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## Either I or They Don't Get It!

As an owner of a home care agency in the Sacramento, California region, I know that in-home care for elders and others can be quite expensive. Moreover, there are few sources of financial support (long-term care insurance and Veteran's Aide & Attendance being the primary ones) for families who need to pay for home care.

Now, the Federal Government wants to make it more expensive.

Back in September of last year, in my blogs I wrote about the California law concerning wages for Home Care Aides and how incredibly expensive it would be for clients and families if Home Care Aides were not exempt from overtime provisions of Wage and Hour laws at the state and federal level. In the previous blogs, I pointed out that, without the overtime exemption, clients needing 24 hour care would have to pay over 235% more than it currently costs.

In an upcoming issue I will talk further about other reasons this is going to hurt clients, families and caregivers.

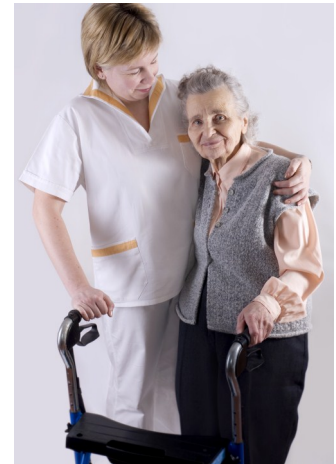
Interested in submitting written comments on the proposed rule visit: [www.regulations.gov](http://www.regulations.gov) on or before February 27, 2012.

Best Wishes,

Bert Cave

<http://supportforhome.wordpress.com/2011/12/15/either-i-or-they-dont-get-it/>

<http://www.dol.gov/whd/flsa/companionNPRM.htm>



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If any of our readers have announcements of interest to elders, their families or other organizations that they would like to have us include in future issues of the INSIGHT newsletter, please drop us a line by mail or email ([charlotte@supportforhome.com](mailto:charlotte@supportforhome.com)), or just give us a call.

**Support For Home®**  
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1333 Howe Avenue, #206, Sacramento, CA 95825  
Phone: 916.482.8484/530.792.8484 Fax: 916.564.6847



Support For Home® would like to welcome our newest Client Services Manager, Katie Breeze

**A little bit about her:**

Growing up, she was lucky enough to have a very close relationship with her grandmother that helped shape her respect and admiration for seniors. Over time, she developed dementia, and saw her go through various stages of care. That acted as her introduction to the field of senior care.

During this time she was in college, trying to decide on what area of the healthcare industry she wanted to focus. When she was introduced to the Gerontology program, she knew she had found her calling. She graduated with her BS in Gerontology in 2005 and soon after started working at an Adult Day Health Center where she worked for the last six years.

Throughout her career she has seen how important it is for seniors and caregivers to have a strong support system and that is why she is thrilled to be on the Support For Home team.

**A note from Katie:**

Hello Everyone,

As a new Client Services Manager at Support For Home, I am dedicated to ensuring Support For Home's services continue to be the best in the industry. I plan on doing this through Quality and Safety Assurance visits. I am excited about meeting each and everyone of our clients in order for us to understand what we can do to continue to be the very best. I look forward to meeting you. ☺

Sincerely,

Katie Breeze  
Client Services Manager



**Goodbye 2011 and Welcome 2012!!!**

We hope that everyone had a wonderful holiday by sharing gifts, keeping warm, and eating well.

Support For Home In-Home Care thanks you for making 2011 our best! Having you in our extended family promises to make 2012 even better.

## California Telephone Access Program

In California — perhaps where you live, as well — there is a program which offers a number of free, very specialized telephones that make it easier for folks with restricted mobility or speech impairments or who are blind or deaf to communicate. The program is the California Telephone Access Program (CTAP). As mentioned above, the phones are free.

Obtaining a free, specialized phone requires a doctor or other authorized medical professional to fill out part of the application. The application can then be mailed or faxed or it can be delivered to a CTAP Service Center. If mailing the application, send to CTAP, P.O. Box 30310, Stockton, CA 95213. The Fax number is 1-800-889-3974.

### There are ten (10) CTAP Service Centers:

3075 Adeline Street, Suite 260, Berkeley, CA 94703

2861 Churn Creek Road, Suite A, Redding, CA 96002

1455 Frazee Road, Suite 406, San Diego, CA 92108

303 N. Glenoaks Boulevard, Suite L-130, Burbank, CA 91502

6370 Magnolia Avenue, Suite 310, Riverside, CA 92506

2677 N. Main Street, Suite 130, Santa Ana, CA 92705

7525 N. Cedar Avenue, Suite 115, Fresno, CA 93720

2033 Howe Avenue, Suite 150, Sacramento, CA 95825

423 W. Victoria Street, Santa Barbara, CA 93101

339 Pajaro Street, Suite B, Salinas, CA 93901



If you or a loved one have difficulty with telephones, please do check out this program. They have great options — for free!

