
◆ Home Care Network News ◆

Volume 8 Issue 2

408-254-4650

Summer 2011

Another summer. Where has the time gone?? I have noticed I was spending too much time working so I have decided to make time every day to work on my hobbies. I like to quilt and research my family genealogy. I don't have too many skeletons in my closet but I have found that my family is part of the family that established Van Nuys, CA. That was a nice surprise. I find research an adventure because I never know where it will take me next. I am also 50% Czechoslovakian. I have red hair to prove it and my dad speaks Czech. He did not learn English until he was 8 years old. A story for another time. Have a great summer. *Sally*

106-year-old: Creighton University, Omaha, Nebraska, Gave Me the Life I Could Never Have Had

Imagine being married to your spouse for almost 77 years and celebrating both of your 100th birthdays — and then some.

Imagine learning to play golf at 52, shooting your age at 75 and enjoying the sport for more than 45 years.

How about deciding to learn to use a computer at 105? Or passing your driver's license test — without glasses — and being approved to drive for five more years, when you will turn 111?

If you think these feats sound implausible, then you haven't met Creighton alumnus Will Miles Clark, DDS'29, who is 106 and has accomplished all of the above. He lives in a retirement community outside of Tucson, Arizona.

Clark retired from dentistry 46 years ago. He initially was in private practice and then used his skills in the Army, retiring as a colonel. He served as a combat medic in World War II and was awarded the Legion of Merit decoration and a commendation on Iwo Jima.



His wife, Lois, was a dental hygienist when they met. Together they navigated more than seven decades, living in numerous cities in the U.S. as well as in Germany and Korea, and enjoying three children, seven grandchildren and 14 great-grandchildren. Lois died last year at the age of 103.

“Creighton gave me the life I could never have had,” Clark said of his Creighton dental training. “I am forever grateful.” Clark said he held various jobs all through his years at Creighton, often working late into the night. “I remember being called into the dean's office once for falling asleep in class. I'm so thankful he didn't kick me out of school.”

Clark began his dental practice in Des Moines, Iowa, in 1929, just three months before the Great Depression brought the country to its knees. “In the Depression years, everyone was poor, but those were some of the best days of our lives. I didn't make any real money, but at least I could eat.”

He said he paid off his educational debt in 10 years.

Clark's parents were among the first families to settle Winterset, Iowa, in 1846. The city park features Clark Tower, a castle-like limestone tower named in honor of his great-grandparents.

The area is home to the famed bridges of Madison County and is also the birthplace of John Wayne.

The family later migrated to South Dakota, where Clark was born in 1904.

His father died in his 30s of pneumonia when Clark was only 3, and he still recalls the funeral. His mother went on to live to nearly 98.

Clark has to endure the frequent curiosity of those who ask his secret to such a long, healthy life. He calls himself a fun-loving person, adding, "My wife and I never dieted. We just ate a good ol' Midwestern diet. I never smoked cigarettes, but I had a cigar or chewing tobacco now and then. And I still will occasionally have a drink."

The spry centenarian says he hung up his golf clubs at 99, but he sometimes rides along in the cart. A "bad hip" caused him to curtail the sport and he now uses a walker. But the hip doesn't affect his driving.

"Some people say I have no business driving, but I don't go along with that, as long as I'm a good driver. There are plenty of people who want to drive with me

Let's Stay in the Midwest

The Rules of Rural Nebraska

1. Pull up your droopy pants. You look like an idiot.
2. Turn your cap right, your head is not crooked.
3. Let's get this straight; it's called a "dirt road". I drive a pick-up truck because I want to. No matter how slow you drive, you're going to get dust on your Lexus. Drive it or get out of the way.
4. They are cattle. They are live steaks. That's why they smell funny to you. But they smell like money to us. Get over it. Don't like it? Rt.80 goes east and west, I-65 goes north and south. Pick one.
5. So you have a \$60,000 car. We're impressed. We have \$150,000 corn pickers and hay balers that are only driven 3 weeks a year.
6. So every person in Eastern Nebraska waves. It's called being friendly. Try to understand the concept.
7. If that cell phone rings while an 8-point buck and 3 does are coming in, we WILL shoot it out of your hand. You better hope you don't have it up to your ear at the time.
8. Yeah, we eat potatoes and gravy, beans and cornbread. You really want Sushi and Caviar? It's available at the corner bait shop.
9. The "Opener" refers to the first day of deer season. It's a religious holiday held the closest Saturday to the first of November.
10. We open doors for women. That is applied to **ALL WOMEN**, regardless of age.
11. No, there is no "vegetarian special" on the menu. Order steak, or you can order the Chef's salad and pick off the 2 pounds of ham and turkey.
12. When we fill out a table, there are three main dishes: meats, vegetables, and breads. We use three spices: salt, pepper, and ketchup.
13. You bring "coke" into my house, it better be brown, wet, and served over ice.
14. You bring "Mary Jane" into my house, she better be cute, know how to shoot, drive a truck, and have long hair.
15. College and High School Football is as important here as the Lakers and Knicks, and a dang more fun to watch.
16. Yeah, we have golf courses. But don't hit the water hazards -- it spooks the fish.
17. Colleges? We have them all over. We have State Universities, Community Colleges, and Vo-techs. They come outta there with an education plus a love for God and country, and they still wave at everybody when they come for the holidays.
18. 4 inches isn't a blizzard - it's a flurry. Drive like you got some sense in it and DON'T take all our bread and milk and bleach from the grocery stores. This ain't Alaska, worst case you may have to live a whole day without croissants. The pickups with snow blades will have you out the next day.

