



How Do You Handle the Situation Between Your Father and You?

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Did you miss last month's newsletter? Read it on our website: prestigehomehealth.com

What if you could step back in time so you could understand your father? I've been reading Tim Russert's book, Wisdom of Our Fathers. This book is a compilation of letters from adults who express their emotions towards their deceased or aging fathers. Many of us, who are the offspring's of elderly fathers, grew up in the household of a staunch patriarch of European descent. Our fathers did what they had to do to ensure that we were well-fed, well-cared for and protected. An immediate result of this meant we didn't often see our fathers since they were busy fulfilling their obligation as a family provider. Another theme that continually resonates in Mr. Russert's book, is the lack of expression amongst our fathers. We rarely heard them say, "I love you". This still may be a haunting fact for too many of us. Our fathers were our mentors, role models and

because of the family nucleus we were bound to. As we aged, we all have tried to break that lack of emotion-mold but the more we fought it the more difficult it became. When I look back on my relationship with my father I have some good memories and some not so good memories. I wish he was here today so we could sit down and talk about these memories. As a Professional Elder Care Manager at Prestige Home Health Care, I often meet a lot of families that are caught between a rock and a hard place. They want their elderly parents to be well-cared for, safe, comfortable and happy. They try so hard to make that happen but often-times feel defeated, and forced back into that role of being just the child. Demonstrated in Russert's book, the children of elderly parents often feel frustrated, hopeless or defeated when in scenarios such as these. Why do our

fathers behave this way? To understand this, one must look back at who their mentor and role model was. Your father learned from his father and they were likely a staunch, strict disciplinarian who was probably somewhat emotionless and non-expressive. No one gave them a book on parenting, nor taught them in school on how to relate to their children. They learned ingrained thinking and behaviors from their fathers. So they become resistive to their adult child's attempts at intervening when the need for help arises. This generation of fathers are survivors of multiple wars, multiple recessions, and of the Great Depression. They've held their families together through thick and thin. Based on these points our fathers and their fathers are in charge and are not going to give up control which to them is their independence. So what do you do when you know they need help?

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Resources We Can Use

If you've served in the military, you may be eligible for veterans benefits that cover assisted living, home health care and nursing homes. The process is not easy. Call Veteran's Benefits Inc. at (866) 670-0888. If you've been told you have

a medical problem and you need surgery, you might want a unbiased second opinion: Call Concierge Patient Advocates at (414) 803-4827 to speak to a doctor. They are located at 16800 W. Greenfield Ave. If it's difficult for

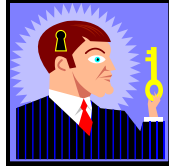


you to get to your doctor because of age or medical condition, have one come to you. Call Visiting Physicians at (877) HOUSECALL. If you need a Professional Elder Care Manager to help you stay in your own home, call Prestige Home Health Care at (262) 970-7102. Robert will be happy to help.

KEEP YOUR MIND YOUNG & SHARP

The brain is a muscle like your bicep. It too needs to be exercised to stay strong and healthy. In order to stay young and sharp-minded, be sure to exercise your brain daily with healthy games. When you wake up in the morning count the number of brush strokes you make when brushing your teeth. When driving to your daily job try taking a new path to get there. Play 'mind-healthy' games like Scrabble, Scattegories, or crossword puzzles. The best way to exercise your mind is to try new things, and start new endeavors. Do some local volunteering, take a non-credited class at a school, learn a foreign language,

take up a new hobby or craft. All of these ideas can help build new knowledge and confidence in yourself and your abilities. It will also help to build a stronger memory and will help you maintain it longer as you age. According to CNN.com in the article, How to Keep Your Mind Sharp, "An active brain produces new connections between nerve cells that allow cells to communicate with one another. This helps your brain store and retrieve information more easily, no matter what your age." Like a muscle in your arm that you use over and



over again to stretch or to reach a high item on a shelf; your brain too can help you reach out of place items in your memory when worked over and over again.

Health/Library. Cnn.com. Mayo Clinic.com. 29, Apr, 2005. Web. 9 Mar 2011. <http://www.cnn.com/HEALTH/

How Do You Handle...

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How do you deal with the refusals, denials or stubbornness? How do you make changes when they can't care for themselves anymore? The first thing you have to do is accept them for who they are. Understand that this has been ingrained into their minds for many years and you're not likely to change that. The second thing is, remain in your place as the child. You can't force your Dad to be amenable to your inter-

ventions. Force meets resistance and demanding meets anger with hostility. Love can sometimes meet rejection. Our fathers are who they are. So, what do you do? If you need legal assistance, you see an attorney. If you need medical care, you see a doctor. When you know they need help, remain the child to them and hire a Professional Elder Care Manager. They will develop a Life Care Plan that will set up parameters for what you want to do and what you want them to do. The end result is that your parents will be well taken care of, their lives managed by a professional and the burden is off your shoulders.

An Agenda to Follow for Good Health

To feel your best, include the following items:

- 7 hours of sleep per night.
- 30 minutes of exercise each morning.
- A cat nap mid day.
- 5 minutes of smiling at yourself in the mirror each and every day.
- 15 minutes of talking on the phone with a friend or family member each day.
- Adhere to a well-balanced diet including several servings of fruits and vegetables.
- Take your medications as ordered and at the same time every day.
- Minimize your intake of salt, sugar and caffeine.
- Drink 7-8 (12 ounce) glasses of fluid a day.
- And most important..Laugh a lot and smile often!!!

About our Author...

Robert Griesemer RN, BSN, MS has been helping seniors and elderly individuals stay in their own homes to enjoy a higher quality of life for many years. As a

Professional Personal and Elder Care

Manager, Robert addresses and helps resolve important issues such as:

Mobility problems, dehydration, medications errors, noncompliance, the need for a new physician, frequent trips to the ER, frequent UTI's, falls, reclusiveness, and much more.

For a free consultation call Robert at (262) 970-7102

If you are in need of a trusted and experienced caregiver, call Robert. He will perform a head to toe assessment and recommend one of our caregivers.

Cares for Peace of Mind!

