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# ◆ Home Care Network News ◆

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Each January, it is common to make New Year's resolutions. I read somewhere that we keep those resolutions for only about 2 weeks. We join gyms, go on diets, spend less money, etc. Well, I thought I would make a resolution on keeping and staying healthy. I power walk for 2-3 miles each morning 5-6 days a week. I have been doing this since October. Of course, due to bad weather, I use a video by Leslie Sansome. That is my way to stay healthy. What about you??  
Sally Ryan

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## Nation's Oldest Worker Is From Overton, Nebraska

Congratulations to Mildred Heath for being one of the nation's oldest workers. At 100-years-old, Mildred is still working at the business she helped establish 69 years ago. She's thought of retiring, but as Mildred says, "I've tried to quit but they won't let me. There's too much to do."

Since 1938 Mildred has been going to work at the Beacon-Observer in Overton, Nebraska, ever since she and her husband started the newspaper. She still works 30 hours a week.

The roots of Mildred's work ethics reach back as far as 1883, when her grandparent's of Norwegian descent came from Kansas to Frontier county to homestead. Mildred's father was the first Ford salesman in the county and he was instrumental in starting the school in Curtis, Nebraska.

Mildred started dating her future husband, Blair Heath, while still a freshman at Curtis High School. Blair wasn't the only guy that had his eye on her. "I had three boys ask me out for a date," says Mildred, "but I'd already promised my husband that I'd go out with him so I kept my promise".

They were married after college. Blair wanted to teach, but that required more college courses and he had always been interested in journalism, so he

went to work at the Farnam Echo in 1923. Mildred went to work there too and learned to set type on a Linotype.

The young couple bought the Farnam Echo in 1927. "My husband never thought about teaching after that. It would be hard to make a living in a small town if you didn't have a lot of abilities. We went through drought and depression and made it. I think the only reason we were able to was we just went without."

When husband Blair fell ill to a critical thyroid condition, Mildred carried most of the responsibility of getting the newspaper out, this lasted for several months. She also had the care of their little daughter. Mildred filled all the roles; she was a writer, photographer, composer, a layout person, and even a janitor. The only job she did not do was mechanic. "My husband always did the repairing of the machines.



Mildred had watched inventions emerge that she never even imagined possible. "I set type on the first computer we got, but then they changed so much I couldn't follow it. As far as digital

*Continued on Page 2*

photography, I think it is amazing. We used to have to send our pictures to another town miles away to be engraved. Now we do all the layout on the computer and just e-mail the pages to the printer.

Polly, the Heath's daughter and her husband, Norman Taylor, merged the Overton and Elm Creek papers in 1972, which created the Beacon-Observer. All three of the Heath children had newspaper in their blood and worked with the newspaper at one time or another. Mildred's husband and three daughters have passed away. Her last living daughter passed away in early 2007 at the age of 73. Son-in-law Norman has taken over as editor and publisher for the last 38 years. Granddaughter, Gail Johnson maintains the offices and helps her dad, Norman, and grandmother. The paper is published weekly on Thursdays and serves many of the local communities.

When you ask Mildred, this 100-year-old why she gets on her electric scooter every morning and drives to the familiar office on main street, her answer is; "The reason why I'm working is I just feel like I am needed. I know how to do the work and enjoy it. But then I enjoy anything I do. People are always telling me I don't look the age I am. I will be 101 on January 4, 2009.

At the age of 90 Mildred received a press award for being the oldest worker. That was 10 years ago. Mildred, along with her son-in-law and granddaughter are still making sure the hometown news is delivered to the heart and home of every subscriber.

Workers between the ages of 50 and 70 make up over 25% of the labor force in Nebraska. As the population and work force ages, older workers are increasingly desired as employees.

**Check out Mildred's newspaper at:**

**<http://www.beaconobserver.com>**

## What Is A Reverse Mortgage

A reverse mortgage is a loan that is limited to homeowners at least 62 years of age. The homeowner borrows from a bank or other lender. The money can be used for any purpose and does not have to be paid back until the homeowner dies, sells, or moves out of the home permanently.

The homeowner is actually borrowing against the equity in his/her home. Instead of the homeowner making payments to the lender, the lender makes payments to the homeowner. With a regular mortgage, you are increasing your equity in the home as you make payments and your debt is decreasing. With a reverse mortgage, each payment reduces the homeowners equity and increases the homeowners debt. As long as the homeowner continues to live in the home, the debt does not have to be paid. The debt is taken care of when the owners die or move out. The home can be sold to satisfy the debt or heirs can pay off the debt and take the property.

