

*The
Power
of an
Hour*

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PATIENCE
... CARRIES
A LOT
OF WAIT...



outside in

BRINGING THE OUTSIDE WORLD IN FOR SENIORS IN OUR COMMUNITY

OUR MISSION: "Using primarily volunteers, PeopleCare will assist and support the homebound elderly by providing socialization, emotional support and access to service providers where no one is denied services."

Health and Social Effects of Economic Crisis

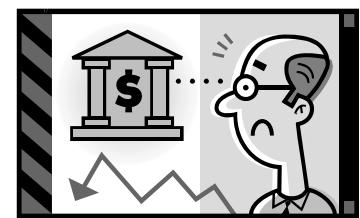
By Noreen Shugrue & Julie Robison

Older adults have both advantages and disadvantages in responding to the challenges of widespread economic hardship. With less time to recover from the dislocations of a bad economy, they may face the remainder of their lives in economic hardship and reduced circumstances, never achieving the retirement or old age they dreamed of. For those at the lower end of the economic spectrum, their social safety net is fraying as governments at all levels reduce programs and benefits. Implications for physical & emotional health can be considerable. Most older adults, however, also have the experience of having lived through previous severe economic downturns, including, for some, the Great Depression. They may have felt or witnessed despondence as well as successful coping, pessimism, and despair as well as optimism and hope, and are likely to be more sanguine about ultimate recovery. Moreover, elders are in a good position to share their wisdom and sense of perspective with people in younger

generations that may have only known boom times.

The findings of research on the effects of a troubled economy on population health are mixed. There is evidence that involuntary job loss

is strongly correlated with psychiatric disorders such as depression, anxiety, and substance abuse. The most common reaction to the current turmoil is probably anxiety. For older Americans who are retired or near retirement, shrinking assets and the prospect of an unexpectedly reduced standard of living, or even poverty and dependence, may provoke the greatest distress because options for increasing their incomes are limited.



We know that those in older age groups are less likely to seek help for increasing symptoms of anxiety and depression. Behavioral manifestations of increased anxiety or depression can include excess drinking or substance abuse, problem gambling and even elder suicide. Evidence suggests that the economy is making people sicker, with increasing blood pressure, obesity, headaches, and stomach upset, as well as forgoing screening tests and neglecting prescriptions.

In addition, the present economic climate has shown an increase of reported incidents of fraud and elder abuse. Fraud

Economic Crisis *continued*

and abuse are perpetrated by strangers and family members alike and may consist of financial, physical, or psychological abuse. Elders are more susceptible to physical abuse as well since facilities are cutting back on staff and lowering quality of care standards.

One noteworthy characteristic of the current recession, particularly with the severe housing crisis and high foreclosure rate, is the increase in intergenerational living arrangements. Older adults find themselves on both sides of this experience: Some have moved in with children and grandchildren, while others have opened their homes to younger family members, both with positive and negative consequences. At a minimum, there will be a loss of privacy and independence, and possibly even power struggles with grown children over household rules, lifestyles and housekeeping that may cause potential conflicts.

On the plus side, doubling up can save money and help the entire family. Such arrangements can increase flexibility, bring family members closer together, and enhance caregiving options for both young children and adults who need care. Adult children are likely to notice and respond to the needs of aging parents and young adults can learn valuable lessons about saving and spending from watching the struggles of their parents and grandparents. Young children also benefit from a greater connection to family history.

The current economic recession has affected individuals and older adults in numerous ways. However the flip side of the battered economy is the opportunity for individuals, families, and communities to cope with adversity in ways that strengthen relationships, reinforce healthy adaptive behavior, and set the stage for personal growth and eventual economic recovery.

Excerpt from: Noreen Shugrue and Julie Robison, Generations—Intensifying Individual, family, and caregiver Stress: Health and Social Effects of Economic Crisis - Fall 2009

"AFTER ONE HAS
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- Dr. Robert Butler

from: Why Survive?:
Being Old in America



What to do while WAITING FOR THE DOCTOR

Waits in the doctor's office can be frustrating, but they do not need to be a waste of time. In a recent "Office Visit" column in the January issue of Consumer Reports on Health, Orly Avitzur, M.D., medical adviser to Consumer Reports, urges patients to use their extra time constructively. Ideally, many of these things can be done in advance of a doctor's appointment, but if not, then patients can use the "waiting" time to do the following:

- Make a list of their top health concerns, symptoms, and complaints.
- Jot down questions to ask the doctor during their visit.
- Write a list of all the medications they are taking, including prescription and over-the-counter drugs and dietary supplements.
- Ask the office to check for results of any tests they have had since their last visit.
- Confirm that the office has the correct insurance information.
- Read something besides the magazines, such as informational brochures and pamphlets.

