



Our caregivers are highly qualified and carefully selected individuals who are personally and thoroughly screened, bonded and insured.

Most importantly our caregivers are totally committed, dependable and extremely caring of others. In addition to their previous experience, our caregivers receive continuous training that includes a specialized curriculum exclusive to Comforting Hands Senior Care that results in them becoming Certified Companion Aides™. These highly qualified and trained caregivers are ready to help you and your loved ones with a variety of daily activities such as:

- *Warm and caring companionship*
- *Light meal preparation*
- *Incidental transportation*
- *Light housekeeping*
- *Medication reminders*
- *Bathing assistance*
- *Respite for family caregivers*
- *Information and referral services*

Our personalized and affordable services are available 7 days a week and can range from a few hours a day to 24 hour care.

Caregiver Profile

Welcome to our Spring 2014 Comforting Hands Senior Care Connection.

In our Finance and Consumer Resources section read about the growing number of older adults who use e-readers. There are several advantages: books can be downloaded easily without ever leaving home and have features for those who have poor eyesight. The e-readers now on the market are easy to use and suited for older adults who are not very tech-savvy.

The article further explains the difference between an e-reader and a tablet. Depending on how you'll use the electronic device, a tablet such as iPad or Kindle Fire may be more appropriate. Read the article and find out.

For those who are searching for their family roots, you'll find the Rotating Topic interesting.

There are many genealogy websites, some charge a fee, and some of the best are free.

A good tip to remember, if you don't get a match right away, don't give up. Try spelling your ancestor's last name different ways if you come up with a blank. Errors, either spelling or in translation are rampant throughout historical records.

A good start is Ancestry.com, though a subscription based service, many libraries have a subscription to the site and some offer a library edition you can access from your home computer.

Good luck on your internet search!

Many older adults in Hawai'i enjoy gardening. No wonder 78 million people, according to the National Gar-

dening Association, gardening is their favorite leisure outdoor activity. For many older adults, gardening creates a sanctuary and provides relief from the stresses of everyday life.

Yet for older adults, gardening can be especially hard on backs, shoulders and knees.

In this Health and Lifestyle section we have five (5) gardening tips and techniques that may make all the difference for the senior gardener.

My favorite gardening tip is "Start with the right tools, and make them do the work."

"Caring for Seniors with Flu and Pneumonia" is the topic for our Spotlight on Caregivers section. Read and learn about the typical flu symptoms and what you can do to avoid getting the flu, besides getting the flu shot.

Just as important is knowing the symptoms for pneumonia and what to do to prevent the flu from turning into pneumonia.

Live independently.
Live healthy.
Live at home.

With much aloha,

David T. Nakamaejo,
President
Comforting Hands
Senior Care





Are e-Readers a Good Alternative for Seniors?

The numbers of people using e-reading devices is on the rise. According to a survey by the Pew Research Center, the percentage of American adults who read an e-book in the past year has risen to 28%, up from 23% at the end of 2012, and 17% at the end of 2011. Seniors can benefit from using e-readers for a number of reasons, especially because many of them have features for those who have poor eyesight and who are not very tech-savvy. There are several advantages: books can be downloaded easily without ever leaving home, and a typical e-reader can store over 1,000 books. Also, the features of e-books have advantages over traditional books, such as having dictionary definitions at a touch and having access to Wikipedia and other Internet resources while reading. This list will help you decide whether an e-reader might a good choice for you and which one is best suited to your needs.

First, a word about the term “e-Reader.” An e-reader is a device that is dedicated to the reading and storage of books. Tablet devices, such as the iPad or Kindle Fire, can function as e-readers but offer a variety of other functions, including Internet access, email and as media players. E-readers are grayscale, lightweight devices optimized for displaying print, while tablets are full color, high-resolution devices, generally larger and heavier. Here is a summary of the top e-readers on the market:

AMAZON KINDLE

Amazon is the leader in the field with the Kindle. Models range from a no-frills reader to touchscreen and illuminated models, and range from \$70 (US) to \$120 (US).

The Good: The main advantage of the Kindle is that it has easy access to a huge range of book titles via the Kindle Store. Amazon tends to have the greatest range of e-books at the cheapest prices. The Amazon bookstore also

contains a large number of classic books for free.

The Bad: Amazon has built their platform on a closed ecosystem—using a proprietary format that does not work on other devices. So the Kindle can’t access the e-Pub format, which is used by the rest of the e-publishing world, and is also the format libraries use. So you cannot purchase e-books outside Amazon.com, and if you ever decide to move to another platform, you would not be able to transfer the books you purchased, since they will not read natively on other devices.

BARNES AND NOBLE NOOK

Barnes and Noble makes a simple version (Simple Touch for \$70 US) and an illuminated Nook (GlowLight for \$120).

