

Merry Christmas & Happy New Year, from all of us at Prestige Home Health Care.

We wish you the Merriest of Christmases and the most Joyous New Year!



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The Holidays...

This is such a joyous time of year; the spirit of Christmas and other religious holidays change us. We become alive, renewed, spiritual, carefree and giving. We smile at people we don't even know. We're more patient and understanding of others. We laugh. We party. We celebrate. Unfortunately, the holidays are especially difficult for our aging family Matriarchs and Patriarchs. While the rest of us are counting our blessings, spending time with loved ones and getting involved in our communities; this is not the case for our aging parents. This is the time of year when they recount their losses; be it their spouse, friends, relatives, neighbors or whomever. They grieve. They feel alone. They withdraw and become depressed. They also grieve for their loss of independence. It's a phenomenon that

occurs over and over again in the cycle of life, especially this time of year and it's not just innate in humans. Dogs and cats get depressed too. They feel loss as well. They realize they're getting older and losing the vitality they once enjoyed. They experience grief from loss of their human loved ones. They notice a difference in the house; less laughter. Quieter. More dismal. They start to eat less, play less and become more aloof and reclusive. They become run down as their immune system becomes affected and they end up with a kidney or urinary tract infection. They cry inside but we don't hear them. Sounds just like our aged parents, doesn't it? Whether it's your dog, cat or parent, there is no magic remedy but here are some things you can do to help them get through this time of year and their bout with depres-



sion. First of all, try to understand and appreciate what they're going through. It's very real and very debilitating so spend some special time with them. Be open to them. Humans and animals will express themselves if they feel safe in your company. Talk to them about their losses and look at pictures. Don't try to shove it under the carpet and think it will go away by itself. Help them understand what they are feeling and the realness of it. Get them involved in something but don't try to make light of what they are feeling. They have to come to terms with it. Have the doc or vet check them over to make sure there aren't any underlying medical causes contributing to their depression. Give them extra TLC this time of year. They need it. We all do.

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The Legal Corner

Many adult children caring for their aging parents may wonder if a Power Of Attorney for Finances document is necessary for them and what, exactly, it allows for. Here is a brief description of the GDPOA (General Durable Power of Attorney for Finances).

A GDPOA allows a parent (the principal) to authorize you (the agent) to perform in a fiduciary capacity with respect to your parent's financial matters. This authority is effective only during the principal's lifetime. The GDPOA can be drafted to be in

effect immediately or upon incapacity of the principal.

The GDPOA allows the agent to perform many financial tasks on behalf of the principal, including, taking legal action on the principal's behalf, dealing with property, dealing with financial investments and accounts, and operating a business. The provisions given to the agent can be very broad and generally encompass the majority of financial matters that are of concern to each of us.

The GDPOA can be in effect for a short period of time, for instance, the sale of a house, or throughout the principal's lifetime.

This is a brief overview of the provisions allowed for within a GDPOA document. Please consult a legal professional with any additional questions or concerns you may have.

Contributed by Attorney Kathryn McGrane-Sargent, whose practice focuses on wills, trusts and powers of attorney.

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DID YOU KNOW?

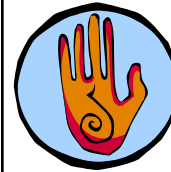
Give the gift that keeps on giving...

This or any time of year is the perfect opportunity to give your aging parents the gift that keeps on giving... their very own Professional Care Manager. Here's why. A Care Manager takes much of the load off your shoulders, e.g. medication set-ups and making sure they're taking them, making and getting your parents to doctors appointments, paying them a weekly visit to make sure they are safe, comfortable and doing well. A Care Manager gets their medications refilled, conferences with the doctor when there are medical con-

cerns, especially dehydration, depression, urinary tract infections or medication problems. A Care manager will set up personal cares for your parents should it become necessary. By having a Professional Care Manager involved with your parents, you'll sleep better at night, worry less and be able to love them more.

To arrange for a free initial consult and care planning session, call
Prestige Home Health Care
and speak to:
Robert or Sandy at (414) 801-4835.

All of the organs in your body including your heart, lungs, spleen, liver, pancreas etc. have a pathway that connects to your feet. Yep.



That's what a reflexologist specializes in, opening the pathways to these organs and restoring balance and health. It's a very old profession, especially practiced in Asian cultures. They poke, prod, rub and pinch each area of your foot and I have to admit you do feel better after a session with them. Give it a try, you might find it to be a healthy step forward.

Andy Rooney has a way of saying it in so few words. Here are some 'Rooneyisms' that are fitting for this time of year.

Rooneyisms

- "I've learned that... The best classroom in the world is at the feet of an elderly person."
- "I've learned that... That just one person saying to me that you've made my day! Makes my day."
- "I've learned that... That having a child fall asleep in your arms is one of the most peaceful feelings in the world."
- "I've learned that... That being kind is more important than being right."
- "I've learned that... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes."
- "I've learned that... That love, not time, heals all wounds."
- "I've learned that... That a smile is an inexpensive way to improve your looks."

Especially this time of year, share some 'Rooneyisms' with those who share your world: Continue to learn, make someone's day, practice kindness, be at peace, cherish the life you have left, love and smile.