"Don't go where the road leads, rather go where there is no road and make a trail."

- author unknown

When A Loved One Needs In-Home Help

5 Questions to ask before deciding whether to hire an aide or do it yourself.

If an elderly relative starts to need help, families who want to avoid institutions often face two choices: Hire a home care aide or become one yourself. Both these options allow the older person to remain at home, but each has its own pitfalls. Families must decide what level of care their loved one requires and whether they want to go through an agency or hire a caregiver privately. And people who join the 65 million unpaid family caregivers in the U.S. can face health-draining burnout if they don't budget for respite care for themselves.

There are two main kinds of in-home care. Personal or home care aides provide companionship and support a person's activities of daily living such as dressing, bathing, preparing meals and doing laundry. Home health aides may do all those things plus tasks such as giving medication or recording changes in a client's condition. They also may work under a nurse's supervision. Here are five questions to consider when thinking of hiring or becoming a caregiver.

1. What kind of care do you need & can you afford?

If you don't know what kind of care is needed, a trained geriatric care manager can help you assess the situation by doing a site visit. Assessments cost \$500 to \$800 depending on where you live, said Stan Samples, communications director for the National Association of Professional Geriatric Care Managers. Its Web site, caremanager.org, can match you with local geriatric care managers.

The Alzheimer's Association offers an always-open phone line at 800-272-3900 and an online care finder tool at alz.org/carefinder. And Medicare's Web site has a home health comparison tool at medicare.gov/hhcompare. Families typically pay for these services out of pocket unless the older person meets Medicare's coverage conditions or has a private long-term care insurance policy that covers such needs.

Agencies' hourly rates often are toward the top of the scale while caregivers who work independently are typically less expensive. Rates vary widely but are often \$14 to \$22 an hour for nonmedical in-home care. Still, home care is often less pricey than assisted-living facilities, which can run \$2,800 to \$4,400 a month, he said.

2. Should you hire an independent worker directly or go to an agency?

The advantage of using a home care agency is it takes responsibility for screening and supplying aides and paying their wages, taxes and insurance in the event they get hurt on the job. Agencies also run checks on criminal backgrounds and driving records, and provide backup aides when your main caregiver gets sick or goes on vacation. Families who decide to hire someone on their own should make sure they follow state and federal employment laws, including any provisions for overtime pay.

3. Can you manage the process with other family members?

If an elder's adult children live close by, they may decide to divide at least some home care duties among themselves. If siblings want to weigh in on what the solution should be, they have to participate in the process that leads up to that.

4. How do you find the right home care aide for your needs?

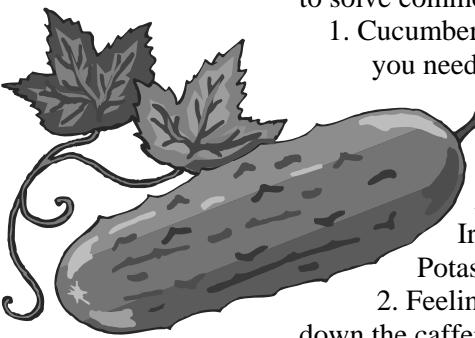
Once families hammer out a plan, the next step is choosing the right person for the job. Interview a few and be sure to check references. Families should interview applicants in the home so the aides know what kind of environment they would be working in. If the home has a smoker or pets, that could affect the relationship. Also, don't forget to include the elder's input.

5. Do you have a plan to take care of yourself?

If you're caring for a loved one yourself, you need to plan time away so you can tend to your own physical, social and emotional needs. Churches, synagogues and volunteer groups may offer short-term relief. Adult day care centers may be another option. The Alzheimer's Association and your local Area Agency on Aging also provide respite care resources. For more frequent and overnight breaks, check with assisted-living facilities, some of which offer furnished rooms, meals and nursing staff on a temporary basis.

- by Kristen Gerencher, Chicago Tribune, October, 2010

Family caregivers can find more resources at familycaregiving101.org, a Web site run by two nonprofit organizations.



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- Rob Brown

The Amazing Cucumber!!!

This information was in The New York Times as part of their "Spotlight on the Home" series that highlighted creative ways to solve common problems.

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

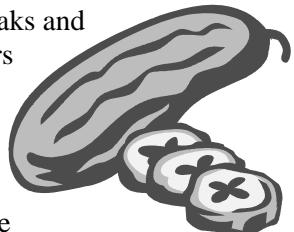
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water!

