



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

Comforting Hands Senior Care Connection Winter 2015

Welcome to our Winter 2015 Comforting Hands Senior Care Connection!

In our Finance and Consumer Resources section read about "Understanding Power of Attorney." A Power of Attorney is a document in which the person signing the form gives someone else the authority to make decisions or enter into agreements on his or her behalf. Having a good Power of Attorney form in place is a crucial part of any estate plan – no matter how old you are.

During the winter weather staying mentally and physically active can have challenges. In our Rotating Topic section, we have a few fun activities for this holiday season. One fun activity is Christmas caroling. If you like to bake, team up with a friend, sharing recipes, and sampling your best work in the kitchen.

"Winter Nutrition for Seniors" is the topic for the Senior Health and Lifestyles section of our newsletter. Now with the winter months upon us, colds and flu are at their highest. During this season, seniors are at risk of nutritional deficit.

One tip for better elderly nutrition is make lunch the big meal of the day, because often by dinner, seniors are too tired to finish meals. Another tip is make high calorie drinks like milk shakes or smoothies. We have a few

tips if the senior has a need to gain weight and other tips if the senior has dental, chewing and swallowing, or motor skill feeding problems.

The health and fitness mobile app market is expected to increase to \$27 billion by 2017 and apps for caregivers, as no surprise, is part of this market. The Spotlight on Caregivers section provide a few apps to consider. "Balance: For Alzheimer's Caregivers" is designed specifically for Alzheimer's caregivers. It offers medication management and has a place to store doctor's notes. CareZone is a great app that can keep your loved one's pertinent information on a secured site for family and friends to view and participate in care. Read the article for more apps to consider and Google the names for more information.

Live independently.
Live healthy.
Live at home.

With much aloha,



David T. Nakamaejo,
President
Comforting Hands
Senior Care



Understanding Power of Attorney

A Power of Attorney is a document in which the person signing the form (referred to as the Principal) gives someone else the authority to make decisions or enter into agreements on his or her behalf. The person who is given this authority is referred to as the Agent or Attorney-in-Fact (“AIF”). With this power, the AIF may perform tasks for the Principal, such as pay bills, hire aides or negotiate with government agencies. If an older person does not have a Power of Attorney in place and then loses mental capacity, family members may need to apply to a Court to obtain a Guardianship. This can be a time-consuming and often expensive legal proceeding.

There are generally two kinds of Power of Attorney forms that are commonly used.

One is a **Springing Power of Attorney**. Here, the authority of the AIF does not begin until the Principal is no longer able to make decisions for him or herself -- when the Principal is determined to be incompetent. This might be an appropriate type of Power of Attorney for someone who is very reluctant to give another person the power to act on his behalf. However, it can be burdensome to activate because financial institutions and others relying on the form will want proof that the Principal is incompetent. Supplying that proof just when the AIF needs to act can be frustrating.

The other type of Power of Attorney is a **Durable Power of Attorney**. With this, the AIF has the power to act on the Principal’s behalf when the Principal is competent, and the power continues should the Principal become incompetent. It may be useful to have the Power of Attorney activated even if the Principal is competent. For

example, a parent may be competent, but would still appreciate their child helping pay bills, manage investments, contract with service providers and handle general tasks.

Here are some very important things to know about Power of Attorney forms that you sometimes don’t find out until it is too late:

1. Each state has its own Power of Attorney requirements. A Power of Attorney signed in one state should work in any state. However, since each state has its own requirements and often their own forms, it’s a good idea to have POAs from each state where you spend a considerable amount of time.
2. Some financial institutions will balk at recognizing a General Power of Attorney and will ask that the Principal sign one that is specific to that institution. So it is a good idea to call the institutions where assets are held and ask them to send their own forms. Signing an institution’s Power of Attorney form should be in

addition to a General Power of Attorney, not instead of.

3. In many states, in order for the AIF to have the authority to make gifts, transfer assets, or set up trusts, the Power of Attorney form must specifically authorize those actions. This is particularly relevant in the Elder Law context where the transfer of assets may be an important part of the long-term care plan or as a means to do estate tax planning.
4. Choosing an AIF is no simple matter. Because of the authority and access that the AIF has, there are opportunities for abuse. Therefore, the person named as the AIF must be trustworthy and understand the seriousness of the role. Having a good Power of Attorney form in place is a crucial part of any estate plan—no matter how old you are. It is particularly relevant for older adults who may be more likely to need assistance. The best way to ensure that the form covers the bases and is executed properly is to consult with an attorney familiar with this area of law.