The Good: The Nook bookstore has over 2.5 million titles. Compatibility with the e-Pub format means that you can buy books from other stores and even borrow books from your local library. The Nook models have an SD card slot for expanding the memory.

The Bad: The Nook models have a small internal memory with room for about 240 e-books, significantly less than Amazon’s basic Kindle, which

can store around 1400. There is also a question about the future of Barnes & Noble, so if you choose an e-reader from this company, be aware they may be discontinued if the company does not survive.

KOBO E-BOOK READERS

Kobo makes a line of e-readers that have a limited market in the US, but has been very successful internationally. They have carved a niche producing a high-end HD reading device, which offers a superior reading experience (at a fairly steep price of \$150 US).

The Good: Kobo e-book readers are compatible with the e-Pub format, so you can borrow books from the library and buy from different e-book stores. The Kobo store itself has more than four million titles, and one million of these are older titles that are available to download for free. They also have a wide variety of readers at a number of price points.

The Bad: Kobo does not support audio books, so if you prefer listening rather than reading you might be better off with another e-book reader or an MP3 player.

—By Caren Parnes for The Senior’s Choice



ROTATING TOPIC

Great Genealogy Website Resources

There’s a bonanza on the Internet for those searching for their family roots. A click of a mouse can take you back in time by hundreds of years in a matter of minutes via websites designed to help you hunt down your past. Though some sites charge a fee, some of the best are free. If you don’t get a match right away, don’t give up. Try spelling your ancestor’s last name different ways if you come up with a blank, because errors are rampant throughout

historical records.

Ancestry.com: A subscription-based service that searches 6 billion records worldwide. Many libraries have a subscription to the site and some offer a library edition you can access from your home computer for free. Ancestry.com also sponsors RootsWeb.ancestry.com, a free, all volunteer-based project that includes local history, gravestones and old church records.

Archives.gov: The federal government’s exhaustive

database includes U.S. military records, naturalization records, land records and much more.

Census records: The U.S. Census Bureau does not have digitized census records, but Ancestry.com and Heritagequest.com have digitized many of these records from 1940 and earlier. These websites are subscription-based, but access is free of charge and unlimited from any National Archives facility and from many public libraries.

Cyndi's List is a huge compilation of genealogical sites in the US and around the world. CyndisList.com includes city directories, wills, marriage certificates as well as church, military and adoption records.

Ellisland.org: It offers a list of passengers from every ship that entered the Port of New York between 1892 and 1924. Manifests include place of last residence, occupation, family members in the United States and the residence before arriving in United States.

FamilySearch.org: This exhaustive free

database of the Church of Jesus Christ of Latter-day Saints includes databases from around the world and a wide range of documents from births, baptism and death records.

Footnote.com: This subscription site is sponsored by Ancestry.com, and provides access to original documents, including orphan records, military pensions, Confederate papers and much more.

Findagrave.com: An online repository of more than 60 million grave records and millions of photos.

GenWeb sites: Search for these free sites (there are thousands of them) by stating your ethnic or geographic specialty and adding “GenWeb” in the search box. (Example: “Turkey + GenWeb”)

Italiangen.org: You don't have to be Italian to benefit from the great volunteer effort on this site to index New York's five boroughs' vital records.

JewishGen.org: Thousands of databases, research tools and other resources are available to help those with Jewish ancestry.

SteveMorse.org: Having trouble with the spelling of your immigrant ancestor's surname? This free site helps you search in one step.

State and local records: A group of volunteers put together the USGenWeb Project to provide genealogical research in every county and every state in the United States.

Social Security death records: Here is a repository (at ssdi.RootsWeb.ancestry.com) that will give you details about your ancestors who had Social Security numbers and died in 1962 or later when the records were computerized.

United States Holocaust Memorial Museum: The museum has 42 million records, including a vast database of survivors and Holocaust victims. Go to USHMM.org/research/collections/search/.

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Senior Health & Lifestyles

Senior Tips for Gardening with Less Effort



Gardening is America's favorite leisure outdoor activity, enjoyed by more than 78 million people, according to the National Gardening Association. For most of us, gardening provides an opportunity to commune with the natural world, and creates a sanctuary that promises relief from the stresses of everyday life. Yet for older adults, all the digging, hoeing, weeding, mowing and watering—the necessities that make a garden beautiful—can be especially hard on backs, shoulders and knees. And that can turn a labor of love into a chore we dread, or even one we must give up as we become physically less able. The following tips for modifying tools and gardening techniques can make all the difference for the senior gardener.

GARDENING TIP #1:

Start with the right tools, and make them do the work.

- Give away those heavy steel tools. Look for lightweight hand tools with resilient rubber handles and ergonomic designs that will be easier on your hands and require less effort. Gardening tools with offset handles make digging and weeding easier.
- Keep your tools sharp. This is an important gardening tip because sharp, clean tools work better and require less effort from you to do the gardening job. Look for pruners with ratcheting action because they require less hand strength.

