

Exploring the Possibilities



You want to stay in your own home but you want to explore your options?

There are 5 well known options you have, but there will be others in the future. Let's take a look at them and see what you can expect to pay for each.

NURSING HOME

Nursing homes in the Greater Milwaukee Area provide round-the-clock care for those who need supervision or chronic care.

The costs for a nursing home ranges from \$7,000-\$11,000 per month.

Assisted Living

Those who want a less structured place to reside often choose a assisted living facility. These facilities provide basic cares including assistance with activities of daily living, meals, nursing intervention and socialization. Costs usually vary from \$3,000- \$5,000 per month.

Senior Housing

This option meets the needs of many older people who find it difficult to maintain a private home; as well as the expenses that go with it. Senior housing can be a very affordable choice, but keep in mind there are no assistive services offered at most of these places. Cost can vary greatly depending on what they offer. If they are federally subsidized, you can expect to pay anywhere from \$700-\$1500 per month.



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Can the Use of Plastics Attribute to the Cause of Cancer?

In your daily life, how many items do you use, eat out of, or buy an item that contains plastic? Asking a question like that in today's day and age is similar to asking someone from the 1950's how often did you cook with lard? Many have ignored the truth behind the usage of certain plastic containers. Homes built before 1978 were often painted with lead-based paint, a known item that can cause: brain damage, nerve disorders, hearing problems, headaches, reproductive problems, high blood pressure, memory or concentration problems, muscle or joint pain, (Environmental Protection Agency of the United States, 2010). As a society we often find out about the effects of toxic items once it is too late. Like lead-based paint, plastic can also be a toxic item. During "2003 and 2004 the National Health and Nutrition Examination Survey performed by the Center for Disease Control and Prevention detected BPA, (a chemical found in certain plastics, and is known to cause negative effects on the human body) in 93% of urine samples collected from

more than 2,500 adults and children over the age of 6," (New York Times, 2008). Why can this particular plastic be so harmful, and how would one know if it is in one's home? Certain studies have proven the toxicity of BPA, (Bisphenol-A). Numerous studies on rats have proven that exposure to BPA can result in: development of breast cancer, precancerous prostate lesions, spontaneous miscarriages, altered reproductive tract, altered immune system, changes brain chemistry, and the list continues, (Colburn, Our Stolen Future). Of course anything bad for you at low levels of exposure over time will affect your body in some way, but how do you know which plastics contain BPA? Most plastic containers have a number on the bottom in order to assist with recycling. Numbers: 1, 2, 4, and 5 are safe for you and your home and are safe to recycle. The plastic containers that contain the number 7 are made from polycarbonate, a hard shatterproof plastic that is found in plastic



bottles, and the lining of canned goods, (New York Times, 2008). To lower your exposure to these harmful plastics, be sure to buy items in glass versus plastic. Look for items that say, "BPA Free" on them, and never microwave anything in plastic since heat plasticizes plastics and cause them to outgas. When a plastic outgases it is intensifying your exposure to harsh chemicals. Never leave a bottle of water in the sun or expose it to heat, this will release molecules of plasticizer. I am sure you have taken a sip of a warm drink item that has been sitting in your warm car all day, and you have probably noticed it did not taste the same. That flavor difference was due to the chemical reaction of the heat and the plastic releasing itself in to your liquid item. Be aware and stay healthy.



"A Hard Plastic is Raising Hard Questions". Parker-Pope, Tara. New York Times. Apr 22, 2008. <<<http://www.nytimes.com/2008/04/22/health/22well.html>>>

Our Stolen Future. Dr. Theo Colborn, Dianne Dumanoski, Dr. John Perterson Myers, 2002.

"The Toxicity of Plastic". Dadd, Debra Lynn. Green Living Q & A Jun 25, 2007. <<<http://greenlivingqa.com/content/toxicity-plastic>>>

Something to Think About...

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

-Buddha



Exploring the Possibilities Continued...