Reverse mortgage interest rates can be either fixed or variable.

The amount that can be taken as a reverse mortgage depends on the home's value, interest rate and the age of the youngest borrower. In most cases, there will be closing costs and services fees. The homeowner will need to maintain homeowner's insurance, real estate taxes, and the property.

The homeowner can take the money as a line of credit, as a fixed monthly amount, or as a lump sum.



If you are considering a reverse mortgage, consider all your options and seek advice from an attorney before entering into an agreement.



## What is a Grandparent?

( Taken from papers by a class of 8-year-olds)

- Grandparents are a lady and a man who have no little children of their own.
- Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.
- When they take us for walks, they slow down past things like pretty leaves and caterpillars.
- They wear glasses and funny underwear.
- They can take their teeth and gums out.
- Grandparents don't have to be smart.
- They have to answer questions like 'Why isn't God married?' and 'How come dogs chase cats?'
- When they read to us, they don't skip. They don't mind if we ask for the same story over again.
- Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us.
- They know we should have snack time before bed time, and they say prayers with us and kiss us even when we've acted badly.
- A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then when we're done having her visit, we take her back to the airport."
- It's funny when they bend over; you hear gas leaks, and they blame their dog.

## 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.*

2009

<b>New Year's Day</b>	<b>January 1, 2009</b>
<b>Martin Luther King</b>	<b>January 19</b>
<b>Presidents Day</b>	<b>February 16</b>
<b>Memorial Day</b>	<b>May 25</b>
<b>4th of July</b>	<b>July 4</b>
<b>Labor Day</b>	<b>September 7</b>
<b>Veterans Day</b>	<b>November 11</b>
<b>Thanksgiving</b>	<b>November 26</b>
<b>Christmas</b>	<b>December 25</b>

## Caring Tips

1. Buy a pill organizer for each elder family member, and once a week fill it with all meds to be used throughout the week. Having them pre-counted will not only save you time, but also assure that there will be no mistakes at counting and dispensing.
2. Music is often soothing and people can remember old songs and hymns when they might not be able to remember other things. Singing along with them can calm someone as well as be entertaining.
3. Before doing something for the care recipient such as moving them, changing the linens, etc., tell them what you are going to do. It cuts down on the agitation and their fear.
4. Aromatherapy works! Use lavender or chamomile spray on pillow and top sheet. Let dry. Try gentle massage with lavender or chamomile oil. Massage temple, neck, shoulder and feet just before bedtime. Make it a ritual—very relaxing and calming. You can buy these products at bath and body stores .



## Saving Lives in 5 Easy Steps

Taking advantage of that ounce of prevention could mean a pound of cure. According to a study by the National Commission on Prevention Priorities, which suggests tens of thousands of lives could be saved if 90 percent of Americans adopted these five healthy habits.

1. **Have an aspirin a day.** If 90 percent of US adults took a preventive aspirin, 45,000 lives would be saved each year. People who benefit include those who have had a heart attack or stroke, or face a higher risk of having one. Always talk with your healthcare provider first before you start any regime.
2. **Quit for good.** If adults who smoked were given medication or other assistance to “kick the habit”, 42,000 more might live.
3. **Get saved by a screen.** Getting colorectal cancer screenings would save an additional 14,000 lives. Fewer than half of adults ages 50 and over get them now.
4. **Get a shot.** About 12,000 lives would be saved if another 53 percent of adults ages 50 and older got an annual flu vaccination.
5. **Get a mammogram.** For nearly 4,000 women ages 40 and older, getting mammograms once every two years would be a life and death difference.

## Move Free: Practice tai chi

Tai Chi involves a routine of slow, relaxed and graceful movements. Each movement flows into the next as you breathe deeply and meditate. The benefits are:

- Improve muscle strength, coordination balance and flexibility
- Ease pain and stiffness
- Improve Sleep
- Reduce Stress

## Important Reasons to Attend A Support Group.

Since a feeling of isolation is just one of the difficult aspects of Alzheimer’s Disease and other dementias, taking that first important step of attending a Support Group for Caregivers helps to realize that you are not alone.

Every 72 seconds someone in America develops Alzheimer’s Disease. So with 5.1 million Americans currently diagnosed with Alzheimer’s Disease we can assume at least 10 million Americans are affected either directly or indirectly as caregivers of those with the disease.

