

FALL 2017

# Family Matters

A MAGAZINE FOR SENIORS, CARETAKERS & PROVIDERS





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Welcome to Family Matters –  
a magazine created to help you stay well at home. We want to make sure that you have the information you need to eat well, stay warm and healthy, exercise a bit, and have fun. You will receive four issues of this magazine and we hope the tips and tools contained within make good health easier for you. We believe that family matters in all things and we are proud to call you part of our family.

*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*

# Make Your Home Fall Proof

One of the most important things you can do to stay safe at home is to make it fall proof. It's easy and affordable to do:

- Remove throw rugs.
- Tuck lamp cords away so that you won't trip over them.
- Remove piles of clutter from the floor and stairs.
- Avoid piling shoes and boots near the door.
- Make sure that all light fixtures have the highest wattage bulbs.
- Install safety handles by the bathtub and toilet.

Always turn on the lights when you get up and wear non-slip shoes and slippers. Preventing a fall means preventing hospitalization.

## BREAST CANCER SCREENING GUIDELINES FOR SENIORS

It's breast cancer awareness month and women need to know screening guidelines when over the age of 60. The incidence of breast cancer in the US generally increases until women reach age 80.\* It is recommended that women 60+ have screenings every other year up to age 74. Check with your doctor.

\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4745843/>



## FOODS TO GIVE YOU MORE ENERGY

Energy makes your day more enjoyable. It helps you to do the things you love like cooking and spending time with grandchildren and friends. Food is fuel and these four foods are rocket boosters for your energy.

### **Greek Yogurt:**

12 to 17.3 grams of protein, 28% of the vitamin B2 you need each day and high levels of phosphorous and calcium. Eat it in the morning, as a snack or as part of a fruit smoothie.

### **Quinoa:**

If you aren't familiar with this grain you need to learn about it. It's gluten free, a complete protein and contains all nine essential amino acids. It is easy to cook and can be added to salads or eaten as warm cereal.

### **Fruit:**

All fruit contains natural sugar that will boost your energy. Eat it as a snack and carry a piece of fruit with you to eat instead of chips or fast food.

### **Eggs:**

They are pure protein and contain B-vitamins that convert food into energy. Hard boiled eggs are a great snack and you can eat scrambled eggs any time of day.

# Preserving Fall Flowers the Old-Fashioned Way

Crafts are a great way to pass the time as the weather turns cool. Collecting and preserving fall flowers is a fun activity that you can do alone, with friends or grandchildren. Turn them into decorations or gifts the old-fashioned way.

## HOW TO PRESERVE FLOWERS

### Technique: Wax paper

- Tear a sheet of wax paper approximately the size of a piece of notebook paper.
- Fold it in half.
- Place a small flower in the middle.
- Place a piece of fabric or a pillow case over the wax paper and press it with an iron on dry heat for 15 seconds.
- Remove the fabric. Slowly lift a corner to see if the wax paper has sealed.
- Repeat heating with the iron until sealed.
- Cut around the shape of the leaf or flower, or cut into a shape you prefer.
- Frame the leaf or hand stitch onto fabric as a bookmark.





## How to ask for help for Early Alzheimer's Disease

**I**f you have been diagnosed with early onset Alzheimer's disease, you may be noticing the signs – forgetting names, losing track of household items, and/or trouble processing numbers and language. You do not have to suffer alone. You can ask for help and support.

**Family:** Tell a trusted family member about your symptoms. Ask them to help you establish strategies that will keep you safe: lists posted in the house, labels on household items and reminders on your phone. Ask them to check-in with you frequently.

**Caregivers:** Tell caregivers about your preferred daily schedules and habits. Ask them to write it down to share with other caregivers.

**Physicians:** Confide in your physician. Tell them your wishes for care and document it together.

Early Alzheimer's is very frightening but medication can help to slow the progression of the disease. Tools and support can improve your home life. Professional caregivers can spend time with you and make sure you are safe. You are not alone.

# ELISA PERCIANA

## A Change of Career Found a Love of Caregiving

Elisa grew up in the Philippines, where she was a professional accountant. When she moved to the United States she had trouble finding a job in accounting, so she applied to work as a caregiver in a level 4I care facility for people with severe disabilities. She enjoyed many aspects of the job, but the stress of dealing with her patient's violent behavior almost caused her to quit. "That's when a friend of mine offered me a position providing private in-home care for an elderly client," Elisa said. "I accepted the job and found I love being a caregiver."

Growing up, Elisa had a close relationship with her grandparents. One of the things she loves most about her job is that she feels



like she is taking care of them everyday. "The fulfillment and joy I feel giving my clients love, attention and the care they need is more of a reward than I ever received in my 14 years as an accountant," she said. "It's definitely more rewarding than

meeting office deadlines!"

Elisa says she loves to care for her clients as if they are members of her family. "It can be stressful caring for someone with dementia, but at the end of the day, when they smile and show you they appreciate your care, all the stress melts away. I love being a caregiver because I am able to make my clients happy and provide them with the care they deserve. This is a rewarding job, and I'm proud to be a caregiver!"



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## Upcoming Events

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### **San Jose, San Jose Alzheimer's Walk**

Join the Family Matters team at the San Jose Alzheimer's Walk  
Saturday, October 14, Registration 8am  
Arena Green, N. Autumn Street, San Jose, CA 95113  
[act.alz.org](http://act.alz.org)



### **Campbell, Oktoberfest**

Saturday, October 21, 10am-6pm  
Sunday, October 22, 1-5pm  
E. Campbell Avenue and N. 1st Street, Campbell, CA 95008  
[www.downtowncampbell.com/event/2017/campbell-oktoberfest](http://www.downtowncampbell.com/event/2017/campbell-oktoberfest)



### **Palo Alto/San Francisco, 38Makers Holiday Fair**

Saturday, November 4, 2017, 11am-4pm  
Pinterest, 651 Brannan Street, San Francisco, CA 94107  
*Locally made goods*  
[www.eventbrite.com/e/38makers-holiday-fair-at-pinterest-tickets-35774211630](http://www.eventbrite.com/e/38makers-holiday-fair-at-pinterest-tickets-35774211630)



### **San Diego, 71st annual Mother Goose Parade**

Sunday, November 19, 2017, 1-3pm  
El Cajon Blvd & W. Main Street, El Cajon, CA 92020  
[www.mothersgooseparade.org](http://www.mothersgooseparade.org)