



A Better Life News

A Better Life Homecare reduces family stress by promoting independence and providing expertise. We safely support "your life your way" at home and in the community.

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What's the right choice for you? by Julie Beaulieu

An Advanced Medical Directive, also known as a "Living Will" is a document that everyone should be well aware of. Do you have a Living Will? Do you know what a Living Will should contain?

A Living Will is defined as **a declaration to your physician and medical provider stating your preferences for life-prolonging procedures in the event of a terminal condition, persistent unconsciousness, or end stage condition.** End stage condition is when medical treatment would not be effective.

One of the most common mistakes people make is waiting until his or her health takes a bad turn

before they get a Living Will. The best time to make one is when you are healthy and of sound mind. The worst situation to end up in is when there is no Living Will and your friends and family are having difficulty making your medical decisions because they do not know what you wanted. Before you create your Living Will take some time to do research about the pros and cons of life-prolonging procedures. One of the best resources for this is your doctor.

Once you feel confident you know about all the available options, meet with a lawyer to create your Living Will. Once the Living Will is complete make a couple of

copies of it and give the original to your doctor, keep a copy for yourself, and give the second copy to a trusted family member. Below are Oklahoma's Requirements regarding a Living Will:

You **must be 18 and of sound mind** at the time you create the Living Will

You **must have 2 witnesses** that are at least 18

The Living Will **isn't required to be notarized**, but it is recommended

A healthcare agent is **not required** to sign the form

To see an example of an Oklahoma Living Will go to

http://oklegal.onenet.net/oklegal-cgi/get_statute99/Title.63/633101.4.html

Did you know?

- Our brain is 75% water
- 28 million Americans suffer from migraines
- Laughing just twice



- a day can lower your blood pressure
- 55 million people receive Medicaid
- The average red blood cell lives for



- 120 days
- Our heart beats around 100,000 times per day
- 25 million new cells are being produced/second



Caregiver's Corner by Julie Beaulieu

Where is the money going?

There are new scams occurring everyday, and seniors are especially at risk of becoming a victim. The top senior scams are **sweepstakes, home improvement, telemarketing, internet scams, and identity theft**. Below are ways to help prevent the loved one in your life from getting scammed.

- **Get everything in writing**-this includes written receipts and estimates for home repairs, financial records, etc.
- **Do not give out personal information**– such as social security number and birthday
- **Discuss the option of assigning a Power of Attorney**
- **Do research about any company asking for money before your loved one sends the check**
- **Create a support system**– it is necessary for seniors to have people in their life that they can trust and talk to about their problems
- **Check in frequently**– It is very important to visit or call your parent or loved one often so they don't feel alone and vulnerable. Seniors who feel alone are more susceptible to scams.

“Silver Alert Act” by Julie Beaulieu

In the last few months the words “**Silver Alert**” have been buzzing around. In April of 2009 Oklahoma passed the “**Silver Alert Act**.”

This act states that a person over the age of 60 who is suffering from dementia or another cognitive disorder and

is lost will have a state-wide alert issued for the missing senior. The senior's disappearance must also pose a threat to another person or to themselves. This Act was not only meant to help the lost senior, but to also give the caregiver and family members some peace of mind. It is very similar

to the Amber Alert used when a child goes missing.

The “**Silver Alert Act**” is a step in the right direction, but there seems to be some room for improvement. Early Onset Alzheimer's is becoming more and more common today. **Five to Ten percent** of

people with Alzheimer's have Early-Onset Alzheimer's. What happens to those under the age of 60 that have dementia and get lost? Should they not receive the same treatment because of their age?

This needs to be taken into consideration so more people can benefit from this act.

Calling All Artists...

Do you like to write letters, but never have stationary? Stationary can be expensive to buy so why not make it yourself.

To make your own stationary you will need:

- blank paper or

notecards

- Paint
- Sponges
- Blank envelopes

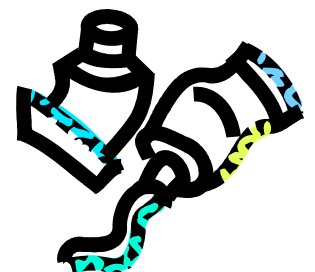
All you need to do is dip the sponges in the paint and start decorating. There are sponges that come in different shapes such

as flowers and circles if you would like to buy those and have themed stationary. However, it is very simple to cut the shapes out yourself.

