

Technology to the Rescue

Tools for Caregivers

Not so long ago, people moved in with their grown children when they reached a certain age or were widowed. Today, older adults are more likely to age in place. In fact, 90 percent of older adults say they prefer to remain independent in their homes as long as possible.

Assistive technologies such as automated pill dispensers, mobility trackers, smartphone apps and social media platforms are helping to make that possible. When

caregivers live elsewhere or cannot be available 24/7, technology can bridge gaps in daily care.

What Are My Options?

Being a caregiver always involves a certain amount of worry. Did Dad take his medication on time? Are those stairs safe for Mom? Using some of the following assistive technologies can ease these concerns and help seniors feel more secure and independent.

Independent living aids: These tools make living alone safer. Low-tech examples include grab bars for getting in and out of bed or the shower; canes for maintaining balance; and grabbing sticks for hard-to-reach items. Mechanical devices range from lift chairs to scooters to elevator chairs that go up and down stairs.

continued on next page



ISSUE
FOCUS

Caregiving

Sunrise Health Hosts Annual Angel Tree Project

Touch a homebound elderly person's life this holiday season by participating in Project Angel Tree. Angel Trees are located at all three Sunrise Health Hospitals. Simply select a tag on the Angel Tree, register the tag with an H2U staff member and purchase the item requested on the tag. The amount of the gifts should not exceed \$25. Items should be returned to the H2U office wrapped and with the tag attached by Monday, Dec. 2.

For more information, contact Rita Moore at (702) 255-5404. Thank you for your generosity this holiday season!



Technology to the Rescue

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Occupancy monitors: Sometimes called “geo-fencing,” these systems use sensors that pick up a loved one’s movements. Caretakers are notified if the wearer leaves the designated area or makes out-of-the-ordinary movements that might indicate a fall.

Personal emergency response monitors (PERs): This is the modern version of the “I’ve fallen and I can’t get up” button. Individuals wear the button on a pendant or wristband, and push it when they need assistance. While many of these monitors work only in the person’s home, some include GPS tracking and can be used anywhere.

Memory aids: Many cell phone apps, along with automated pill dispensers and a variety of alarms and notification services, are designed to help people remember to take medication. Some systems will even notify caregivers whenever an action is taken or if a medication gets skipped.

Mobility trackers: These small transmitters are typically worn on the wrist or ankle to keep track of someone within a defined area.

Internet services: Social media sites like Facebook and Skype can help family members keep in touch. Care coordination sites like www.lotsahelpinghands.com help groups manage care for individuals or families.

How to Choose the Right Technology

Just because a product or service offers a lot of gee-whiz features doesn’t mean it’s the best fit for you or the person you’re caring for.

To choose the best technology, consider the individual’s day-to-day activities. Does the product meet his or her critical needs? Do some research to see if there is a simpler device that can accomplish your goals. Less complicated products often are cheaper and easier to use and maintain.

Next, turn to the experts. Ask those who provide care for your loved one for feedback. Ask physicians, elder care providers and others who deal with people with disabilities about devices they use.

Finally, find out whether you can use a device on a trial basis to see if it will work for your situation. ■

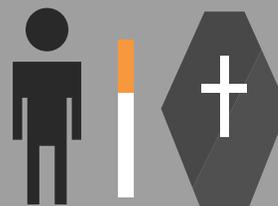
more H2U offers discounts on personal and home security systems, as well as a pill-dispensing product with monitoring. Check H2U.com for details.

5 Reasons to Quit Smoking—For Good

Cigarettes are expensive. At an average cost of \$6.36 per package of cigarettes, smoking a pack a day will set you back more than \$2,300 each year. On top of that, each pack of cigarettes smoked creates \$35 in health-related costs for smokers, according to the American Cancer Society.



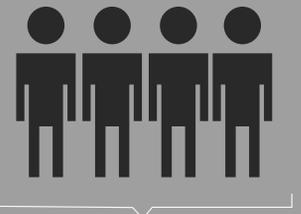
Smoking might affect employability. Some employers are saying “no thanks” to job applicants who still smoke, including the Cleveland Clinic, Alaska Airlines and Union Pacific Railroad.



