

<http://www.twitter.com/SupportForHome>



<http://www.facebook.com/profile.php?id=100001137652097&v=wall>



WORDPRESS

<http://supportforhome.wordpress.com>



http://www.linkedin.com/profile?viewProfile=&key=27432362&trk=tab_pro



Flowers For Seniors

We are delighted to announce the creation of Flowers For Seniors! This program, co-sponsored by Strelitzia Florists, will deliver flowers to elders in assisted living and memory care residences, as well as patients in rehabilitation and skilled nursing facilities.

Our goal is to sign up a few other organizations that provide goods or services to our senior population. We will work together to receive contributions from great florists like Strelitzia and organize distribution.

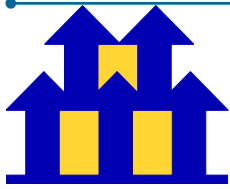
So many of our elders grew up with and still have a love for gardening, from flowers and plants to raising their own vegetables. We want to provide a splash of colorful memories to their days. If you would like to join us, let us know. You can give us a call or send an email to the program at flowers@supportforhome.com.



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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 (carlotta@supportforhome.com), or just give us a call.



Support For Home® Update Most Dependable Caregivers in Home Care

You may be a physician, a home health professional, a family member or associate, a senior, a new mother or someone needing a little bit of help with activities of daily living (ADLs). Support For Home® helps our clients maintain independence in the comfort of their home instead of having to move elsewhere.

Our company provides dependable and high quality in-home care in Sacramento and surrounding areas, hiring experienced certified Home Health Aides (HHA) and Certified Nurse Assistants (CNA) as personal caregivers. Our caregivers also undergo continuing education to ensure that they offer the best possible home care. Whether our client just needs some help with Activities of Daily Living (ADLs) or is suffering from dementia or Alzheimer's or a chronic disease such as Parkinson's, Multiple Sclerosis or Diabetes, we are always there to help.

Thank You Board

We would like to thank those who referred clients to us this month...

Advanced Home Health

www.ahhsac.com
916-978-0744

Sutter VNA & Hospice

<http://www.suttervnaandhospice.org>
916-454-6525

Yolo Adult Day Health Center

http://www.woodlandhealthcare.org/Medical_Services/Yolo_Adult_Day_Health_Center/index.htm
530-666-8828

SFH Resource of the Month: Leader Pharmacies

The Wisdom and Benefits of Bubble Packaging

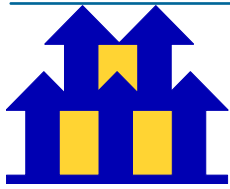
What can be done to improve medication compliance? Compliance packaging achieves several things. A patient doesn't have to sort through a cabinet full of pill bottles; there is a visual record of whether or not a medication has been taken ("Did I take my high blood pressure pill this morning?"). Packaging also helps separate drugs that should not be taken together; insures drugs are taken at a consistent time each day (this is especially important for blood thinning drugs), and is a convenient way to travel with medication.

In addition, customers receiving compliance packaging are offered other convenient benefits that will help with compliance. Medications are delivered directly to a person's home weekly. Customers do not have to call the pharmacy for refills but rather the pharmacy's computer system automatically runs the refills; any changes in a person's medication can be sent out the same day in a new container. Here, direct communication with physicians is maintained regarding medication regimens and potential drug interactions.

Most pharmacists report they witness examples of non-compliance on a daily basis. Consumers who choose an outlet offering compliance packaging and take advantage of this service enhance their potential for healing, maintaining health as long as possible and seniors stay independent longer. As a simple, no-cost method for people to get the maximum benefit from their medications, compliance packaging can be a blessing to both the consumer and their family.