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.



13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

Pass this along to everybody you know who is looking for better and safer ways to solve life's everyday problems.

- source: The New York Times "Spotlight on the Home" series

About Make-Believe!!!

When my four children and I used to escape into our world of make-believe, nothing else existed. What does a sinkful of dishes matter when we are transported to a place where an elephant reigns as king?



Yes, that roast needs to be cooked, but we'll grab a quick sandwich or some soup for supper and keep reading. That way, we can find out where Harry hid the scrub brush, how Rabbit got Pooh unstuck, or what the Army of Glockenstein did when General Von Blunderberg's cannons pelted them not with cannonballs but with warm apple strudel. (They stopped fighting and ate it, of course.)

How can housework or cooking be more important than *our* secret and sacred place, that place of our imagination? Where a porcupine does the laundry and a frog wears a raincoat, where you might find a friendly crocodile in your bathtub, and you can grow a tomato as big as the house!

Though my four children are all grown now, when life gets to be too much I can still go shopping with Carl, hop on a boat and get caught in the fog with Mrs. Moon, or march around Paris with Madeline and the other girls in two straight lines.

The world of make-believe is not so much about escape as it is about renewal and healing. And hope. Imagine a place where we can all have a 6-foot white rabbit as a best friend, and where we can enjoy second breakfast in the house of our favorite hobbit. Call me a dreamer, but I say let us all travel more often to that world where the Man in the Yellow Hat is in charge.

By: Jani Taylor, Pendergrass, Ga.

- GRAB-A-WORD:** Answers:
1. D. SNOW GLOBE
2. A. TOY SOLDIER
3. E. AFRICA DESIGN
4. C. BONSAI
5. B. FISHBOWL

- CAST-A-WORD: Answers:
Die 1: A, H, L, S, X, Z
Die 2: B, E, G, K, P, Q
Die 3: C, D, F, O, T, Y
Die 4: I, J, M, N, R, U

IN THIS DAY....

Mend a quarrel.
Search out a forgotten friend.
Dismiss suspicions, and replace it with trust.
Write a love letter.
Share some treasure.
Give a soft answer.
Encourage youth.

Manifest your loyalty in a word or deed.
Keep a promise.
Find the time.
Forego a grudge.
Forgive an enemy.
Listen.
Apologize if you were wrong.
Try to understand.
Flout envy.
Examine your demands on others.
Think first of someone else.
Appreciate, be kind, be gentle.
Laugh a little more.

Deserve confidence.
Take up arms against malice.
Decry complacency.
Express your gratitude.
Worship your God.
Gladden the heart of a child.
Take pleasure in the beauty and wonder of the earth.
Speak your love.
Speak it again.
Speak it still again.
Speak it still once again.

~Author Unknown~

Thank You...FOR YOUR SUPPORT

Thank you to all the donors that have contributed to PeopleCare's mission! We couldn't do it without you! Your thoughtful contributions will continue to support our vision that older adults in the last third of life would never feel abandoned but should be able to live their life in the most productive way possible.

(The following are names of donors for 2010. We regret if any names were inadvertently omitted.)

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"To me, it was just a quick drive to the doctor, but to her, it was a great gift in her day..."

Make a difference in an older adult's life

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Just go to:

peoplecareinc.org

and click on the newsletter link.

BRAIN EXERCISES - KEEP YOUR MIND HEALTHY



GRAB BAG

The names of the items below have been scrambled. Decipher the anagrams (rearrangements) below, and match them to the correct pictures A.- E. (Answers on page 5)

1. NO BOWLEGS



2. DESTROY OIL



3. DADIANCE FIGS



4. A BISON

5. FBI HOWLS

The Power of an Hour

CAST-A-WORD

There are 4 dice, the faces of which have different letters of the alphabet. Random throws of the dice produced the words in this list. Can you figure out which letters appear on each of the dice? (Answers on page 5)

BUSY

CLUE

FLIP

JACK

PRAY

CANE

DAUB

GLUT

KILT

QUAD

CLIP

EXIT

HOME

MEAD

ZONE

Appreciate the caring people who surround you.

- Ancient Chinese proverb



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Giggles & Laughs: Priceless Quips ... As seen through the eyes of Grand-Children

1. She was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Gramma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye....
2. My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 62. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"
3. After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair.. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"
4. A grandmother was telling her little granddaughter what her own childhood was like: "We used to skate outside on a pond I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"
5. A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."
6. I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these, yourself!"
7. When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."
8. When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised, "mine says I'm 4 to 6."