- Use the right tool for the job. For example, bulb planting tools make that repetitive job go faster, with less wear on your hands and arms.
- Handle extenders save your back. Add handle extenders to shovels and other gardening tools to reduce bending.
- Use a reacher to reduce stretching, reaching and bending, especially if you have back problems or arthritis. A reacher could pick up weeds or dead leaves, or even help you plant seedlings, and will help you put your tools away when you're done.

Continues on page 4

GARDENING TIP #2:

Use gardening gloves to protect your hands and provide extra cushioning.

- This gardening tip will protect your hands and prevent injuries. Spend a little more and get gardening gloves with leather palms, or get “rose gloves” that protect your hands from thorns.

GARDENING TIP #3:

Use shortcuts to make gardening go faster.

- Replace annuals with perennials to get garden color with less effort each year. Stagger planting times and choose plants that bloom at different times to provide color through most of the year.
- Choose the best time to do certain tasks. Soil is softer after it rains, making it a good time to dig.

GARDENING TIP #4:

Keep cool and protected with the right clothes and accessories

- Wear lightweight clothing, a long sleeved shirt, eye protection, sunscreen, and a big hat.
- Garden early in the morning or late in the day. Avoid being out between 10:00 a.m. and 2:00 p.m. Drink plenty of non-caffeinated fluids to prevent dehydration. Also, allow time for breaks in the shade.

GARDENING TIP #5:

Try container gardening for ease and accessibility.

- Containers can provide a variety of colorful and fragrant flowers, as well as delicious vegetables, and they are easier to manage than a garden.
- Save your back by placing the container where you want it, then filling it with

soil, natural fertilizer, and plants. A layer of stones or broken pottery will improve drainage. And buy smaller bags of soil—they are much easier to handle.

- Start small with your container gardens. Pace yourself and buy only what you can plant at one time. Even if buying a whole flat is cheaper, the wear and tear on your body to get all those plants in the dirt does not make it a sound purchase.

You can reduce the effort it takes to start and maintain a colorful and healthy garden. Know your limits, and try not to tackle it all at once. With some strategic planning and using the right tools, you'll have a garden you'll enjoy for years to come.

—By Caren Parnes for The Senior's Choice



SPOTLIGHT ON CAREGIVERS

Caring for Seniors with Flu and Pneumonia

Flu season is still in swing, and the elderly are particularly susceptible to flu, as well as to the flu progressing into pneumonia symptoms. According to Flu.gov, 90 percent of flu-related deaths occur in people age 65 and older.

What are typical flu symptoms to watch out for?

- A 100-degree or higher fever
- Rapid changes in temperature—feeling “feverish” one moment and chills the next
- A cough and/or sore throat
- Headaches and/or body aches
- A runny or stuffy nose
- Fatigue

What can my parent do to avoid getting the flu, besides getting a flu shot?

- Wash his/her hands often.
- Avoid touching eyes, nose or mouth, which will help prevent any germs that may have been picked up through touch from entering the body in those locations.
- Build up the immune system by getting lots of sleep, eating well (which means lots of fruits and vegetables, in addition to protein), managing stress levels and consuming enough fluids.

What is pneumonia, and what are the symptoms to watch out for?

Pneumonia is the fourth leading cause of death among the elderly. It is an inflammatory condition of the lungs and pneumonia typically occurs when a patient's immune system is weakened due to another illness, such as bronchitis or the flu.

Seek immediate medical attention if your loved one has the following symptoms of pneumonia:

- Difficulty breathing or shortness of breath
- Pain or pressure in the abdomen or chest
- Confusion, abrupt dizziness and/or violent or continual vomiting
- Dehydration
- Worsening of other serious medical conditions, such as heart problems, emphysema or asthma

What can I do to prevent my parent's flu from turning into pneumonia?

- Once your loved one develops the flu, it will be important to follow the doctor's orders: rest, drink lots of fluids, and avoid alcohol and cigarettes. The more nutritious the fluids, the more helpful they will be, as they will help build up your loved one's strength.

- Talk to your doctor about influenza antiviral drugs that may shorten the flu's course
- If your loved one hasn't already done so, he or she should get a pneumonia vaccine, which helps protect against 23 types of bacterial pneumonia

My loved one is being treated for his/her pneumonia at home. What can I do to help?

- Give your loved one plenty of fluids. Fluids help loosen secretions so that the patient can then bring up phlegm. Make sure he or she rests, which is the best way to promote recovery.
- Try to get your loved one to eat something that will build up his or her strength, such as lentil or chicken soup
- Do not let your loved one do any activities until he or she gets stronger
- Wash your hands before preparing your loved one's food or touching him or her
- Try propping your loved one up in bed to see if that helps his or her breathing

Further reading on avoiding flu:
<http://www.cdc.gov/flu/about/disease/65over.htm>

—By Caren Parnes for The Senior's Choice