

# Home Care Assistance

March 2017

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Owner/Publisher

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## Let's **CONNECT!!**

Our website is:

[www.HomeCareAssistanceCleveland.com](http://www.HomeCareAssistanceCleveland.com)

## **FREE COMMUNITY EVENT**

**MARCH 30, 2017**

**OHIO ESTATE PLANNING**

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## **FREE COMMUNITY EVENT**

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## **WE CAN HELP**

“Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day.”

**W. Earl Hall**



**SPRING  
HAS  
SPRUNG**



March has been quite a month! It has a number of celebratory dates and events – Spring, St. Patrick's Day, hopefully our last significant snowfall, the beginning of daylight saving time and longer days, March Madness, Spring Training, and many more things to look forward to and celebrate. I would like to use this opportunity to celebrate **FAMILY**.

Yes **FAMILY** – that group of people who share a biological bond, and hopefully a very strong familial connection that leads to making selfless and compassionate decisions for loved ones. Working with many different families provides me with an opportunity to observe and experience this strange and wonderful dynamic. At times, I also see the dark side of family dynamics - siblings who not only cannot agree on important decisions but are actively opposed to anything that may reduce their inheritance; siblings who live out of town and literally do nothing but complain about decisions made by others taking care of their parents and loved ones; siblings who, unfortunately, just don't care.

I will be the first to unequivocally state that I am not qualified to be a judge, and I am not judging anyone. Do we ever know the whole story? I doubt it. But, what I would like to do is raise the awareness of how important it is to work together as a family, to support each other, to give others the benefit of the doubt, and most important of all – try to make decisions in the best interests of your parents and loved ones who can no longer make decisions for themselves.

It's not always easy. Often, it's very hard. And, the right decision today may be the wrong decision tomorrow. When families are faced with difficult decisions, I often recommend the use of outside 'counsel'. This could be clergy, friends, other family members, professional counselors, medical professionals, Home Care Assistance, etc. This would provide an opportunity for a more objective perspective. This takes courage and a commitment to find the best answer for loved ones. Doing the right thing requires strength of character in these kinds of difficult situations, along with lots of love and familial commitment.

I also encourage families to start this process long before it's necessary to make these decisions. Often, I hear that it's not going to happen to us or our family. No need to make decisions now. We all get along. We'll make the right decision. Unfortunately, more often than not, it **DOES** happen to your **FAMILY**.

So, take time to celebrate your **FAMILY!** Make it a point to recognize life events for your family members. Celebrate achievements and milestones. Be kind. Cherish your parents, siblings and loved ones – they are not immortal. Time passes quickly. Consider setting a goal this year of planning ahead for those tough decisions – **BEFORE** you are forced to make them. You will be glad that you did.

## OUR MISSION

Our mission at Home Care Assistance is to **change the way the world ages**. We provide **older adults with quality care that enables them to live happier, healthier lives at home**. Our services are distinguished by the **caliber** of our caregivers, the **responsiveness** of our staff and our **expertise** in live-in care. We embrace a **positive, balanced approach** to aging centered on the **evolving needs of older adults**.

**CALL US  
TODAY!  
440-332-0170**

**WE ALL CARE.  
IF WE WANT TO MAKE  
AN IMPACT, THEN WE  
MUST ADD ACTION.**

**CARE  
+  
ACTION  
=  
IMPACT**

## 5 Easy Dietary Replacements for Healthier Living

As seniors age, their bodies no longer absorb nutrients like they used to and they tend to have less of an appetite. For this reason, it's important to make sure the food they're eating has high nutritional value. These five dietary replacements will be helpful in promoting overall wellbeing.

### 1. Replace condiments and creamy sauces with red sauces or simple spices and herbs -

Most condiments are very high in sodium (salt), which is something many seniors should try to avoid as much as possible as it raises blood pressure. Creamy sauces such as alfredo and pesto are high in fat content in comparison to healthier tomato-based red sauces. Flavorful red sauce options include: basil red sauce, vodka sauce, mushroom and garlic sauce, and much more! Another option for adding flavor to meats and vegetables are spices and herbs; nice pairing options for meats include:

**Chicken:** rosemary, basil, cumin, thyme, dill, oregano, granulated garlic (avoid garlic salt), lemon pepper.

**Fish:** thyme, sage, rosemary, dill, oregano, lemon pepper.

**Tofu:** turmeric, paprika, pepper, granulated garlic, oregano, sage, rosemary, thyme, parsley, nutmeg.

**Lean Beef:** Bay leaf, marjoram, nutmeg, pepper, sage, thyme.

**For added heat/spice:** red pepper flakes, cayenne pepper, chili powder (adjust spiciness to your client's preference).