Smoking is deadly.

One out of every five deaths in the United States is caused by smoking, according to the Centers for Disease Control and Prevention (CDC).

Smokers can be isolated. A growing number of office buildings, restaurants and apartment complexes are smoke-free, which leaves smokers to skulk around outside alone, trying to find a place to light up.



There’s a social stigma. Many of your friends probably don’t enjoy being around smoke. Statistics released by the CDC indicate that 4 out of 5 U.S. adults have smoke-free rules at home.



Join The Great American Smokeout Thursday, Nov. 15 Make this your quit day, or use the day to make your quit plan and talk to your doctor about the many support options available.



5 Tips for Preventing Colds and Flu

A bad cold or the flu can knock you out of commission for a week or longer. Aching, sniffing, coughing, sneezing—all of that combined with fatigue can really run you down. The easiest step you can take to prevent colds and the flu is to wash your hands often. Second, get a flu shot. If you do nothing else to keep colds and flu at bay, do these two things.

Next, add these five simple steps to your routine to help your immune system fight off germs:

1. Get more rest. People who sleep less than seven hours each night are more likely to get a cold than those who get more than eight, according to researchers from Carnegie Mellon University.



2. Drink more water.

Non-caffeinated fluids help loosen congestion and prevent dehydration. Hot herbal tea is a nice alternative to water on a cold day.

3. Add garlic. Rich in antioxidants, garlic may help ward off colds, heart disease and some cancers, report researchers at the University of Maryland.



4. Meditate. Mindfulness training can reduce respiratory infections by 40 to 50 percent, say researchers from the University of Wisconsin, Madison.



5. Take vitamin C.

This tried and true advice really works, according to the National Institutes of Health, both for preventing and relieving cold and flu symptoms. ■

Time for Assisted Living?

How to Broach the Issue with a Loved One

You've been dreading the conversation, but you can't put it off any longer—it's time to talk to your elderly parents or other loved ones about assisted living options. But how do you get the conversation started?

Do Some Prep Work

Before you dive in, research the pros and cons of various options, ranging from assisted-living facilities to continuing care retirement communities to in-home health aides. Have brochures and website addresses handy.

Be sure to loop in siblings or family members ahead of time. This will give you the opportunity to get on the same page and to work out any disagreements you may have. If the conversation reaches a hard wall, consider meeting with a third party like a social worker for more guidance.

Break the Ice

It's important to bring up the topic of assisted living before you're forced to by a medical crisis. Have the conversation when your family member is still relatively healthy so that the discussion is a dialogue rather than a mandate.

When you're ready for "the talk," try bringing up the topic indirectly. Mention someone else who recently hired in-home help, or mention an article you read about local senior center programs. Discuss your emotions. Let your loved one know that you want to make sure they stay safe and enjoy life as they age.

Express concern rather than criticism. Tell Dad you're worried he will fall when he's alone and wind up in the hospital, instead of telling him it's silly for him to be walking up and down stairs in his condition.

When the conversation gets rolling, try to cover these key issues:

- > Living situation
- > Health
- > Everyday activities
- > Finances
- > Mobility
- > Insurance

Listen, Listen, Listen

It seems simple, but it's very important to listen to your loved one. Don't make assumptions; instead, ask open-ended questions that encourage your loved ones to express their needs, worries, hopes and preferences. After all, this decision will affect your entire family's future. ■

All H2U events require registration 48-hours in advance. To register, call (702) 233-5300.

Southern Hills Calendar

H2U Contact: Jasmine Smith
(702) 880-2918

Seminars are held in Southern Hills Hospital's Education Room on the first floor across from the cafeteria.

2014 Medicare Choices

Wednesday, Nov. 13
10 - 11 a.m.

The Medicare Open Enrollment period runs Oct. 15 to Dec. 7. Join us for an informative session by a Medicare S.H.I.P. (State Health Insurance Assistance Program) volunteer as they help you navigate through the Medicare process and educate on the various Medicare options available. This free event is open to the public.

