

---

---

# ❖ Home Care Network News ❖

---

Volume 5 Issue 3

408-254-4650

Summer 2008

---

Another summer, another newsletter. I enjoy putting together this little publication. I try to find information that is meaningful, interesting, and also amusing. I hope you enjoy reading them as much as I like doing the newsletter. Have a great summer.

Sally Ryan

---

## 10 Million US Baby Boomers will Develop Alzheimer's Disease

The Alzheimer's Association estimates that 10 million baby boomers will develop Alzheimer's disease in the United States, according to their new report released, the *2008 Alzheimer's Disease Facts and Figures*.

The new report says the disease is poised to strike one out of eight baby boomers. According to the Alzheimer's Association, now is the time to address this looming epidemic that currently has no effective disease-modifying treatments that halt or delay the progression of the disease.

Today, as many as 5.2 million Americans are living with Alzheimer's disease, which includes between 200,000-500,000 people under age 65 with young-onset Alzheimer's disease or other dementias. Experts predict by 2010, there will be almost a half million new cases of Alzheimer's disease each year; and by 2050, there will be almost a million new cases each year.

The Association's report details the escalation of Alzheimer's disease, which now is the seventh-leading cause of death in the country and the fifth-leading cause of death for those over age 65. It also offers numerous statistics that convey the burden Alzheimer's imposes on individuals, families, government, business, and the nation's health and long-term care systems. For example:

- Every 71 seconds, someone in America develops Alzheimer's disease; by mid-century someone will develop Alzheimer's every 33 seconds.

- Women are nearly twice as likely as men to develop Alzheimer's disease (17 percent vs. 9 percent). One in six women and one in ten men age 55 and older can expect to develop Alzheimer's disease in their remaining lifetime. Although it may appear that being female is a risk factor, more women will develop Alzheimer's because on average, women live longer than men, thereby having more time to develop the disease.
- In 2007, there were nearly 10 million Americans age 18 and over providing 8.4 billion hours of unpaid care to people with Alzheimer's disease valued at \$89 billion, four times more than what Medicaid pays for nursing home care for people with Alzheimer's disease and other dementias.
- In addition, a quarter million American children age 8 to 18 years old are providing care to loved ones with Alzheimer's.
- There are 1 to 1.4 million "long-distance caregivers" in the United States. About 1 million live more than two hours or more away and another 400,000 live at least an hour away from their loved ones. Many of these long-distance caregivers also incur higher caregiving-related expenses compared to other caregivers.

With seventy percent of people with Alzheimer's and other dementias living at home where friends and family care of them, the disease not only touches the individual but entire families.

---

“The information in the *2008 Alzheimer’s Disease Facts and Figures* makes it clear the Alzheimer crisis cannot be ignored – not when 10 million baby boomers are at risk for developing this fatal disease. Unchecked, this disease will impose staggering consequences on families, the economy and the nation’s health and long-term care infrastructure,” says Harry Johns, President.

“We have the opportunity to change the trajectory of this disease now. Today’s scientific landscape is rich with possible disease-modifying treatments – but the shrinking investment in Alzheimer research threatens these breakthroughs,” Johns said. “There is real hope for a better future where Alzheimer’s Disease is no longer a death sentence but how fast we get there depends on how much we are willing to invest today,” added Johns.

Medicare currently spends more than three times as much for people with Alzheimer’s and other dementias than for the average Medicare beneficiary. In 2005, Medicare spent \$91 billion on beneficiaries with Alzheimer’s disease and other dementias and is projected to spend \$160 billion by 2010 and \$189 billion by 2015. In 2005, state and federal Medicaid spending for nursing home and home care for people with Alzheimer’s and other dementias was estimated at \$21 billion and is projected to increase to \$24 billion in 2010 and \$27 billion in 2015.



The new report also highlights the impact that Alzheimer’s has on states with more than 6 in 10 (62%) having double digit growth in prevalence of Alzheimer’s disease by the end of the decade. In addition, unpaid caregivers of people with Alzheimer’s and other dementias provided care valued at more than \$1 billion in each of 31 states, while unpaid caregivers in California, Florida, New York and Texas provided care valued at more than \$4 billion per state.

It is more important than ever that research funding be increased to find effective treatments that delay the progression of the disease. The Alzheimer’s Association continues to be vigilant in offering support to individuals living with the disease.

## The New, New Alphabet

**A** is for apple, and **B** is for boat,  
That used to be right, but now it won't float!

Age before beauty is what we once said,  
But let's be a bit more realistic

### Now...The Alphabet

**A** is for arthritis;  
**B** is for the bad back,  
**C** is for the chest pains, perhaps car-d-iac?  
**D** is for dental decay and decline,  
**E** is for eyesight, can't read that top line!  
**F** is for fissures and fluid retention,  
**G** is for gas which I'd rather not mention.

**H** is high blood pressure-I'd rather it low;  
**I** is for incisions with scars you can show.  
**J** is for joints, out of socket, won't mend,  
**K** is for knees that crack when they bend.  
**L** is for libido, what happened to sex?  
**M** is for memory, I forget what comes next.  
**N** is neuralgia nerves way down low;  
**O** is for osteo, the bones that don't grow!