**Liquids to marinate the meats in (can pair with some spices):** lemon juice, low sodium soy, teriyaki or hoisin sauces, olive or grape seed oil.

**2. Replace white flour pasta with vegetables, wheat pasta, or quinoa -** Pasta is high in carbohydrates (carbs), and tends to be very filling for seniors who sometimes have smaller appetites. This results in them getting full on non-nutrient based food (pasta) versus the more nutritional aspects of the meal (lean protein or vegetables). A healthier option would be to put the sauce and meat over a bed of cooked veggies such as broccoli, onions, cauliflower, carrots, squash, zucchini, bell peppers, collard greens, kale, or bok choy. If you would like to gradually integrate vegetables over pasta, you can always start by replacing half of the pasta with veggies or simply transition from white flour pasta to wheat flour pasta or quinoa.

**3. Replace high-carb snacks with healthy snacks -** Snacks such as crackers, chips, popcorn, cereal and pretzels are packed with sodium and carbs and little to no nutritional value. Replacing salty-craving snacks with alternative options such as edamame beans, a bowl of light popcorn (reduced fat and sodium), or sliced avocado would be a great choice. Snacks such as cookies, cake, pastries and candy are also packed with sugar and carbs and little nutrients. Sweet-craving snacks can be replaced with low-fat or Greek yogurts (variety of flavors available), grapes, pitted figs (resemble a caramel flavor), or dark chocolate.

**4. Replace sodas, juices, and other sweet drinks with teas or water -** Drinking things such as sodas, juices, and other sweet drinks throughout the day is a quick way to add large amounts of sugar to your diet; this will ultimately affect your weight and overall health. Better options are "no sugar added" drinks or pure fruit juices. Ultimately, herbal tea and water are the healthiest options for you to stay hydrated. There are vast amounts of tea flavors, infused with various fruit, floral, or spice flavors; we recommend decaffeinated jasmine, green or herbal tea. It can be made hot or it can sit to cool and be poured over ice for a refreshing treat. Men and women should consume at least 8 glasses of water a day to avoid dehydration and urinary/bladder infections.

**5. Replace hard foods with softer options -** Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. If this sounds like you, don't miss out on needed nutrients! Eating softer foods can help. Try cooked or pureed foods like steamed veggies, homemade low-sodium soups and smoothies. Softer food options may also help you with digestion issues.

## THE POWER OF MUSIC IN DEMENTIA CARE

From time to time we all get a song stuck in our heads. After a while, it can become aggravating because we can't stop hearing it and humming it. However, when it comes to Alzheimer's disease, that is a good thing. Music therapy is beneficial and calming for those with dementia. The familiar strains of music reactivate memory centers and create a feeling of pleasure.

Neurologist Oliver Sacks, MD has watched this phenomenon firsthand and relates it in an article in *Alzheimer's Weekly*. *"In a severe dementia, one may have lost the power of language and may have lost most of one's 'event memory', so one can remember very little of one's past. But one will always remember songs one has heard and sung and familiar music.*

*"The parts of the brain which respond to music are very close to the parts of the brain concerned with memory, emotion, and mood. So familiar songs will bring back memories, perhaps, of when the music was originally heard. It may have been an outing, something on Coney Island, the kids were there. All this which has been lost in amnesia will come back, as if it were embedded in a familiar song. It can come back."*

As a caregiver of a loved one who is suffering with dementia, you can use music to improve his or her mood, calm agitation and restore a sense of joy that can last for hours after the music has stopped. Here are some tips on how to select the best music.