AARP Driver Safety Class

Thursday, Nov. 14
9 a.m. - 1 p.m.

\$12 for AARP members and \$14 for non-members

Check payments only accepted at the door; payable to AARP. Attend this class and receive a discount on your automobile insurance.

Lunch & Learn: Diabetes Safety with ADT

Wednesday, Nov. 20
11:30 a.m. - 1 p.m.

Join Tess Lacroix and Jennifer Jackson from ADT for an educational discussion on diabetes safety. Learn how to stay safe at home, keeping insulin and supplies cool, exercise safety and more. Don't miss out on a chance to win a \$25 Wal-Mart gift card. Lunch will be provided by ADT. This free event is open to the public.



Sunrise Calendar

H2U Contact: Tracy Netherton
(702) 735-5510

H2U Member Meal Coupons are available in the H2U office at 3131 La Canada Street, Suite 107, or at the Guest Services Desk located in the Sunrise Main Lobby.

Office Closed: Nov. 1, 8, 15, 22, 28, 29
Limited office hours on Thursdays.
Please call ahead: (702) 735-5510.

AARP Driver Safety Class

Wednesday Nov. 13
Noon - 4 p.m.

\$12 for AARP members and \$14 for non-members. Attend this class and receive a discount on your automobile insurance.

Tai Chi Class

Thursday Nov. 7, 14, 21
11 a.m. - Noon

Breast Center Multipurpose Room

Tai chi instructor Terry Tichota has been practicing and teaching tai chi since 1995. Terry specializes in working with seniors

and is very in-tune with the needs and requirements to get the most benefit from tai chi. There is a \$5 fee to attend this class.

Diabetes Education "Overview and Medication" Class

Friday, Nov. 1
2 - 4 p.m.

3121 S. Maryland Pkwy., Suite 600

This class provides an introduction to the diabetes disease process and the actions and effects of medications on the diabetic patient. This class is for adults only; you are welcome to bring a guest.

Diabetes Education "Nutrition" Class

Wednesday, Nov. 13
2 - 4 p.m.

3121 S. Maryland Pkwy., Suite 600

This class will provide an introduction to the dietary needs of the diabetic patient and the benefits of diet and exercise. This class is for adults only. You are welcome to bring a guest.

Healthy Living Up 2 Me

Tuesday, Nov. 5, 12, 19, 26 and Dec. 3, 10
12:30 - 3 p.m.

If you or a loved one is living with a chronic condition including diabetes, arthritis, anxiety, COPD, heart disease, sleep disorders or high blood pressure, please attend this Stanford University Chronic Disease Self-Management Program. The program is a six-week program that teaches applications how to set personal goals and develop the skills needed to overcome the barriers to achieve them, along with improving communication skills, relaxation techniques, community resources, practical exercises and ways to optimize your patient/doctor relationship. This event is brought to you by Nevada Senior Services, Inc. Learn valuable skills to help you manage your wellness.

One-on-One Medicare Counseling

Wednesday Nov. 20

10 a.m. - Noon

Join a Medicare S.H.I.P. volunteer as they help you navigate through the Medicare process one on one. By appointment only, every 20 minutes.

MountainView Calendar

H2U Contact: Rita Moore

(702) 255-5404

Office Closed: Monday, Nov. 11 and

Monday, Nov. 25 - Friday, Nov. 29.

No classes on the dates we are closed.

Mitch's Tai Chi/Ki Gong Class

Mondays

9 - 10 a.m.

\$5 per class

Blood Pressure

Tuesdays

10 - 11 a.m.

Mitch's Meditation Class

Wednesdays

9 - 10 a.m.

\$5 per class

Yoga with Christian

Thursdays

9 - 10 a.m.

\$5 per class

Bunco

Monday, Nov. 4

1:30 - 3 p.m.

New Exercise Class: MS In-Balance Exercise Class

Thursdays

10:30 - 11:30 a.m.