Your independent Leader® pharmacy



Grilled Pork Steaks with Lemon Butter Sauce



Ingredients

- 3 tablespoons butter
- 2 teaspoons lemon juice
- 1 clove garlic, minced
- 6 pork chops
- 1 pinch kosher salt

Directions

1. Preheat an outdoor grill for high heat and lightly oil grate.
2. Melt the butter in a small saucepan over medium heat. Stir in the lemon juice and the garlic and heat until garlic is tender. Remove from heat.
3. Arrange the chops on a plate and coat top side of each chop with the butter mixture. Place chops on the grill butter side down.
4. Sear over high heat for 1 minute, coating the top side of the chops with the butter mixture while the other side is grilling. Flip the chops and sear the other side for 1 minute. Turn the meat, cover the grill and cook 3 to 5 more minutes per side, brushing occasionally with the remaining butter mixture. Pork chops are done when internal temperature reaches 160 degrees F (70 degrees C).

Nutritional Information:

Cal: 173, Total Fat: 9.5g, chol 80mg, Sodium 163 mg, Total Carbs .3g, Fiber: 0, Protein: 20.4g

Source:

<http://allrecipes.com/>



SUPPORT FOR HOME® Common Sense-isms

"Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work."

Vince Lombardi

Taking care of a client at Support for Home involves being on a team.

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor."

Vince Lombardi

Being a caregiver calls for being the most professional you have ever been out of any career you have ever done.

"People think it's a terrible tragedy when somebody has Alzheimer's. But in my mother's case, it's different. My mother has been unhappy all her life. For the first time in her life, she's happy."

Amy Tan

It takes a unique person to work with someone who has Alzheimer's or some other form of Dementia. The key we want our caregivers to understand is that you should not disagree with the client, but jump into their world because that is what makes them happy.

Until next time-

Remember, it always comes down to common sense when caregiving. We know you have it. We need you to use it.

Carlotta Sanchez-Client Services Manager

Summer Time Warning! - The Truth About Senior Falls - 13 Tips to Safety

By Yves Marie Danie

www.EzineArticles.com

For many people, the arrival of the summer season is a fun event. There will be barbecues, lounging on beach chairs, and spectacular fireworks that go boom in the sky. But for home alone seniors living without emergency alert systems the risk of losing their independence and having to move into a nursing home increases every day. Below are 13 steps that will help to significantly prevent falls in the home:

1) Safeguard the stairs with a firmly anchored handrail or banister. Be sure to keep these areas, as well as the landings, floors and walkways clutter-free.

If you find broken steps or uneven ones it is a good idea to schedule for this to be fixed immediately.

2) Be sure to tuck away both telephone and electrical cords.

3) Keep night lights on in the hallways and bathrooms.

4) Hallways, porches, and stairwells - be certain to keep it well lit with light fixtures using maximum safe wattage (this is usually recorded on the interior of the light fixture).

5) Check the light over the stairway to make certain it is working. If not, call up a professional to put in an overhead light at the top and bottom of the stairs.

6) Have an electrician put in an overhead light at the top and bottom of the stairs. It would be an even safer measure to buy lights that glow.

7) Remove toys and games from steps and landings. If young children are in the home install safety gates at stair top and bottom.

8) Place window guards on upper-floor windows as a means of preventing young children from falling out. Choosing guards with release devices in case of emergency will further protect you.

9) In the bathroom be sure to add grab bars to the bathtub or shower. Keep in mind that towel racks or wall-mounted soap dishes should never be used as grab bars as they can loosen and cause a fall.

Also, using nonslip mats or installing adhesive safety strips or decals in bathtub or shower is another key preventative measure to take. All bath mats must have nonskid backing.

10) Keep floors clean. Make sure to remove and mop up any grease or water spills immediately.

11) Purchase rug liners or nonskid backing for all throw rugs. Check to see that the carpet on the stairs is firmly attached to all the steps. If this is not the case, be sure to remove the carpet and attach non-slip rubber treads to the stairs.

12) All step stools should be secure and have handrails. Never use a chair to reach for things.

13) When it comes to taking medications - be careful in following dosing directions as prescribed by the doctor. Taking multiple medications or ingesting the incorrect use of drugs may lead to dizziness, weakness, and other complications that can result in a serious fall.