Group Home

A group home is a house that has perhaps 6-10 people residing in it. In-house services usually include: assistance with your daily cares, meals, socialization, nursing and physician intervention as well as 24 hour supervision. Cost usually runs around \$2500-\$4000 per month and there are government programs that can help you pay for this place or residence.



Home Care

For those who wish to remain in their own home, but realize they need assistance to achieve this, there is the option of hiring a caregiver. Should you choose this option there are several things to consider. If you hire privately you are responsible for taxes, social security, and if they



get hurt on the job. If you go through an agency, they are responsible for training, taxes, social security, worker's compensation, background checks and supervision. Costs range from \$17.00 to \$28.00 per hour depending on the level of care, experience of the caregiver and needs of the client.

Cruise Ship

This is a fairly new phenomena that is especially tantalizing to the Boomer generation. Reside on a cruise ship, meals, medical and social activities all included. The cost is dependent on working a long-term deal with the cruise line, additional expense if you need a caregiver, etc.

SOURCE: AARP

For information or should you need assistance exploring your options, call Robert Griesemer, Professional Geriatric Care Manager at Prestige Home Health.

Do You Know Your Wisconsin Facts?

1. What is WI's state bird?
2. What is WI's state flower?
3. What is WI's state tree?
4. What is WI's state fish?
5. What is WI's state mammal?
6. What year was WI entered into the union?

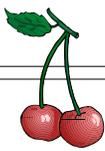


ANSWERS BELOW:

6.	MAY 29, 1848, THE STATE OF WI WAS THE 30TH STATE
5.	BADGER
4.	MUSKY
3.	SUGAR MAPLE
2.	WOOD VIOLET
1.	ROBIN

Wisconsin Facts and Trivia, 2011 Retrieved on 25 Jul 2011 from: <<<http://www.apples4theteacher.com/usa-states/wisconsin/facts/>>>

The Power of Cherry Juice



There is a powerful element in cherry juice that can assist with: relieving joint pain, lowering your uric acid levels in the blood, reduce your risk for colon cancer, lower stroke and heart attack risk, and help the direct application to the treatment and prevention of cancer. These elements are referred to as anthocyanins. Anthocyanins are the pigments that give cherry juice it's deep ruby red color. Many doctors believe that if you consume cherry juice on a regular basis you could lower your chances of the many earlier described is-

sues. Any cherry can offer these wonderful health benefits, (black cherries, sweet and tart cherries). According to Jointpain.com, "people benefit from consuming about 2 tablespoons of tart cherry juice concentrate a day, or one to two servings of fresh or dried cherries," (2010). Out of all the cherries to eat, tart cherries offer the most variety of these anthocyanins. The Journal of Biomedicine and Biotechnology "anthocyanins from sour cherries have been shown to possess strong antioxidant and anti-inflammatory activities, and to inhibit tumor development, and the growth

of colon cancer cell lines...and has shown more efficient anti-inflammatory activity than aspirin," (Blando, 2004). Tart cherries also help block the pain signals transmitted to the brain, assisting with pain relief, (Bora, 2010). Do you know any other fruit that can do all that? For more information check out the cited websites listed below and see what cherries can do for you.

Blando, Frederica, (2004). Sour cherry anthocyanins as ingredients for functional foods. *Journal of Biomedical and Biotechnology*, Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1082898/>

Bora, Chandramita, (2010). Cherry juice for arthritis: benefits of cherry juice. Retrieved from <http://www.buzzle.com/articles/cherry-juice-for-arthritis-benefits-of-cherry-juice.html>

"Cherry Juice Gout Treatment". Joint Relief. Com. 2010. Retrieved on Jul 8, 2010 from <<<http://www.joint-pain.com/cherry-juice-gout.html>>>



Nature's Blessed
Cherry Juice by Frank Farms in Michigan, can be purchased at Brennan's Market in the freezer section. Brennan's Market 19000 W Bluemound Rd Brookfield, WI (262) 785-6606