Free for individuals with Multiple Sclerosis

Fee of \$5 for others

Instructor: Doris Poders, CFT, AMP, EMP

Lunch and Learn: How to Keep your Loved One at Home

Tuesday, Nov. 5

11:30 a.m. - 1 p.m.

Guest Speaker: Karen Busch of

Homewatch CareGivers

MountainView Stroke Support Group

Tuesday, Nov. 5

2 - 3 p.m.

Free Medicare Counseling

Wednesday, Nov. 6, 13 & 20

9:15 a.m. - 3:15 p.m.

By appointment only.

Movie Matinee

Thursday, Nov. 7

1:30 - 3:10 p.m.

"The Big Wedding"

Lunch and Learn: Hospice Care and YOU

Wednesday, Nov. 13

11:30 a.m. - 1 p.m.

Guest Speaker: Cassandra Cotton

of Nathan Adelson Hospice

2014 Medicare Choices and YOU

Wednesday, Nov. 13

1:30 - 3 p.m.



Lunch and Learn: Diabetes Health and YOU

Thursday, Nov. 14

Noon - 1:30 p.m.

Guest Physician Speaker:

Dr. Avi Ostrowsky

O2 on the Go Support Group

Friday, Nov. 15

10 a.m. - noon

Card and Game

Monday, Nov. 18

Noon - 3 p.m.

Alzheimer's Caregivers Support Group

Tuesday, Nov. 19

10 - 11 a.m.

AARP Driver Safety Class

Tuesday, Nov. 19

11:45 a.m. - 4 p.m.

Fee: Check made out to AARP \$12 for AARP

members and \$14 for non-AARP members

Checks only

Wii™ Games

Wednesday, Nov. 20

1:30 to 3 p.m.

Lunch and Learn: Diabetes Safety and YOU

Thursday, Nov. 21

Noon - 1:30 p.m.

Guest Speaker: Jennifer Jackson of ADT

Birthday Party

Wednesday, Dec. 4

1:30 - 3 p.m.

If you were born in November or

December, you and a guest are invited for

cake, ice cream and coffee.



Don't Forget Your Sunscreen The calendar may say "November," but harmful rays of the sun don't hibernate during the winter. Be sure to apply a broad-spectrum sunscreen to exposed skin every day. Look for an SPF of at least 30 and the words "broad-spectrum" on the label to be sure it's blocking both UVA and UVB rays.

Roasted Cajun Sweet Potatoes



Skip the marshmallow-topped sweet potato casserole at this year's



Thanksgiving feast. Instead, make over this traditional holiday veggie by adding a kick of spice. You'll stop pining for your grandmother's sweet potatoes as soon as these hit your taste buds.

Ingredients

- 5 large sweet potatoes, cut in 2-inch chunks
- ½ cup olive oil (or enough to lightly coat all potatoes)
- 1 Tbsp. or more Cajun seasoning (See recipe below.)

Directions: Preheat oven to 400 degrees. Toss the sweet potatoes with olive oil. Add seasoning and mix until well coated. Pour into an ungreased baking sheet, in a single layer. Roast 40 to 50 minutes, until potatoes can be easily pierced with a fork. Makes 8 servings.

Cajun Seasoning

- (Mix and store in an airtight container)
- 3 Tbsps. paprika
 - ½ tsp. cayenne pepper
 - 2 tsps. dried thyme
 - 2 tsps. dried oregano
 - 2 tsps. salt
 - ½ tsp. black or white pepper
 - 1 tsp. cumin
 - 2 tsps. garlic powder

Nutrition Information (per serving):
Calories 196, Total fat 14 g, Carbs 17 g, Sodium 128 mg, Sugars 3 g. ■

Maximize Your Indoor Workout

When cool weather runs your workouts indoors, try some new activities to shake up your routine, stave off boredom and save body parts from overuse. New workouts also give your muscles and brain a change of pace, which makes them work harder.

These techniques will help you avoid the winter workout blues.

