" that causes physical and psychological strain*. The stress created by caregiving also extends into other parts of life, including work and family relationships. One study called caregiving "a major public health issue".

These are the reasons why Family Matters exists; to provide compassionate care for seniors who want to remain in their own homes and relieve family members of the stress and strain of caregiving.

Here's a snapshot of caregiving in America today:

- More than 75% of all caregivers are female
- Women spend an average of 21 hours a week providing care



AND HELP IS ESSENTIAL

- On average, caregivers spend:
 - > 13 days each month on tasks such as shopping, food preparation, housekeeping, laundry, transportation, and giving medication
 - > 6 days per month on feeding, dressing, grooming, walking, bathing, and assistance toileting
 - > 13 hours per month researching care services or information on disease, coordinating physician visits or managing financial matters

These are the tasks that Family Matters' trained caregivers provide for your loved one. When these daily activities are handled by a professional, your loved one is safe and comfortable and you can enjoy time visiting with them, rather than working.



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:

I love my uncle but caring for him is exhausting. I'm afraid of burning out and there is no one else to care for him.

A: You are the family member who wants to do the right thing by your uncle; doing the laundry, housekeeping, and more while trying to juggle your own responsibilities. You are right, you are at risk of burn out.

There are a couple of things you can do. Get someone to help you – immediately. If you don't have family members who can help, talk to us. Once you get

help with caregiving, you will reduce your stress.

Then, institute the practice of self-care – every day. The ability to give to yourself enhances your ability to give to a loved one. Take time for yourself in realistic ways:

Coffee shops can work miracles. Stop on the way home for 15 minutes of YOU time. Tell your uncle; "I'll be home a half hour later tonight."



Renew yourself with aromatherapy.

Your shower can be a powerfully refreshing place. Many retail stores carry discounted soaps and washes that smell great; orange and lemon invigorate and lavender calms.

If you need help, call. We can be there to give you a much needed rest from the care of your loved one.



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

www.familymattershc.com



Find ways to de-stress in 2020!

Caregiving by friends and family members is being called a “major public health issue” in America and a “formula for chronic stress”. Seventy-five percent of caregivers are women, and they spend 21 hours a week providing unpaid care to loved ones. It’s a crisis in need of a solution. READ MORE INSIDE.