GO HUSKERS!!!



Some Funnies for You

- A very elderly gentleman, (mid nineties) very well dressed, hair well groomed, great looking suit, flower in his lapel smelling slightly of a good after shave, presenting a well looked-after image, walks into an upscale cocktail lounge. Seated at the bar is an elderly looking lady, (mid eighties). The gentleman walks over, sits alongside of her, orders a drink, takes a sip, turns to her and says, "So tell me, do I come here often?"

- Two little old ladies were sitting on a park bench outside the local town hall where a Flower Show was in progress.

One leaned over and said to the other, "Life is so darned boring; we never have any fun anymore. For \$5.00 I'd take my clothes off and streak through that stupid Flower Show!"

"You're on!" said the other old lady holding up a \$5.00 bill.

The first little old lady slowly fumbled her way out of her clothes and, completely nude, streaked (as fast as an old lady can) through the front door of the Flower Show.

Waiting outside, her friend soon heard a huge commotion inside the hall followed by loud applause and shrill whistling.

The naked and smiling old lady came through the exit door surrounded by a cheering crowd.

"What happened?" asked her waiting friend.

"I won 1st Prize as Best Dried Arrangement"

- Three elderly gentlemen were talking about what their grandchildren would be saying about them fifty years from now. "I would like my grandchildren to say, 'He was successful in business'," declared the first man.
"Fifty years from now," said the second, "I want them to say, 'He was a loyal family man'."
Turning to the third gent, the first gent asked, "So what do you want them to say about you in fifty years?"
"Me?" the third man replied. "I want them all to say, 'He certainly looks good for his age!'"

- A senior citizen said to his eighty-year old buddy:

"So I hear you're getting married?"

"Yep!"

"Do I know her?"

"Nope!"

"This woman, is she good looking?"

"Not really."

"Is she a good cook?"

"Naw, she can't cook too well."

"Does she have lots of money?"

"Nope! Poor as a church mouse."

"Well, then!, is she good in bed?"

"I don' t know."

"Why in the world do you want to marry her then?"

"Because she can still drive!"

- An elderly man goes to the doctor and tells him that he hasn't been feeling well. The doctor examines him, leaves the room, and comes back with three different bottles of pills.
The doctor says, "Take the green pill with a big glass of water when you get up. Take the blue pill with a big glass of water after lunch. Then just before going to bed, take the red pill with another big glass of water." Startled to be put on so much medicine, the elderly man stammers, "My goodness, Doc. Exactly what's my problem?"
The doctor says, "You're not drinking enough water."
- Funny, I don't remember being absent minded.
- A man has reached middle age when he is cautioned to slow down by his doctor instead of by the police.
- I drive way too fast to worry about cholesterol.



Seniors and Scams

Seniors are often prime targets for scam artists because sometimes older adults might not realize they have been scammed, or they don't speak up because they are ashamed or worried that it might be a sign of mental incompetence.

To help protect yourself and your loved one, get familiar with these typical scams:

1. Health Insurance and Prescription Drug Scams

Beware of bogus tests offered at shopping centers or health clubs that will then be billed to your insurance. Also, prescription drugs ordered over the internet might not be medication at all.

2. Funeral and Cemetery Fraud

A casket or embalming are not requirements for direct cremation, but some funeral homes may try to convince you that they are. Disreputable cemeteries may try to sell plots that are already taken.

3. Telemarketing Scams

Phone calls that promise vacations, deep discounts on medical supplies, or large prizes are often used by cons who want credit card numbers or bank account numbers. Once they have them, they can steal large amounts of money and claim it was legitimate.

4. Empty Promises of Cures

Products that promise cures for serious medical problems prey on vulnerability and hope, ensuring something that is simply too good to be true. If a "secret formula" seems too good to be true, it probably is.

5. Investment Scams

If high returns are "guaranteed" or you have to pay a fee up-front to obtain information, beware! Investment schemes always show "proof" of individuals who have earned great dividends, but as the scheme plays out, those who are snared later wind up losing money.

How to Avoid Scams

- Invest your money only with reputable firms and deal with them in person.
- Never accept "free" medical equipment from anyone other than your physician.
- Always purchase drugs from a reputable pharmacy, and inspect the labeling every time.

- When making advance funeral arrangements, shop around for the best deal.
- If it sounds too good to be true, don't purchase it!
- Don't be pressured into signing anything.
- Don't listen to threats from telemarketers. If they are too aggressive or even too friendly, say goodbye and hang up the phone.
- Never give personal or banking information over the phone.