It is estimated that direct and indirect costs of Alzheimer’s Disease and other dementias amount to more than \$148 billion annually. With those numbers in mind, attendance at support groups will offer education, ways of coping, stress management, the opportunity to discuss and share problems, maybe come up with alternative solutions—people you can reach out to. Support groups offer you, as the caregiver, the chance to do something for yourself and reach out to others in similar situations.

Before you can care for your loved one, you must first take care of yourself, and that one hour or more per month attending a support group can make a world of difference. Also, as you share your own experiences as a caregiver, you may just be the person who can connect with another caregiver and help ease their burden.

Support groups also offer the chance to laugh, cry, vent frustrations, share human emotions in a non-judgmental environment, and to verbalize the caregivers hopes and fears.

### Support Groups:

El Camino Hospital 650-940-7270

Day Break 408-270-4900

Family Caregiver Alliance 800-445-8106

Council on Aging 408-296-8290

# CAREGIVERS PAGE AND INFORMATION

## Late Caregiver Receipts

I thought I would list those Caregivers who are continually late in sending in their receipts to HCN.

Angela E.	Elizabeth P.	Sophia G.
April G.	Elfrida L.	Alganesh H.
Felicia T.	Abe W.	
Tay W.	Dora S.	

## Mileage

Mileage for doing errands or other activities using your own care is now \$0.55 per mile effective January 1. An example on how to calculate it is:

20 miles X \$0.55 = \$11.00.

## Other Info

Please make sure your timecards are mailed to me no later than the 7th of every month for the prior month.

Press hard on the pen when filling out the timecard as you are going through 3 copies.

I have attached a letter for paperwork that needs to be updated. Please comply. Also, update any addresses, phone numbers and emails. I am now able to email info about a client to you only if I have a current and correct email address. I can also fax the info if you have a fax machine.

If you leave me a message to give me info or confirmation of a client, just leave the message. I will get it and take care of it. There is no reason to keep calling and calling. I am very busy all day on the phone with new clients and other items. Also, calling my cell phone during business hours doesn't mean that I will answer my cell phone.

## CPR & First Aid

### Nurses Workshop

408-269-3715  
1777 Hamilton Ave. # 204C  
San Jose

### American Red Cross

408-577-1000

CPR renew every 2 years  
First Aid renew every 3 years.

## Holidays 2009

*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.*

<b>New Year's Day</b>	<b>January 1, 2009</b>
<b>Martin Luther King</b>	<b>January 19</b>
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<b>Christmas</b>	<b>December 25</b>

## TB and Chest X-Ray Testing

### US Health Works

**408-288-3800**

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

### More Great Inventions

**Modern Numbers**—The Indo-Arabic numeric system of the digits 0 to 9 that we use today was developed in India and systemized by a Hindu mathematician and astronomer Aryabhata I. around AD 500.

**Windmill**— Invented in Persia in AD 650.

**Porcelain** — Porcelain originated in China around AD 850. Much imitated by European potters, the perfect mix of petstunte (a rock) and kaolin was not matched until 1707 at the Meissen factory in Saxony. William Cooksworthy was the first Englishman to produce it in 1768.

**Gun Powder**— Few inventions have had a dramatic and decisive an impact on the course of civilization as the invention of gun powder. It occurred first in China, where it appears to have been associated with medicinal and life-enhancing procedures devised around AD 1000. Roger Bacon

was the outstanding British inventor thinker, he experimented with various proportions of gun powder ingredients and was so impressed by the results that he described them in a code which was not solved until the 20th century.

**Table Fork**—Early table forks have been dug up from ancient cities in Turkey but the implement disappeared from use until Italian nobility reintroduced it some time in the 11th century. The story goes that Domenico Silvio, heir to the Doge of Venice, married a Byzantine princess who brought a case of two-tined golden table forks to Venice. She outraged the populace and clergy by refusing to eat with her hands. The church saw the fork as having an immoral influence and it was banned.

**Buttons**—The Etruscans and ancient Greeks fastened their tunics using crude buttons and loops at the shoulder, but he button we know today did not come into use until the invention of the buttonhole sometime in the 13th century. The earliest evidence comes from sculptures in the cathedral at Bamberg in Germany.

## Home Care Network News

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**Think  
Green,  
Think  
Rain**



**Spring is  
almost here.**

# 408-254-4650