



# The Care Giver

JANUARY / FEBRUARY – 2018

*Happy New Year!*

Do you feel like you start the new year ready to reinvent your life, only to find that, a month later, you've given up on everything? Cue the guilt spiral, and February already looks bleak.

Maybe the problem isn't you. Maybe you're just bored of making and breaking the same resolutions over and over again. You know the drill: Lose weight; eat better; work less; exercise more, spend more time with those who are important in your life. It's no wonder you're uninspired to keep them going past January.

So why not break the rut this year? Try a new resolution. Do something fun, creative and interesting. Here's a few ideas:

- Choose one person you disagree with and take them out to lunch.
- Schedule weekly time to be bored - put down your smartphone, stop playing Candy Crush, and schedule some time to do **nothing**.
- Try doing one thing that scares you (putting down the smartphone may qualify for this one!)
- Talk to a stranger - whether it's the person waiting in line with you at the grocery store, someone you see every day on your morning commute, or a parent at your child's school. Even if it's just "hello" or a "how are you doing today," those little interactions can brighten your day and make another person feel seen.



***Leave footprints of love and kindness  
wherever you go***

"Perhaps they are not stars in the sky,  
but rather openings where our loved ones shine down  
to let us know they are happy."

***In Memoriam:***

Lois Bavetz, Audrey Benko, Marilyn Bush, Shirley Friedman,  
Richard Hidebrand, Helen Murin, Veronica Piecka, Ann  
Sanchioli, Norman Steere and Edward Veselich



**January:**

- 1: New Year's Day
- 15: MLKing's Day
- 24: CPR/First Aid  
(Arnold -1p-4p)



**February:**

- 2: Groundhog's Day
- 6: CPR/First Aid (Arnold -4p-7p)
- 13: Mardi Gras
- 14: Valentine's Day / 1<sup>st</sup> day of Lent
- 16: Chinese New Year's Begins
- 19: President's Day
- 22: CPR/First Aid (Fox Chapel -3:30p-6:30p)

**COMING FIRST WEEK IN MARCH: State mandated Skilled Caregiver Training & Annual Caregiver Meetings – to be held at Citizen's School of Nursing – info coming soon!**

## EASY BAKED FISH

### Ingredients:

- 3 tablespoons honey
- 3 tablespoons Dijon mustard
- 1 teaspoon lemon juice
- 4 (6 ounce) salmon steaks (or whatever fish you prefer)
- ½ teaspoon pepper (optional)

### Directions:

Preheat oven to 325 degrees. In a small bowl, mix honey, mustard, and lemon juice. Spread the mixture over the salmon steaks. Season with pepper. Arrange in a medium baking dish. Bake 20 minutes in the preheated oven, or until fish easily flakes with a fork.



## 2017 FLU SEASON ALERT FOR CAREGIVERS



A friendly reminder for caregivers: get your flu shot if you haven't already and check your supplies of Tylenol, face masks, gloves, hand sanitizer, etc. as this winter's flu is upon us!

- **Get vaccinated!** Vaccination is the most important way to prevent the spread of the flu.
- **Stay at home if you are sick.** Caregivers who have a fever and respiratory symptoms should stay at home until 24 hours after their fever ends. If you are scheduled to work, be sure to contact the office to ensure coverage for your patient. If you are at work and become ill, contact the office to ensure coverage is available. Do not leave your patient until someone arrives to replace your shift.
- **Wash your hands frequently with soap and water for 20 seconds; use an alcohol-based hand rub if soap and water are not available.**
- **Avoid touching your nose, mouth, and eyes.**
- **Cover your coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve(s). Throw tissues into a "no-touch" wastebasket.**
- **Clean your hands after coughing, sneezing, or blowing your nose.**
- **Keep frequently touched common surfaces (e.g., telephones, computer equipment, etc.) clean.**
- **Try not to use a coworker's phone, desk, office, computer, or other work tools and equipment.** If you must use a coworker's equipment, consider cleaning it first with a disinfectant.
- **Avoid shaking hands or coming in close contact with coworkers and others who may be ill.**
- **Stay in shape.** Eat a healthy diet. Get plenty of rest, exercise, and relaxation.

### Older Adults Are At Risk

- If you're 65 years or older, getting a flu shot is the best way to protect yourself and those around you from flu.
- The flu vaccine will protect against the influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one or two influenza B viruses, depending on the flu vaccine.
- **Most importantly:** The flu vaccine is a covered benefit for Medicare and most health care insurance providers.

