

Companion

October 2019 - November 2019





Message from Michael

PLEASE WALK WITH US!

On Sunday, November 10th, the JEVS Care at Home Team will be walking for the cure in the 2019 WALK TO END ALZHEIMER'S event at Citizen's Bank Park.

Our Team is *The JEVS Care at Home Cyclones* and we would love for all of you to join our team and WALK WITH US!!!

There are currently 5.8 million Americans living with Alzheimer's and every 65 seconds, someone is diagnosed with it. By 2050, it is estimated that over 14 million people will be afflicted by the disease. The Alzheimer's Association has made incredible progress in securing funding for research, treatment and family supports but so much more still needs to be done.

All JEVS Care at Home clients, caregivers and family members who participate with us will receive a coveted JEVS Care at Home baseball cap!!

To reserve your spot on our Cyclones Team, please contact Nurse Kim at 267-298-1681 or kimberly.mcilhenny@jevsathome.org and she can get you registered. Or, you can register yourself by visiting online at act.alz.org, Click on "Walk to End Alzheimer's, Click on "Find a Team", in the "Team Name" field, type in JEVS Care at Home Cyclones, hit "Search", click on the team name "JEVS Care at Home Cyclones", Click on "Join Our Team" and follow the registration process. If you can't walk with us and would like to make a donation to our team, follow the same online process above and click on "Donate To The Team".

Thehal Terrein

Discussing Lifecare Planning with Loved Ones

Written by: Chari Maddren, a Senior Associate attorney with Anderson Elder Law
More information can be found at www.andersonelderlaw.com

As the nights grow longer and the weather cools, autumn is the perfect season for catching up with loved ones. Whether it is preparing for winter or longer-term considerations, getting on the same page can require patience and care. Topics such as estate planning, lifecare planning, and related issues can be difficult to talk about for some people. It is easy to put them off



for another day and move on to a lighter discussion.

If your partner or family is resistant to discussing lifecare planning, here are some suggestions for starting a productive conversation.

Why Now?

The best time to create a successful lifecare and estate plan is when you and your loved ones have the time, energy, and focus to carefully consider all the available options. There are many factors to consider, and discussions about lifecare, healthcare, and estate planning frequently lead to questions and thoughts that may take time to resolve. As you discuss the topic you may find that it leads to broader conversations about other issues which may influence your situation, now or in the future, such as family dynamics, financial status, health issues, and more.

Peace of Mind

The question of "What if?" can be unsettling for many people. If your partner or family has been avoiding these conversations, you may be able to start by mentioning that they are helping you feel prepared and confident by making a plan now. Helping a loved one – you – achieve peace of mind about their future care can be a powerful motivating factor for your partner or family.

Bring in a Professional

If you are still facing resistance, sometimes setting up a consultation with someone experienced in lifecare planning can help to create a safe space for you and your loved ones to consider all the many factors involved. Certified Elder Law Attorneys (CELA) and community organizations are able to provide guidance and support, now and as situations arise in the future that require further planning or when a plan needs to be acted upon.

Contact Us Anytime

Phone: 267-298-1325 Toll-Free: 866-964-4617 After Hours: 215-528-9669 Email: info@jevsathome.org

Nancy's House 5 Tips for Caregivers

Written by: Elissa Lewin, Founder and Executive Director of Nancy's House Respite for Family Caregivers

As a caregiver, you know how much you do to take care of your loved one. Thoughts about what they need now or next are never far from your mind. But, what about what <u>you</u> need? Caregivers are good at taking care of others and notoriously poor at taking care of themselves. So here are some tips for quick, easy things you can do to maintain your own health and well-being. Remember, you have to take care of yourself so that you can take care of others.

1. BREATHE

Take a deep breath. When you breathe in, feel your waist and ribs expand with the breath. Breathe in as full and deep as you can, hold it for a second or two, and then blow out like you are blowing through a straw. To create full relaxation, "square breathe". Breathe in slowly to a count of 4 (or 5 or 6, depending on your comfort) hold it for the same count, and then slowly exhale for two sets of the same count. The inhale is the first side of the square, the hold is the second side, and the exhale makes up the third and fourth sides. If your brain will not get quiet, square breathe while counting to yourself and visualizing the square as it forms. It distracts your mind and lets you relax. Regular deep breaths, without the extended hold and release, can lead to hyperventilation; so just breathe normally in between sets 2-3.

2. SLEEP

A lot of attention is being paid lately to the effects of sleep deprivation. Lack of sleep disrupts the hormone cycles your body needs in order to function properly and you don't break down cortisol, the stress hormone. It leads to irritability, poor concentration and focus, and poor judgment. Fortunately, two good night's sleep and your body will reset itself. Your situation may not allow you to sleep more than a few hours at a time.

3. EAT WELL

One result of too little sleep is that we often eat more, and more of the wrong things. You may be eating to relieve stress, or you may just be eating the wrong things because it's what is quick and easy as you try to get through your day. All of these are self-defeating. We wind up gaining weight and having less energy. There is no one-size-fits-all diet, but there are some good basic guidelines.