Branch Out

Try a new piece of exercise equipment. If you normally hit the treadmill, give the elliptical or stair machine a try. If you typically use free weights, try adding an exercise ball to engage muscles differently and work on your balance. For core workouts, try using a medicine ball.

Log Some Intervals

Alternating between a faster and slower pace while exercising can help you burn more calories and improve

your cardiovascular fitness. Use the interval feature on the elliptical, stationary bike or treadmill. **Bonus:** Interval training can be just as effective as long-duration workouts, according to research in *The Journal of Physiology*.

Take a Fitness Class

Yoga, dance classes, kickboxing, tai chi ... there are so many fitness classes available these days that it won't be hard to find something new. Plus, classes give you the benefit of an experienced instructor and can inspire a little competition with classmates. Some local H2U programs offer classes, so be sure to check.

Turn on the Tube—But Stay off the Couch

If you prefer home workouts, buy a DVD or tune in to a cable TV class. Many of these don't require special equipment and can be done right at home. ■



Monthly Challenge

Goodness, Gracious: Keep a Gratitude Journal

November is a time for enjoying family, eating comfort food and, of course, being thankful. This month's challenge is to start a gratitude journal to extend that thankfulness throughout the month.

Keeping a gratitude journal can improve sleep, reduce anxiety and depression, and even help fight off viral infections.

In one study, researchers from the University of California, Davis, asked participants to write down a few sentences each week. Those who focused on things they were grateful for, as opposed to life's hassles or neutral events,

reported fewer illnesses, exercised more and felt more optimistic about their lives.

Developing an Attitude of Gratitude

To begin, get a blank journal to write in. Then keep a mental tally of things you're grateful for throughout the day. Before you hit the hay for the night, jot down something you're grateful for, large

or small. The practice doesn't have to take much time—just one sentence will do.

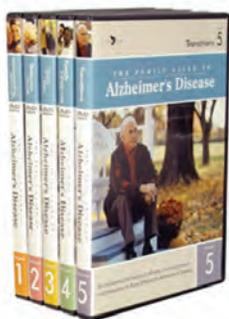
To take the journal a step further, consider including a photo, clipping, quote or verse with your note for the day. ■



Help for Caregivers

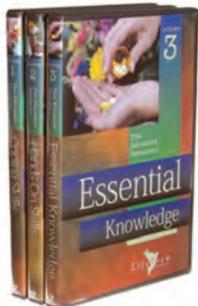
Caring for an individual with Alzheimer's disease is a difficult task. As a loved one's disease develops, families and caregivers can be overwhelmed by the challenges caused by changing levels of ability and new patterns of behavior.

H2U's partner, Lifeview Resources Inc., can help with its award-winning informational videos or DVDs for caregivers and those coping with long-term care or Alzheimer's disease. As a member, you can save 20 percent on these multi-volume series:



► **The Family Guide to Alzheimer's Disease** helps families understand what to expect and how to help their loved ones meet each day more successfully, which can enhance the quality of life for all involved.

► **The Educated Caregiver** introduces you to other families who know what you're going through and can share their experiences, insights and advice. From them and from healthcare professionals, you'll learn both caregiving skills and self-care strategies.



► **The Family Guide to Long-term Care** provides answers to common questions about long-term care and indispensable tips about how to find and evaluate long-term care facilities and services.

When a loved one is sick, it is important for caregivers and families to have resources and support. Visit H2U.com's Health and Wellness Discount page to find the Lifeview Resources website and your discount code. ■

All About Health ... All About You



Join H2U today, and we'll help you reach your health goals—and live life to the fullest! With H2U membership, you receive valuable resources you can use at home, at work or on the go, including these:



- * H2U magazines and newsletters
- * Online library, health tools and other resources at H2U.com
- * National savings on travel, health services, gifts and more
- * Benefits at local affiliated hospitals
- * 10% off at ShopH2U.com, plus double H2U Reward Points

JOIN TODAY!

Learn more at www.h2u.com.

MEMBER APPLICATION

New Member Renewing Member Date _____

Membership Term (check one) 1 year for \$20 2 years for \$35 (Best Value!)