**P** is for prescriptions, I have quite a few,  
Just give me a pill and I'll be good as new!  
**Q** is for queasy, is it fatal or flu?  
**R** is for reflux, one meal turns to two.

**S** is for sleepless nights, counting my fears,  
**T** is for Tinnitus; there's bells in my ears!  
**U** is for urinary; big troubles with flow;  
**V** is for vertigo, that's 'dizzy,' you know.

**W** is for worry, NOW what's going 'round?  
**X** is for X ray, and what might be found.  
**Y** is another year I'm left here behind,  
**Z** is for zest that I still have--in my mind.

I've survived all the symptoms, my body's  
deployed,  
And I am keeping twenty-six doctors fully em-  
ployed!!!

**Britain's Princess Eugenie was found naked on the grounds of her school during a drunken night with pals.**

The Duke and Duchess of York's younger daughter and classmates "frolicked like nymphs" on the lawns.

Eugenie, 18, was given a severe scolding and told not to stay at school on weekends. She has been a \$44,700-a-year boarder at Marlborough College, Wilts, for five years.

A senior staff member was woken by playful shrieks and discovered about a dozen pupils dancing around in their birthday suits under the midnight moonlight.

"It's the talk of the college," one pupil said. "The girls had been drinking, possibly in a local pub, and decided to let their hair down."

"It was a couple of weeks ago just before people started taking their A-levels and some find exams all a bit stressful. For some reason they stripped off and started prancing about."

There is no suggestion any boys were present or that drugs were involved.

Eugenie, who is sixth in line to the throne, is expected to appear at Royal Ascot for the first time next week with sister Beatrice, 19.

A spokeswoman for the Duchess of York declined to comment.

---

**ANDOVER, Mass. — C. Yardley Chittick sneaked off school grounds with Humphrey Bogart and other schoolmates, but Phillips Academy on Saturday let its oldest living graduate off the hook.**

Attending his 90th high school reunion, the 107-year-old grinned from his golf cart at the head of the Andover school's alumni parade.

A 1918 graduate, Chittick, of Concord, N.H., also received a pardon from the school for some long-ago schoolboy mischief.

At a ceremony in the school chapel, Barbara Chase, the school's head, read a resolution from Phillips Academy's trustees that paid tribute to Chittick's life and service to the school.

It also noted that Chittick wrote in a 1918 diary entry that he'd sneaked off campus during a spring night with friends, including Bogart, to watch a fire in North Wilmington. The group didn't return until 3 a.m.

"Now therefore, be it resolved that the trustees of Phillips Academy do hereby cancel all punishments long overdue for that escapade," the resolution read. Chittick received a standing ovation from the chapel crowd, and called the attention "a special honor" from "a special place."

"I didn't plan this at all," he said. "I feel lucky and I feel fortunate."

Family members say Chittick still makes his own breakfast and lunch and attends daily tea at 2:30 p.m. with a suit on.

Chittick attributes his longevity to "just some ordinary living. I never used alcohol or anything in excess. I like the ladies."

His uncle, a graduate of the Andover class of 1886, sent him to Andover a year after he flunked French at his Newark, N.J., high school. Chittick went on to graduate from the [Massachusetts](#) Institute of Technology and make a career in patent law. At one point, he refused a job offer from Thomas Edison, taking a job in the golf club industry instead because it sounded more fun.

Chittick has taken part in alumni exercises at Andover for several years, said Michael Ebner, the school's director of alumni relations.

His longevity is "mind-blowing," not just to current students, but to alumni who've left school four and five decades ago, Ebner said. He said that Chittick's stories of student life, rushing to class, and playing sports remind people many things at Andover haven't changed.

"(His visit) is a living is embodiment of the history of the school," Ebner said. "It makes everyone see things change, and see they remain the same."

**Did you compare the two stories? Two high school kids, generations apart, still have the same ideas of fun.**

### Caregivers Holiday

*With the following holidays, Caregivers are to receive time and one-half for working that day. If you choose not to have the Caregiver that day, please tell them in advance.*

2008

<b>4th of July</b>	<b>July 4</b>
<b>Labor Day</b>	<b>September 1</b>
<b>Veterans Day</b>	<b>November 11</b>
<b>Thanksgiving</b>	<b>November 27</b>
<b>Christmas</b>	<b>December 25</b>

### Late Caregiver Receipts

<b>Marie M.</b>	<b>Elfrida L.</b>
<b>April G.</b>	<b>Esthel L.</b>
<b>Sophia G.</b>	<b>Lorna J.</b>
<b>Angela E.</b>	<b>Mike S.</b>

### Increase in Gas Mileage Rate

As of July 1, 2008 caregivers have the option of charging 58.5 cent per mile for providing transportation for MD appointments, shopping and errands, and any other activities which require the use of the Caregiver's car.

According to the IRS this rate is in effect until December 12, 2008. This is an increase of 8 cents per mile.

In recognition of recent price increase, the IRS made this special adjustment for the final months of 2008. The IRS normally updates the mileage rate once a year in the fall for the next calendar year.

Use your car wisely. Combine errands to one trip. Determine if public transportation would be less expensive. Make sure your car is in tip-top condition. Check the air in the tires for the proper inflation.

## Home Care Network News

PO Box 96  
Blair, NE 68008-0096



Take time to stop and smell the flowers of summer.

# 408-254-4650