- Select songs from the years when your loved one was aged 18 – 25.
- The more advanced the stage of dementia, the younger the music should be. Severe stages of dementia will respond to music from elementary school years.
- Play music in your loved one's native language. That will produce the deepest engagement with the music.
- Pay attention to whether the music is energizing with drums and percussion or soothing like lullabies and ballads. Use the music to calm anxiety and agitation, encourage sleep or nurture a sense of happiness.
- Music can also improve balance and gait. In the early and middle stages of dementia, encourage your loved one to stand up and dance with you. Even a swaying waltz will be good exercise.

Music can improve the mood of people with neurological diseases, boost cognitive skills and reduce the need for antipsychotic drugs. The AARP reported fascinating findings about the power of music for Alzheimer's patients, including this anecdote:

Jane Flinn, a behavioral neuroscientist at George Mason University, and graduate student Linda Maguire tested the effects of singing on 45 people with Alzheimer's disease with songs like "Somewhere Over the Rainbow" and "Isn't It Romantic?" They conducted regular cognitive tests on the group and found that the mental acuity of those who sang regularly went up sharply over a four-month period. 'Twenty-one drugs to treat Alzheimer's have failed in the last nine years,' Flinn says. 'I do believe they will eventually find the right drug, but in the meantime, these non-pharmaceutical approaches are helpful.'

One of the most amazing effects of music for dementia patients is that even if they are nonverbal, they can still sing the lyrics to songs they love. AARP related the experience of Connie Tomaino, considered one of music therapy's pioneers. More than 37 years ago, she walked into a dementia unit carrying her guitar and looked at the patients. "Many were overmedicated. Half of them were catatonic and had feeding tubes. The ones that were agitated had mitts on their hands and were tied to wheelchairs. I just started singing 'Let Me Call You Sweetheart.' Many of the people who were considered to be catatonic lifted up their heads and looked at me. And the people who were agitated stopped being upset. Most of them started singing the words to the song."

If you would like to use music therapy for your loved one at home, the Alzheimer's Foundation of America has great tips on how to use music effectively for every stage of the disease. If music therapy is a bit out of your realm, don't be afraid to take it back to basics, practicing a little love and patience with dementia care.

## Home Care Assistance

### **FREE COMMUNITY EVENT**

**OHIO ESTATE PLANNING AND SENIOR RESOURCES**  
**SPECIAL GUEST SPEAKER: DANIEL P. SEINK, ESQ, &**  
**CERTIFIED ELDER LAW ATTORNEY**

**Where:** Solon Community Center

**When:** Thursday, March 30, 2017

**Time:** 6-7PM

**Food:** Complimentary coffee and dessert

**RSVP:** 440-332-0170



**##### CALL US FOR A FREE CONSULTATION #####**

### **HOME CARE ASSISTANCE OF CLEVELAND RECEIVES HOME CARE PULSE CERTIFIED-TRUSTED PROVIDER DISTINCTION**

(Solon, OH – March 20, 2017)– HOME CARE ASSISTANCE OF CLEVELAND today announced that it has received the Certified – Trusted Provider distinction from Home Care Pulse. This distinction illustrates Home Care Assistance's commitment to client satisfaction.

"We want to commend Home Care Assistance of Cleveland for receiving the Certified – Trusted Provider distinction," says Aaron Marcum. "Home Care Pulse awards this distinction to providers who are actively gathering feedback from their clients each month and using that feedback to improve the quality of care they provide. By choosing a Certified – Trusted Provider to care for their loved ones, families can be reassured that their provider is dedicated to quality in home care."

**##### WE PROVIDE PEACE OF MIND #####**

### **GROWING BOLDER LUNCHEON HONORING MARILYN MATIA**

We held our luncheon on Saturday, March 18, 2017 at the Cleveland Skating Club. Over 60 of Marilyn's family and friends gathered to celebrate her accomplishments. She shared many insights and observations from her life's experiences and urged us to follow the tenets of **Mother Teresa's Prayer** in our daily lives, and recognize the importance of good government and citizen involvement by reading **My Belief** by **Dwight David Eisenhower**. Scott Michaels concluded the luncheon with the following quote which summarizes Marilyn's ongoing inspiration to all of us – *"Life is full of beauty. Notice it. Notice the bumblebee, the small child, and the smiling faces. Smell the rain, and feel the wind. Live your life to the fullest potential, and fight for your dreams."* – Ashley Smith, American Author.

