



<http://supportforhome.wordpress.com>

Follow us on 

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

Find us on Facebook 

<http://tinyurl.com/3rovgp9>

Linked in 

<http://tinyurl.com/6htq5b9>

2nd Annual Fall Prevention Community Event

We were delighted to be one of the participants in the **Area 4 Agency on Aging's 2nd Annual Fall Prevention Community Event** this past Saturday [Saturday 9/24/2011]. As a home care company, Support For Home is very aware of the issues facing all of us as we age. The dangers inherent in falling are extremely serious. The recovery rate from broken hips related to falls, for example, is depressingly low. Everything that we can do to prevent falls, for ourselves or for others, is critically important.

Area 4 Agency on Aging did a superb job organizing the event, with folks like Kaiser, Rebuilding Together, the Asian Community Center and many others offering a marvelous menu of classes and workshops. Our own demonstrations focused on correct transfer techniques, including the use of gait belts.

The audience gained a lot of knowledge and value. We learned that Tai Chi really is one of the very best forms of exercise for improving balance and core strength!

If your community has such an event, check it out. If not, why not start one!?

See pictures on page 3...

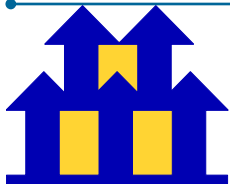


In This Issue

Fall Prevention Conference	1
Recipe, Thank You Board,	2
Fall Prevention Pictures & Dementia	3
Flowers For Seniors: Eskaton Facilities	4
Stealing Parents' Identities	5

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®
www.supportforhome.com
1333 Howe Avenue, #206, Sacramento, CA 95825
Phone: 916.482.8484/530.792.8484 Fax: 916.564.6847



My Healthy Shepherd's Pie Recipe

Ingredients

- Ingredients 5 medium red potatoes
- 2 T olive oil
- 20 oz ground white meat turkey
- 12 oz chopped onion
- 8 oz chopped carrot
- 7 oz green peas
- 1 T chopped garlic
- 2 T all-purpose flour
- 1/2 c skim milk
- 5 oz shredded fat free cheddar



Directions

1. Pre-heat oven to 350 degrees.
2. Spray a baking dish with olive-oil cooking spray.
3. Chop potatoes into 1/2 inch chunks and put in a small saucepan. Cover with cold water, then put on to boil.
4. Put olive oil into a sauté pan, and sauté ground turkey.
5. Add onion and garlic and continue cooking until veggies are a little tender.
6. Sprinkle mixture with flour and stir. Cook another minute or two.
7. Pour in milk, and cook until gravy develops.
8. Add ground black pepper to taste, and salt if you really need it.
9. Drain potatoes, and mash with a little of the cooking liquid. Stir in the cheese.
10. Put meat mixture into the baking dish, spread peas & carrots over them, and cover with mashed potato mixture.
11. Bake for 10-15 minutes until potatoes are golden brown.

Source: <http://tinyurl.com/43l8x3x>

Thank You Board

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

Compassionate Relocations

(916) 966-8745

Sutter VNA & Hospice

916-388-6255

Senior Care Solutions

916-965-5565

Yolo Hospice

530-758-5566

Sudoku

Source/Answer:

<http://www.sudoku.ws/easy-2.htm>

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

Copyright 2005 M. Feenstra, Den Haag

2nd Annual Fall Prevention Community Event



Left: Keesha Williams & Weng Khin Tjan

Center: View of audience.

Right: Keesha Williams,
Weng Khin Tjan, Siew Pheng Tung.

Presented by Ombudsman Services of Northern California

"Dementia Care Without Drugs: A Better Approach for Long-Term Care Facilities"

A Project of Area Agencies on Aging 2,4 & 28

Medications can be a powerful tool in combating the effects of dementia, but when used as the only source of treatment the effects can be toxic. Join us for a discussion on the effects of these dangerous drugs and learn what you can do to stop it.

Speakers:

Anthony Chicotel
Staff Attorney, California
Advocates for Nursing
Home Reform.

Tina Alonzo
Director of Research
Beatitudes Campus
Phoenix, AZ

Christopher Cherney
SNF Administrator
Berkeley, CA.

When: 10/26/2011, 9:00am to 3:30pm

Where: Holiday Inn Capital Plaza, 300 J Street, Sacramento, CA

To register go to: www.osnc.net

Conference fee: \$37.00 (Includes lunch and material-CEU's Available)

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

Flowers For Seniors

September 22, 2011
Eskaton Monroe Lodge

September 15, 2011
Eskaton Care Center Fair Oaks

We are delighted to have **Eskaton Monroe Lodge** and **Eskaton Care Center Fair Oaks** participate as the September 2011 recipients of Flowers For Seniors. Once again, we see that The Brightest Light Is A Smile©.



Forever Yours Flowers & Gifts
1520 Merkle Avenue W. Sacramento CA
(916)372.2271



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

Flowers For Seniors thanks Strelitzia Florist, Forever Yours Flowers & Gifts, Eskaton Monroe Lodge, Eskaton Care Center Fair Oaks, Support For Home, Vitas Hospice Care, and Winding Commons for making this event a success. A special thanks to Mary Kay Walters-Perez 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 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.

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

Support For Home Blog: 10/4/2011

Stealing Parents' Identities

In the real world, I am an owner of a home care company called Support For Home. In that role, at that agency, we see a whole lot of stuff. Some of it is amazingly great. We work with family caregivers and professional home care aides that perform miracles in caring for their loved ones and clients.

Sometimes we see abuse. When we do, we report it to Adult Protective Services. If it is the client abusing our employees, we fire the client. We have never, however, seen what I just read about — adult children stealing the identities of their elderly parents.

The Red Tape Chronicles, on MSNBC, has a story on that topic that indicates this crime — and that is what it is — is actually fairly common. ID Analytics "tried looking for people in their 70s and 80s who were sharing their SSN and family name with someone roughly 20 years younger. The result: More than 2 million elderly adults who are sharing an SSN with their adult children."

My own naiveté irritates me almost as much as the crime itself. The story talked with another expert on the topic:

Jaimee Napp, a consultant and expert on ID theft victim rights, said she wasn't surprised by the findings.

"Elder parents are often vulnerable and often dependent on caretakers who sometimes are children," Napp said. "Financial exploitation is a high yield, low risk crime. A crime can be easier for a child to commit against an older parent because of access to their information."

Many adult children feel entitled to their parents' money, she said, believing that it will come to them through inheritance anyway. They can also justify the crime when parents suffer from dementia or other mentally debilitating illnesses.

We are all familiar with financial elder abuse, unfortunately. Schemers and scammers are too prevalent, by far. But seeing that happening within the family is a special kind of repugnant behavior. We will be working to raise the level of awareness of our home care aides on this issue.

Best wishes. Bert