For more information, visit <http://www.californiaphones.org>, or call 1-800-806-1191 (English) or 1-800-949-5650 (Spanish).

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**Flowers For Seniors©**

**December 23, 2011**  
**Windsor El Camino Care Center**

**December 30, 2011**  
**Yolo Adult Day Health Center**

We are delighted to have **Windsor El Camino Care Center and Yolo Adult Day Health Center** participate as the December 2011 recipients of Flowers For Seniors. Once again, we see that The Brightest Light Is A Smile©.



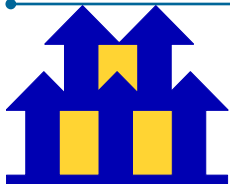
We want to thank the wonderful elders for the joy they gave us and for being very special people.

Flowers For Seniors thanks A & M Florist & Bridal, K & M Floral & Interior Plant Design, Windsor El Camino Care Center, Yolo Adult Day Health Center, Primrose, Indecare, Citizens Who Care and Support For Home® for making this event a success. A special thanks to volunteers from Citizens Who Care, Indecare and Primrose for assisting in guiding the assembly duties.

How can you get involved:

Our goal is to sign up a few other organizations that provide goods or services to our senior population. Support For Home will work together to receive contributions from great florists such as A & M Florist and K & M Floral & Interior Plant Design.

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## Slow Cooker Chicken Marrakesh

### Ingredients

- 1 onion, sliced
- 2 cloves garlic, minced (optional)
- 2 large carrots, peeled and diced
- 2 large sweet potatoes, peeled and diced
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 2 pounds skinless, boneless chicken breast halves, cut into 2-inch pieces
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon ground black pepper
- 1 teaspoon dried parsley
- 1 teaspoon salt
- 1 (14.5 ounce) can diced tomatoes



### Directions

1. Place the onion, garlic, carrots, sweet potatoes, garbanzo beans, and chicken breast pieces into a slow cooker. In a bowl, mix the cumin, turmeric, cinnamon, black pepper, parsley, and salt, and sprinkle over the chicken and vegetables. Pour in the tomatoes, and stir to combine.
2. Cover the cooker, set to High, and cook until the sweet potatoes are tender and the sauce has thickened, 4 to 5 hours.

### Nutritional Information

Slow Cooker Chicken Marrakesh

Servings Per Recipe: 8

#### Amount Per Serving

- Calories: 290
- Cholesterol: 66mg
- Sodium: 625mg
- Total Carbs: 35g
- Dietary Fiber: 6.3g
- Protein: 30.6g

**Source:** <http://allrecipes.com/recipe/slow-cooker-chicken-marrakesh/detail.aspx>

## Thank You Board

We would like to thank those who referred clients to us recently.

### Sutter Care at Home

916-388-6200

### Eskaton – Greenhaven

916-393-2550

### Nurses Choice Home Care

916-929-9041

### Cottonwood Post-Acute Rehab

530-662-9193

### Pioneer House Senior Retirement Community

916-442-4906

### Yolo Adult Day Health Center

530-666-8828

### Manor Care

916-967-2929

## Sudoku

Source/Answer:

<http://www.sudoku.ws/easy-3-solution.htm>

1			8			6	5	
			9	1			2	
	8			5		7		9
							9	
	5	3		4		1	7	
	4							
5		2		9			3	
	9			7	5			
	7	6			2			5

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Hello Readers,

I would like to introduce myself to our monthly newsletter subscribers. My name is Charlotte Soundy and I am the new Community Relations Manager and editor of this wonderful newsletter here at Support For Home®. I will be heading up community relations, Flowers For Seniors© and other fun events in the future.

I recently graduated from California State University-Sacramento with a Bachelor of Science degree in Marketing. With my family living over an hour away and me even further away, in college, my grandfather's health suddenly took a downward turn. Our family decided to seek help from an in-home care agency that helped him with activities of everyday living. Thankfully he received stupendous care from them, which has inspired me to pursue a career in this industry.

In addition to my passion for marketing. The healthcare industry has always intrigued me, so joining Support For Home as the Community Relations Manager seemed like a perfect opportunity for me. My past internship with a local non-profit organization that strives to better our local community really inspired me to continue my work helping our local community. Working with Support For Home has enabled me to do that. I am thrilled to be able to get the chance to be one of the brightest lights in the lives of our clients.

Happy Reading.

Regards,

Charlotte Soundy  
Community Relations Manager  
Support For Home In-Home Care