

# Custom Home Care

*Providing Personal Care Services to Seniors*

VOLUME 3, ISSUE 3



## **DID YOU KNOW....**

That Custom Home Care provides quality hourly and live-in care to Seniors in private homes and retirement communities throughout the Chicago land area? Custom Home Care Clients are our #1 referral source. We would greatly appreciate you referring your family and friends to our agency.

**If you are interested in a caregiver please**

**call us at**

**(773) 561-4663**



## **Joke of the month**

Your over the hill when your back goes out more than you do

## August 2011

Vision is learned and continues to develop from birth on into adulthood. Vision problems can profoundly affect our lives, our ability to perform tasks, our self esteem, and our interactions with others.

### Glaucoma

**Glaucoma is a disease of the eye that damages the optic nerve. Symptoms and signs of glaucoma may include eye pain, clouded or haloed vision, red eyes, headache and nausea.** It is estimated that over 4 million Americans have glaucoma but only half know they have it.

#### **4 key facts about glaucoma**

1. It is the leading cause of blindness
2. There is no cure (yet)
3. Everyone is at risk
4. There may be no symptoms to warn you.

Regular eye exams can help detect glaucoma in its early stage. As a general rule, have comprehensive eye exams every 3-5 years after 40 and every year after age 60.



### Macular Degeneration

**Macular degeneration is a disease that progressively destroys the macula, the central portion of the retina, impairing central vision.**

Age related macular degeneration affects more than 1.75 million people in the U.S.

Some risk factors that have been associated with macular degeneration include: age/family history, race, pigmentation, gender, smoking, obesity and exposure to sunlight.

Symptoms include blurred vision, blind spots, straight lines looking irregular or bent or objects appearing smaller in one eye than the other. People with age related macular degeneration should check their vision daily or weekly and promptly notify their ophthalmologist of any changes in vision.

### Cataract

**A cataract is a clouding of the eye's natural lens, which lies behind the iris and the pupil.**

Cataracts are the most common cause of vision loss in people over age 40. Cataracts affect more than 20 million Americans 40 years and older. A cataract starts out small and at first has very little effect on your vision. A cataract may make light from the sun or lamp seem too bright or glaring. Some eye care practitioners say that a diet high in antioxidants such as Vitamin A, C and E may forestall cataract development. Meanwhile eating a lot of salt, cigarette smoke, and heavy alcohol consumption may increase your risk. When symptoms begin to appear, you may be able to improve your vision by wearing glasses, bifocals, magnification, appropriate lighting or surgery.

## Myth Vs. Fact

**MYTH~** Eating carrots can improve vision

**FACT~** Although it's true that carrots are rich in vitamin A, which is essential for sight, so are many other foods including asparagus, apricots, nectarines and milk. A well-balanced diet can provide the vitamin A needed for good vision



# Memory:

1. *a: the power or process of reproducing or recalling what has been learned and retained especially through associative mechanisms*

~ Merriam-Webster's Collegiate Dictionary, 11th ed.

Exercise of the brain is as important as exercise of the muscles. As we grow older, it's important that we keep mentally alert. The saying; "If you don't use it, you will lose it" also applies to the brain.

### DO YOU REMEMBER?

1. Where did headlight dimmer switches used to be located when you were young?
2. What method did women adapt to look as if they were wearing stockings when none were available due to rationing during W.W.II?
3. As a kid, what was considered the best way to reach a decision?

### ANSWERS

1. On the floor, left of the clutch. Hand controls, popular in Europe, took till the 60's to catch on
2. Special makeup was applied followed by drawing a seam down the back of the leg with eyebrow pencil.
3. Eeny-meeny-miney-mo

Although most people accept that some memory loss occurs with aging, it is also possible to take proactive steps to protect memory. As a general rule, what is healthy for the body is also good for the brain — and for your memory.

### Eat for Good Memory

The brain is vulnerable to wear and tear over time. Eating foods rich in antioxidants, B vitamins or omega-3 fatty acids can help preserve brain health, memory and thinking into old age. Brain-friendly foods include berries, walnuts, fish, dark leafy greens, turmeric, spinach and orange juice.

### Sleep Well, Get Up Early

Studies show that night owls do worse on memory tests than early risers. However, getting quality sleep as you age might be more important than getting up early in the morning. Aim for six to eight hours of sleep a night, even if that means going to bed and getting up later than your early-bird peers. Try to keep the same sleep schedule on weekdays and weekends to improve the quality of your sleep.

### Learn Memory Tricks

Visualization and association are both helpful when trying to remember names and details. For example, when meeting a new person, repeat their name several times and visualize an object or animal that will help you recall their name more easily. When trying to remember important details, use a visualization technique that goes back to ancient Greece. Imagine your house and imagine walking through it. As you go room to room in your mind, connect each room or an item in each room with a fact or idea that you need to recall later. Practice your mental walk a few times and, when you try later, you should be able to recall the facts or ideas that you had linked to these rooms or items. However, you can also go with tried-and-true tricks: placing a calendar in a prominent location, writing down everything in a notebook that contains all your to-do's and lists and finding easy-to-see places where you always leave important items such as glasses and keys.

## The Color Quiz

Look at the chart and say the color, not the word.

<b>YELLOW</b>	<b>BLUE</b>	<b>ORANGE</b>
<b>BLACK</b>	<b>RED</b>	<b>GREEN</b>
<b>PURPLE</b>	<b>YELLOW</b>	<b>RED</b>
<b>ORANGE</b>	<b>GREEN</b>	<b>BLACK</b>
<b>BLUE</b>	<b>RED</b>	<b>PURPLE</b>
<b>GREEN</b>	<b>BLUE</b>	<b>ORANGE</b>

### QUOTE OF THE MONTH

"There are those that give joy, and that joy is their reward." - Kahlil Gibran



Independence is often best achieved with a little help...Call Custom Home Care!