Keep your meals and snacks low-fat, keep your carbohydrates "light" (think fruits, green salads, and vegetables instead of starches), and be sure to eat some protein, but no more than 4-6 ounces per meal. An apple, some low fat cheddar, and a handful of almonds is a great snack. You will feel better and think more clearly with this approach. Think about cooking two or three large healthful meals on the weekend that you can use throughout the week for a quick grab.

4. EXERCISE

20 -30 minutes of aerobic activity releases the endorphins in your brain so that you feel better, think better, and have better stress tolerance. And the endorphins last for 48 hours. So, go up and down the stairs, power walk around the block, put on music and dance, get an exercise DVD. To quote the commercials, "Just do it."

5. FIND JOY AND STAY CONNECTED

Do something that is just for you, something that makes you laugh or brings you pleasure. Our days are filled with ""have to's" You need a "want to" that keeps you in touch with who you are. Remember to stay connected with friends. They will help you remember who you are, which is not just a caregiver. And real friends will support you through the hard times.

So take care of yourself. You are worth it.

Nurse Kim Health & Wellness October is Breast Cancer Awareness Month



Facts About Breast Cancer in the United States:

- One in eight women in the United States will be **diagnosed** with breast cancer in her lifetime.
- Breast cancer is the second leading cause of cancer death among women.
- On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.
- Although breast cancer in men is rare, an estimated 2,470 men will be diagnosed with breast cancer and approximately 460 will die each year.
- Over 3.3 million breast cancer survivors are alive in the United States today.

Breast cancer prevention starts with healthy habits — Some risk factors, such as family history, can't be changed. However, the following lifestyle changes can help to lower your risk:

Limit alcohol. The more alcohol you drink, the greater your risk of developing breast cancer. The general recommendation — based on research on the effect of alcohol on breast cancer risk — is to limit yourself to less than 1 drink per day as even small amounts increase risk.

Don't smoke. Accumulating evidence suggests a link between smoking and breast cancer risk, particularly in premenopausal women. Plus, not smoking is one of the best things you can do for your overall health.

Control your weight. Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.

Stay physically active. The Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity.

Breast-feed. Breast-feeding might play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect.

What else can you do?

Be vigilant about breast cancer detection. If you notice any changes in your breasts, such as a new lump or skin changes, consult your doctor. Also, ask your doctor when to begin mammograms and other screenings based on your personal history.

TRAINING WITH NURSE KIM



CPR, AED, First Aid Training: October 8th 10:00am – 1:00pm November 12th 1:00pm – 4:00pm

Dementia Training:

October 22nd 1:00pm – 4:00pm November 19th 1:00pm – 4:00pm

9350 Ashton Road, Philadelphia To RSVP, call (267)298-1681

IPODS NEEDED!!

JEVS Care at Home is accepting donations of gently used IPODS for our Music & Memory program. Contact Nurse Kim at 267-298-1681 for more information



Caregivers that ROCK!

You ARE the JEVS Care at Home Experience!



Safia B. - Her client says that she is invaluable. "I have gained back so much of my independence by having Safia motivate me and giving me hope."



Carol B. - Her client's daughter, Kathy, has raved about how amazing Carol has been for her mother. Always going the extra mile. Even when her client passed away, Carol was there to help the family.



Desiree G. - Client's family called Desiree's supervisor to praise
Desiree for the exceptional care that she gave to their Mother. "We're very thankful for her".



Kristin N. - Kristin came to the rescue when her client had a fall and was taken to the hospital. She stayed behind to painstakingly clean up the broken glass and then visited her client in the hospital.

Follow us on Social Media



Facebook.com/JEVSatHome



Twitter.com/JEVSatHome



Instagram: jevscareathome



Linkedin.com/company/jevs-at-home

For more information about our services, please call 267-298-1325 or www.jevsathome.org

JEVS Care at Home Complaint Hotline: 855-883-2424



9350 Ashton Rd., Suite 102 Philadelphia, PA 19114 19020-3973

Non Profit Org US Postage PAID Philadelphia, PA Permit # 5634

Do you know someone who is deserving of a FREE Thanksgiving Dinner?

JEVS Care at Home will be awarding 5 deserving families a full Thanksgiving Dinner and we want YOUR nominations. Submit your nominations to eileen.gross@jevsathome.org by 11/12 and include your Name, Telephone # and your reason for nominating this family.

JEVS Care at Home Word Finder

ALZHEIMERS

BREATHE

CONNECT

EXERCISE

LIFECARE

PEACE

PREVENT

THANKS

TIPS

WALK

D X Y R K S Α C S C 0 н н L L D Χ Ζ J G Ε M C Т S Т Р В C S W Η J Ε С Η Ε Ε Ε 0 Ε Ρ C Т Χ V Κ Т G R R C M Α U F Ε R Т R J S Μ Ε Χ В S Α Ε K Ν S Ν R Κ G

V C

Т

G L

JEVS Care at Home does not discriminate on account of a person's age, race, color, religion, creed, sexual orientation, marital status, national origin, ancestry, citizenship, military status, veteran status, HIV status, handicap, disability, gender, gender identity or expression, or membership in any other protected group.