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News From The Water Cooler

JoNel Aleccia’s article from the CDC: “The government is proposing that all Boomers get screened for Hepatitis C as we were exposed through routine health care practices before the virus was identified in 1989. It was introduced through shared toothbrushes, tattoos, blood, razors, pedicures, etc.”

Tim Watt’s article from the Alzheimer’s Association: “Although about 5.1 million Americans have some form of dementia, the disease is two to three times more likely to affect African Americans than the white population.”

In a study published on JSONline: “Xplosion in Lyme disease cases may not hinge completely on deer population; foxes, not deer may hold key to rise in Lyme disease.”

According to Bruce Nemovitz, Realtor: “Home sales are up over 20% for the Year and prices stabilizing. Interest rates remain under 4%...”

A Funny Story

My wife and I took our fishing boat out two weeks back; it was our first **excursion** and I must say a memorable one. Okay, so she asks if I’d put the plug in so we wouldn’t sink. I hadn’t thought of that so I scurried to the back of the boat and replaced the plug in the hole. We arrived at the lake, waited our turn and now it was time to launch. After several times of forward and back, forward and back, well you get the picture; I finally had the trailer in the water, with several eyes watching, I might add. I had unhooked the chain freeing the boat from the trailer and indeed it was now floating. But, and that’s a big BUT, the boat wouldn’t come off the trailer. It was stuck. I backed in a bit further and by now the water was up to the door sill of the vehicle so I figured the tailpipe was also under water. Yep, those eyes in line were still watching us. Being a man, the solution of course was to put the vehicle in drive, gun the engine and launch the boat. I did just that and the boat followed me out of the water. Hmm. I backed it in again and still it wouldn’t come free. Finally, this fisherman comes over and asks my wife if we released the back straps. I heard that. I hopped out, said “Oh **moment** of red face” and remedied the problem, still with many eyes **watching**, but now they were chuckling too. So was I! The moral of my story is, sometimes life hands you a momentary problem that seems tumultuous but they always pass and you get to go fishing again!



Visit the *Prestige Home Health Care* website to view all past newsletters.
www.prestigehomhealth.com

And Now, The End Is Near

I knew a man once, who had gone through some ups and downs; not of his own making, but nonetheless things happened. His bride of 60 years passed away leaving him alone and heartbroken, depressed. His daughter cared deeply for her Dad and wanted to help him get through this. She took him to the doctor and Dad came home with drugs; three in fact. He had one for depression, one for his confusion and one for an appetite stimulant. Unfortunately, he didn’t get anything for his broken heart. This scenario plays out every minute of every day across this nation. When people are joined at the hip for umpteen years and a death occurs, you can’t fix it with drugs. It takes time and support. The grieving process goes on for at least two years and during that time the griev-

ing parent needs emotional support; unfortunately, we as humans aren’t always that good at giving it. You can call in the pastor, the doctor, the candle stick maker but all to no avail. Life is precious and every moment becomes even more precious when we reach that magic age when we feel and realize we are indeed mortals. That’s when we hang on to every last breath we can. That’s when the loss of life around us brings us closer to our own. Losing a parent is tough no matter how old they are. It pales in comparison to your parent losing their life line, their friend for so many years, their love. When this happens in your family, just be there for them. Let them know that they can lean on you for support and encouragement. Let them know how much you care. You can’t replace their loss but you can help fill the void.

Crisis Intervention

It never fails that when you least expect it, something goes awry, doesn't it? It's not like you have a black cloud hanging over your head, it's just that sometimes bad things happen to good people. Well, what do you do when these things happen? I know this guy who knows a guy that has some wisdom in certain areas. Let me give you two scenarios of what you can do when the "it" happens. You get a call from the Paramedics, they're at your parent's house, your Mom has fallen, and likely she has a broken hip. They are transporting her to the hospital. The "It" in this case is your Dad. Your Mom's been his caretaker for the last couple years and he can't be left alone. You can't get there until sometime the next day. What do you do? Call Ghost Busters? NO, I think not. Call Prestige Home Health Care @ (262) 970-7102 and we'll send a caregiver to their home, to stay with your Dad until you can arrange some-thing

else or we'll take care of him for as long as you need. End of crisis! That number again is (262) 970-7102 for day or night crisis care. Second scenario goes something like this. You visit the funeral home to solidify arrangements for your Mom who passed away the day before. The funeral is now over, you look at your Dad and realize he can't make it at home on his own. What do you do? Put him into a nursing home? Assisted Living? Group Home? This is an important but emotional decision you have to make. Crisis? Yeah, and the decision you make now will affect the sleep you get for the oncoming years. Dump him in some facility and he will haunt you. Better idea? Call Prestige Home Health Care at (262) 970-7102 and we'll set up caregiver services for him. We'll cook, clean, do laundry, help him bathe, take him out to appointments or for a ride and do what-ever you and he need us to do, for as long as he needs us. Crisis? It doesn't have to be. That number again is: (262) 970-7102.

PRESTIGE PROGRAMS

Respite: As a family caretaker, sometimes you just need a break or have to travel; when this happens, call us. We'll fill in till you get back.

Personal Care Attendant or Companion: Getting help now may keep you from wearing yourself out; let our caregivers help your parents with hygiene, meds, supervision, meals, laundry, pets, housework, etc.

Life Management: For when you need someone to check on your parents to make sure they're okay, or set up and monitor their medications, etc. You'll sleep better.

End of Life Cares: These are specially trained caregivers who help with medications, comfort cares and provide a supportive shoulder for family to lean on.

Travel Pal: Your TP will accompany you to weddings, funerals, Florida, or the beautician.

Emergency Service: Short-term caregiver fill-in when something bad happens.

The Person Within

I visit a couple of ladies in a nursing home each week, ones a former client of ours that I just can't let go of. They both have Alzheimer's disease. It was just a few years back that they were vibrant leaders in our community; one an accountant, the other a nurse. Then one day, they changed. All the ugly faces of this horrible disease came to bear; including forgetfulness, confusion, suspiciousness, reclusiveness. Neither knew their children anymore. Oh, they perk up

when I read their memory books to them or play some music from years long ago, but still there's that blank stare lacking recognition. It frustrates me that after some 20 years of research we are no closer to a cure or prevention than we were back when we stopped calling it organic brain syndrome or chronic brain syndrome. The drugs we have to date do very little to help, maybe



they control some of the behavior but otherwise the disease still wins out. The picture we see today is not a pretty one; a family member has taken on the daunting task of caring for Mom or Dad at home, usually for the simple reason that they love them. But, what do they give up in return? Their lives. Alzheimer's is a slow, insidious robber of the person within. At first, little hints such as they can't find the car keys progressing to the point where they don't know this child

stranger in their home. Physically and emotionally, a human being can only take so much. If you are a family caretaker, give yourself a break. Hire someone to take care of your parent, even if for just a few hours a week. No one will think any less of you and who knows, you might even start to see the person within again. In both of you.