**FLU MYTH:** You can catch the flu from the vaccine. The vaccine is made from an inactivated virus that can't transmit infection. People who get sick after receiving a flu vaccination were going to get sick anyway. ... But people assume that because they got sick after getting the vaccine, the shot caused their illness.

## Very Important Papers (VIP), Terms and Legal Documents

Creating a cohesive legal, financial and medical plan for an uncertain future is a complex process. Most people believe that drawing up a will is sufficient, but there are a number of other documents needed to create a comprehensive strategy for safeguarding one's health, property and finances.



A reputable elder law attorney can assist with creating a personalized plan, but it is very helpful to familiarize yourself with the basic legal tools that make up your portfolio of documents before planning begins.

**Will** - A last will and testament indicates how a person's assets will be distributed among beneficiaries after they pass away. The writer of the will (known as the testator) can also specify a person (the executor) to manage the probate process and distribution of the estate. A will does not take effect until the testator dies.

**Advance Directives** - Advance directives are written instructions for future medical care in case you are unable to make or communicate decisions (for example, if you are unconscious or mentally incapacitated). These are also called healthcare directives. There are a few different forms and documents that can be used to articulate healthcare preferences.

**Living Will** - Unlike a traditional will explained above, a living will provides instructions for use while the testator is still alive. A living will goes into effect when the testator is no longer able to communicate their wishes for health care or competent to make such decisions. This document is a type of advance directive that describes how a person wants emergency and/or end-of-life care to be managed.

Many people have strong opinions regarding life support, and a living will allows one to detail which life-sustaining procedures one does or does not want. It is important to be specific when composing a living will, but it is not possible to describe preferences for every possible medical scenario. Working with your physician and an elder law attorney can ensure that the instructions are clearly articulated and the document meets specific validity requirements in your state of residence.

**Do Not Resuscitate (DNR) Order** - A DNR form is completed by a physician or health care provider stipulating that a patient does not wish to receive life-prolonging treatment if cardiac or respiratory arrest occur. These procedures include CPR, intubation, use of a ventilator, defibrillation and other related methods of resuscitation.

Obtaining a DNR does not affect the provision of other medical treatments or care. DNR forms are typically completed by a physician at a patient's direct request or in accordance with a patient's living will or other advance directives. DNRs are often obtained by individuals with a terminal illness, those who are opposed to certain life-saving measures and those who are at risk of cardiac or respiratory arrest.

**Power of attorney (POA)** documents allow a person (the principal) to give a trusted individual (the agent) the ability to make decisions on their behalf. A POA can be written to grant an agent the ability to act in very broad terms or to only take specific actions. This document can also be customized to take effect upon its creation (durable POA) or upon the principal's incapacitation (springing POA). If a person becomes incapacitated without drawing up POA documents, their family members may have to go through the long and expensive process of seeking guardianship to be able to manage their affairs.

**\*\*\* As a reminder to our clients: The VIP envelope was included with your Care At Home folder. Envelopes are available upon request in the Care At Home Arnold Office.**

**Chinese New Year 2018 – February 16 “Year of the Dog”:** According to tales and legends, the beginning of Chinese New Year started with the fight against a mythical beast called the "Year". The "Year" looks like an ox with a lion head and inhabits in the sea. At the night of New Year's Eve, the "Year" will come out to harm people, animals, and properties. Later, people found that the "Year" feared the color red, fire, and loud sounds. Therefore, for self-protection, people formed the habit of posting red Dui Lian in front of their house as well as launching fireworks, and hanging lanterns at year end.



The date of Chinese New Year changes each year as it is based on the lunar calendar. While the western Gregorian calendar is based on the earth's orbit around the sun, the date of Chinese New Year is determined according to the moon's orbit around the earth. Chinese New Year always falls on the second new moon after the winter solstice. Other Asian countries such as Korea, Japan and Vietnam also celebrate new year using the lunar calendar.

Though the holiday is only about a week-long, traditionally it is a 15-day holiday during which firecrackers are lit, drums can be heard on the streets, red lanterns glow at night, and red paper cutouts and calligraphy hangings are hung on doors. Children are also given red envelopes with new (uncirculated) money inside. Many cities around the world also hold New Year parades complete with a dragon and lion dance. Celebrations conclude on the 15th day with the Lantern Festival.

Spring cleaning is a common theme during this time. Many Chinese families will clean out their homes during the holiday. Food is also an important component to New Year. Traditional foods to eat include nian gao (sweet sticky rice cake) and savory dumplings.

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**CARE AT HOME  
1737 FREEPORT ROAD  
ARNOLD, PA 15068**



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