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What Are The Signs That Driving Is No Longer Safe?

"Talking to loved ones who have Alzheimer's disease about handing over their car keys can be difficult—especially if the individual is unable or unwilling to recognize symptoms they may be experiencing," said Mitchell. She says that some people are able to continue driving in the early stages of Alzheimer's disease, but it requires ongoing evaluation to ensure safety.

The Alzheimer's Association offers a list of red flags that suggest it is time to stop driving:

- Forgetting how to locate familiar places
- Failing to observe traffic signs
- Making slow or poor decisions in traffic

- Driving at an inappropriate speed
 - Becoming angry or confused while driving
 - Hitting curbs
 - Using poor lane control
 - Making errors at intersections
 - Confusing the brake and gas pedals
 - Forgetting the destination during the trip
- The Alzheimer's Association also provides sample "driving contracts" and a list of local evaluation specialists. For more information on dementia and driving, visit the [Dementia and Driving Resource Center](#), which contains helpful information about recognizing when driving is unsafe.



ASPARTAME

The intake of Aspartame, an artificial sweetener has often been controversial; here is something interesting: A 12 US fluid ounce (355 ml) can of diet soda contains 180 milligrams (0.0063 oz) of aspartame, and for a 75 kg (165 lb) adult, it takes approximately 21 cans of diet soda daily to consume the 3,750 milligrams (0.132 oz) of aspartame that would surpass the FDA's 50 milligrams per kilogram of body weight ADI of aspartame from diet soda alone.

Self-Testing INR at Home

According to Maria Munoz, Sales Rep:

"Medicare will cover most of the cost of PT/INR Self Testing. Average cost is \$23.00 a month with straight Medicare and if they have a Medicare supplement it is typically covered at 100% if we are in network- Medicaid doesn't currently cover but we do offer financial hardship as well. The pricing for an outpatient lab to come in is about \$40.00 each time they come in." For more information, contact Maria at: mariagm03@gmail.com

THE MEDICAL KORNER

According to Dr. Schultz, ER physician at Pro Health: Should you happen to be on Pradaxa (blood thinner) and sustain a serious bleed from an injury (auto accident, etc.) it would be very, very difficult to stop the bleeding. They can if you are on Coumadin, but much, much more difficult if you are on Pradaxa. You may want to discuss this with your doctor.

According to Dr. Stephen Ma K, Fruits should be eaten on an empty stomach, then they play a major role to detoxify your system, supply you with energy for weight loss and activities .

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 often!!!

From all of us at Prestige Home Health Care, have a wonderful Labor Day Weekend. Stay Safe!

Are reverse mortgages right for the average person over 62. If you listen to some well known and popular T.V. stars, you would probably say that they are. Most seasoned folk take out a reverse mortgage for one of a couple of reasons. First and most likely is to cover living expenses such as taxes, maintenance or remodeling. Next is usually to cover the cost of outside help in order to remain in their own home. This might include caregivers, housekeeping or other services. However; reverse mortgages are a risk to the borrower. According to an article written by Carolyn Rosenblatt, reverse mortgages are not for everyone. Suppose you have to leave your home and enter an assisted living facility or nursing home. The mortgage must be paid then and there. Or, suppose there is a person living with you who is not a signer on the mortgage. If the mortgage-holder vacates the home, the other person living there must as well or they must pay off the mortgage. If you fail to maintain the premises or not pay the property taxes, it can go into default. And, if the elder mortgage holder should die, the heirs must pay off the loan before they can rightfully take possession of the home. If they cannot afford to do so, they default and the property is foreclosed,

The Face Behind Prestige

My name is Robert Griesemer and I am a RN with a BSN and MS. I have 30 some years experience in the health care field. I started Prestige Home Health Care in 1998.

As owner and manager of Prestige, it is my job to insure that all of us provide our senior families with the best care we can possibly deliver. That means we make it happen. Should your parents want to stay in their own home but you are worried or concerned about their medications, hygiene, nutrition, falls, driving, incontinence, memory, ER visits, ambulation or safety...

Let's sit down and talk. I can help!
(262) 970-7102

Another Segment Of: Ask Robert...

My Mom and Dad have declined and need help but they want to stay in their own home.

Q: If I become their family caregiver won't that mean putting my life on hold?

A: You should expect that it will greatly affect your lifestyle. Family trips, time with your children, all the things you looked forward to will be replaced by the needs of your parents when you are the family caregiver.

Q: What are the issues most family caregivers face?

A: Usually the unexpected needs and crises that crop up tend to wear on your physical and emotional wellbeing. It becomes exacerbated as you try to juggle two families and a job and that oftentimes leads to burnout and medical problems.

Q: What can I do? I feel stuck, but if I ask for help I'll just feel guilty because I let them down?

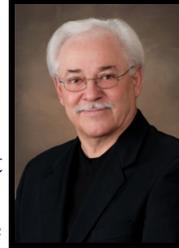
A: As a Christian, and loving child, you did your best but their needs are changing. They still need you to be their child just as you need to be there for them, in the whole person. You don't need to parent your parents, you can get help.

Q: Okay, I admit I need help. What do I do now?

A: Call **Prestige** and arrange for a **FREE sit down conversation with Robert**, a Professional Care Manager to discuss your parents' situation and needs. He will also set up caregiver services for your parents.

Q: What will a Prestige Caregiver do for my parents?

A: Your dependable, experienced, bonded, insured and trustworthy Prestige Caregiver will cook, bake, clean, bathe, shop, give medications, run errands, exercise, ambulate, take them to the doctor, weddings and funerals, read, talk, stimulate and provide some fun in their lives. They're your parents. Give them something that keeps on giving. **A Caregiver from Prestige.**



Can your Gait Predict Alzheimer's?

"Walking and movements require a perfect and simultaneous integration of multiple areas of the brain," says Rodolfo Savica, author of a study at the Mayo Clinic in Rochester, Minn.

Walking changes occur because the disease interferes with the circuitry between areas of brain. Savica ruled out other diseases, such as Parkinson's and arthritis, as possible causes.

In the Mayo Clinic study, researchers measured the stride length, cadence and velocity of more than 1,341 participants through a computerized gait instrument at two or more visits roughly 15 months apart. Those with lower cadence, velocity and length of stride experienced significantly larger declines in global cognition, memory and executive function.

"These changes support a possible role of gait changes as an early predictor of cognitive impairment," Savica says.

Elderly Snoozers Have Greater Risk... Reprint: The Wall Street Journal

Elderly people who frequently doze off during routine daily activities, such as reading or watching TV, have a greater chance of suffering a **stroke** than less sleepy individuals, according to a study in *Circulation: Cardiovascular Quality and Outcomes*. Sleep disorders, such as sleep apnea, are associated with higher risk of cardiovascular disease... The study used data collected in 2004 from a diverse group of 2,088 northern Manhattan residents in their mid-70s. During more than five years of follow up, there were 86 strokes, including 75 ischemic strokes caused by blood vessel blockages. Risk of any type of stroke was three times higher in severe dozers than non-dozers. Various factors, such as obesity, hypertension and glucose levels, may be linked to poor sleep and explain the stroke findings...Frequent dozing was not linked to heart attacks, of which there were 53...There were also 316 deaths among the participants; severe daytime dozing was associated with a greater risk of dying among women but not men.