First Name _____ MI _____ Last Name _____

Address _____

City/State _____ Zip Code _____

Home Phone (____) _____ Cell Phone (____) _____

Email Address _____

Gender Male Female Date of Birth _____

If you'd like to join the H2U program at a local, H2U-affiliated hospital, please enter the hospital's name here. _____

(Members who do not belong to a local program still receive all the national H2U benefits.)

Payment Type (Check one)

Check or money order payable to H2U enclosed

Visa/MasterCard/AmEx/Discover (#) _____

Credit Card Expiration Date Month _____ Year _____

Signature _____ Date _____

Print Name (as it appears on credit card) _____

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With the submission of my membership application, I understand that \$6 of my annual membership fee contributes to the H2U Magazine subscription. Memberships are non-refundable and non-transferable, and privileges are subject to change without notice. Special rates for two-person households are available. Contact H2U at (800) 771-0428 for more information. For additional new member applications, please photocopy this form or download forms at H2U.com.

Turkey Day Food Safety: *Beware of Listeria*

A beautifully golden-brown turkey takes center stage on most Thanksgiving tables, but if not prepared properly, that bird could lead to a serious illness caused by bacteria called listeria.

What happens when you're infected with listeria?

Listeria causes food poisoning. Those infected can experience fever, muscle aches, diarrhea, headache, neck stiffness, confusion, and even balance problems and convulsions. Anyone can be infected with listeria, but pregnant women, people with weakened immune systems and the elderly are at elevated risk of developing severe complications or listeriosis. In fact, adults over 65 are four times more likely to get a listeria infection than the general U.S. population.

How can I avoid listeria?

Listeria often is found in unpasteurized milk and soft cheese made from unpasteurized milk, so it's best to avoid those products. In addition, listeria may be found in raw meat, poultry, hot dogs and deli meat. Cooking foods thoroughly eliminates risk, though many obstetricians advise pregnant women to avoid eating processed meats altogether. When cooking your Thanksgiving meal, take these precautions to prevent listeria or other food-borne bacteria from ruining your holiday.

- ▶ Begin thawing the turkey in the fridge 1–2 days before cooking it. Place



it on a tray to contain any leaks that could contaminate other foods or surfaces in the refrigerator.

- ▶ Skip washing the turkey. Washing it can spread bacteria all over the sink and onto the surrounding areas of your kitchen.
- ▶ Be sure that when cooked, the turkey's internal temperature reaches 165 degrees.
- ▶ Don't stuff the turkey too early. Instead, stuff it immediately before putting the turkey in the oven or bake dressing separately in a casserole dish.
- ▶ Wash all raw foods thoroughly. Raw vegetables can be contaminated by bacteria in the soil, so be sure to wash them well.
- ▶ Put leftovers in the refrigerator promptly. ■

Transportation for Non-Driving Seniors

Most seniors are very reluctant to give up driving, even when they know it's time. They fear becoming isolated and dependent on others, especially when transportation isn't always readily available. Fortunately, many seniors can find reliable transportation by tapping family members, religious organizations and other public services.

Need a ride? Try these options:

- ▶ Some senior centers transport groups of seniors to entertainment venues, stores and other locations. Check with your local H2U program for these services.
- ▶ Churches and religious organizations often have volunteers who can provide rides to individuals.



- ▶ Taxis and car services provide pay-as-you-go rides. Just be sure to inquire about the cost first, as these can be pricey.
- ▶ Caregivers or paid aides associated with eldercare organizations may be available to provide transportation to certain appointments.
- ▶ Private individuals or even neighbors can be hired to drive on a regular basis.

When making a decision about which transportation option works best, consider availability, cost and how frequently the service will be needed.

If hiring someone you don't know, create a short application and ask drivers to fill it out. Include full name and street address, driver's license number and insurance information, and an emergency contact. Request at least three references and call them. It's also a good idea to run a background check, which can be done through an agency or eldercare service, though you may need the driver's Social Security number.

Most important, be sure that both you and your loved ones are comfortable with chosen modes of transportation and drivers. ■