However you decide to decorate your stationary have fun with it and make it a group project

for everyone to enjoy.

Now that you have great stationary, start writing!



StoryCorps: Keeping Our Heritage Alive by Lori Hauge

As letter writing has decreased over the years, replaced by technology such as the telephone, e-mail and texting, so has much of the everyday history of Americans. StoryCorps is a publicly funded organization devoted to capturing the experiences of everyday Americans through an ambitious oral history project.

David Isay, Founder of StoryCorps believes,

“everybody’s story matters and every life counts.” StoryCorps provides the equipment and support for friends and family members to interview their loved ones and “honor and celebrate one another’s lives through listening.” (StoryCorps mission: <http://www.storycorps.org/about>)

Every StoryCorps experience is a conversation between people who care about each other. The

conversation is recorded and archived in the Library of Congress for posterity and the participants keep a free compact disc for their own enjoyment and sharing.

StoryCorps began reaching out to Americans with memory loss in 2006, encouraging them to share their stories. This initiative is led by nationally recognized experts in memory loss and the technicians

who participate in this program are specially trained to support people with memory loss in telling their stories. To participate in the StoryCorps project, call StoryCorps or visit the website (www.storycorps.org) to schedule an appointment at a recording location. If there is not a location near you, contact StoryCorps for a Do-It-Yourself kit or rent a Story Kit to produce your piece.

Homemade Lemonade A Taste of Home Recipe

Ingredients:

- 3/4 c sugar
- 1/2 c water
- 1/4 c lemon peel strips (1– 1 1/2 lemons)
- 3/4 c lemon juice (about 3 lemons)
- 1 c club soda

chilled

Directions: In a small saucepan, heat water and sugar over medium heat until sugar is dissolved, stirring frequently. Stir in lemon strips. Bring to a boil.

Reduce heat; simmer, uncovered, for five minutes. Cool slightly. Transfer to a pitcher. Stir in lemon juice; cover and refrigerate until chilled. Discard lemon strips. Stir in club soda. Serve

over ice.

Yields 2-2 1/2 cups



Is it time to take away the keys? by Julie Beaulieu



As our parents and loved ones age we start to worry about their safety specifically on the road. At what age do we need to have the talk about driving safety? Unfortunately there is no particular age. Below are warning signs that will let you know when it is time to have that talk.

Warning Signs

- They start getting lost on familiar routes
- They are unable to concentrate while driving
- They experience minor collisions or “near misses”
- Slow reaction time

If you are noticing some or all of these warning signs then it is time for you to talk to your loved one. However, it is important to do your own research before you talk to them.

Researching the Subject...

- Talk to a family doctor about your

concerns

- Find alternative transportation sources
- Create a driving plan (suggest they do not drive at night)
- Go to your local DMV to see if they have “mature driving classes”

Does Medicare Cover Your Diabetes? by Jolynn Officer

Traversing the complicated Medicare system is challenging at best. Here are some helpful tips and facts about Medicare in reference to Diabetes coverage.

Does Medicare pay for Diabetes Screening? Diabetes is a medical condition in which your body doesn't make enough insulin or has a reduced response to insulin. This causes your blood sugar to be too high because insulin is needed to

use sugar properly. Medicare covers a blood sugar test screening to check for diabetes if you are considered at risk.

At Risk When:

- High blood pressure
- Dyslipidemia
- Obesity
- History of high blood sugar

How often is it covered? Up to two screenings each year

Who is covered?

Individuals at increased risk for diabetes that have any of the previously mentioned risks.

What is the cost?

Nothing if you have the Original Medicare Plan

What about diabetes supplies? Diabetes glucose monitors, test strips, and lancets may be covered.

What is the cost of supplies? With the Original Medicare

Plan you pay 20% of the Medicare-approved amount after the yearly Part B deductible

Does Medicare cover Diabetes Self-Management Training? Yes for certain people with Medicare who are at risk for complications from diabetes. Your doctor must request this service.

Information from Center for Disease Control (www.cdc.gov).



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