Are You Sun Safe???

Your body normally cools itself by perspiring. During the hot weather, especially with humidity, perspiration just isn't enough sometimes. The body temperature can rise to dangerous levels and you could develop a heat illness, according to the US Centers for Disease Control (CDC).

Most heat illness occur from staying out in the heat too long. Exercising too much for our age and physical condition are also factors.

Older adults, young children, and those who are ill or overweight are most at risk, says the CDC

Drinking fluids, replenishing salt and minerals in the heat can help.

☞ **Heatstroke.** A life threatening illness in which body temperature may rise above 106 F in minutes. Symptoms include dry skin, rapid pulse, and dizziness. [GET MEDICAL ATTENTION.](#)

☞ **Heat Exhaustion.** An illness that can precede heatstroke, Signs include heavy sweating, rapid breathing and a fast weak pulse.

☞ **Heat Cramps.** Muscle pains or spasms that happen during heavy exercise.

☞ **Heat Rash.** Skin irritation from excessive sweating.

Don't Forget The Sunscreen!!!



CAREGIVERS PAGE AND INFORMATION

Mileage Rate 2011

Mileage for doing errands or other activities using your own care is now \$0.51 per mile effective January 1. An example on how to calculate it is:

20 miles X \$0.51 = \$10.20.

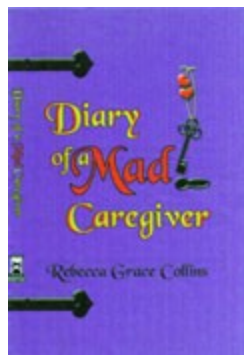
Holidays 2011-12

With the following holidays, you are to receive time and one-half for working that day. Please remind the client in advance of the holiday because a family member may not need you on the holiday.

4th of July	July 4
Labor Day	September 5
Veterans Day	November 11
Thanksgiving	November 24
Christmas	December 25
2012 New Year's Day	January 1
MLK	January 16

Diary of a Mad Caregiver by Rebecca Grace Collins

Diary of a Mad Caregiver articulates what many caregivers think, but are afraid to express. Gain a new perspective on the "madness" of caregiving. Turn your stressed emotions into joy and worship. Make this book your own personal diary where space is provided for your thoughts.



Price: \$14.95. Can be ordered from Amazon.com

CPR & First Aid

Nurses Workshop

408-269-3715
1777 Hamilton Ave. # 207
San Jose, CA 95125

American Red Cross

408-577-1000

TB and Chest X-Ray Testing

US Health Works

408-288-3800
Monday, Tuesday, Wednesday and Friday
7AM-7PM
\$36.00

Santa Clara County

Park Alameda
976 Lenzen Ave San Jose 95126
Monday, Tuesday, Wednesday and Friday
8AM-11:30AM and 1-4PM
Approx. \$20.00 Check or cash

Summer Wear and Care

We are fast approaching the warm weather of summer. Please look in the mirror at what you are wearing to work before leaving. You are professionals, so look professional in your dress. Tank tops, shorts, and sandals are all unacceptable. Bending over a bed to care for someone? What would they see?? You are a well-respected caregiver, so be aware of what body parts can be seen while providing care.

Also, keep well hydrated, and also your clients hydrated. Sodas have very little in them to prevent dehydration. Try cold water with lemon, or a slice of fresh cucumber. How about a frozen lemon and strawberry slush from McDonalds.

Remember, if you are thirsty, so is your client.

Bay Area House Call Physicians

A group of Doctors called the “Bay Area House Call Physicians” is making house calls. According to their website: “ We started a new model of practice to bring back an old style of practicing medicine: “We make House Calls.” Bay Area House Call Physicians started in February 2006 to improve access to medical care for elderly and disabled patients in the Bay Area.

You can find out more about the company and their Doctors using the contact information below.
Website: <http://www.bahcp.com/index.php>
Phone: 650-384-0986.

Free House Cleaning for Cancer Patients

A non-profit organization that offers free professional cleaning and maid services.

Website: <http://cleaningforareason.org/>
Phone: 877- 337-3348

Thrive Senior Living Options

When loved ones are no longer able to thrive in their home, we can assist. Our services are provided at no cost to the family. We want your loved ones to be able to preserve their dignity and quality of life. Finding the right Assisted Living Community, Memory Care Community, or Board and Care Home will help those in need remain as independent as possible, while providing the assistance they need.

The Elder Care Advisors provide personalized attention to your needs. They do much more than other placement services.

The Advisors will:

- * **Make a home visit and assessment**
- * **Locate the perfect living situation for your family member**
- * **Accompany you on a visit to the home or facility**
- * **Provide appropriate resources and ongoing support.**

These Advisors are great. They want to find the best for your family member. I am greatly impressed with them and refer them frequently to clients who no longer can be at home.

Website: www.thriveseniorlivingoptions.com
Phone: 888-414-5569 Available 7 days a week.

Home Care Network News

PO Box 96
Blair, NE 68008-0096



www.homecarenetwork.us

408-254-4650