By Allison Busch Contributor

[www.care.comhttps://www.care.com/a/what-is-a-power-of-attorney-1009271430](https://www.care.com/a/what-is-a-power-of-attorney-1009271430)



ROTATING TOPIC

Fun Holiday Ideas for Seniors

Winter weather can make it hard to stay active and productive, but there are many fun and creative ways to stay mentally and physically active during the winter holidays. **Here are a few fun activity ideas for this holiday season:**

Attend a holiday crafts fair

A festive way to enjoy the holiday season is to go to a holiday crafts fair with friends and loved ones. Crafts fairs generally support local artisans and feature an array gifts that can give you a big head start on your holiday shopping.

Make holiday arrangements

Everyone enjoys a beautiful wreath, holiday centerpiece, or floral arrangement. If you're a little rusty in your crafting skills or just want some expert advice, some florists, craft stores, and nurseries offer classes that demonstrate how to make holiday-specific arrangements.

Bake together

Christmas cookies, gingerbread houses, marzipan—there's no shortage of holiday goodies that all ages can enjoy making and eating together. Team up with a friend, sharing recipes, and sampling your best work in the kitchen.

Go caroling

You don't have to be a great singer to get in on the fun of holiday caroling. Check your local newspaper in December for opportunities to

participate in Christmas caroling, or call your local community center. If singing isn't your thing, take in the comforting sounds of others caroling at a Christmas concert or play.

Paint a holiday window mural

Christmas is a time to decorate your home and make it merry. Holiday murals transform your ordinary windows or glass doors into a winter wonderland. And you don't have to have special talent in painting to make something look nice—just use a template of an image that you enjoy. You can purchase water-based acrylic glass paint at any arts and crafts store, and it will easily wash off your windows in January.

Start a game night

There's no better way to wile away wintry evenings than to challenge some partners to test their skills at your

favorite games. Whether you prefer a board game, puzzle, Mahjong, or cards, inviting others over for a game night gives everyone a great opportunity to celebrate together.

Volunteer with charities

Whether or not you volunteer regularly, the holiday season is an ideal time to start. Many charities coordinate special programs to help the needy during the winter. You'll find that by volunteering, you'll reap rewards that are at least as great as what you're giving.

These are just a few ideas to get you going. With a little imagination, this holiday season can be full of active fun, as you connect with others in your family and community. So get started and have fun!

—By Caren Parnes for The Senior's Choice

Senior Health & Lifestyles

Winter Nutrition for Seniors

Even in the best of times, seniors are at risk of nutritional deficits due to many factors, including loss of appetite, problems chewing or swallowing, or a need to reduce fat and sugar with certain chronic conditions. Now with the winter months upon us, colds, flu and risk of injuries are at their highest. The nutritional needs of seniors are at an increased risk of suffering.

TIPS FOR BETTER ELDERLY NUTRITION

Increase Vegetables and Fruits.

The fiber, vitamins, and enzymes present in fresh plants is the best choice for all of us. Steaming the vegetables so that they are softer for those with dental issues is easy to do. For those who have no trouble

chewing, cut up raw vegetables with a tasty dip as a snack or a small meal. If you cannot always have fresh, frozen is preferable to canned.

Go for the grain.

When making decisions about which breads to choose, always go for one higher in whole grains. Brown rice and quinoa are great choices that are more nutritious than many other grains.

Stay Hydrated.

It is important for all bodily processes to drink fluids throughout the day. And the more fruits and vegetables in our diets, the more naturally hydrated we are.

Make lunch the big meal of the day.

Often by dinner, seniors are too tired to finish meals. Also,

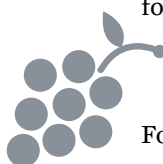
some seniors can have more digestive problems that interfere with a good night's sleep. We all actually need more calories earlier in the day.

Don't skip meals.

Skipping a meal usually makes someone eat more at the following meal and can drop blood sugars causing dizziness. If not hungry, it is better to eat a little than to skip.

Eat small meals more often.

It is better for most seniors to eat 5-6 small meals a day. This reduces the highs and lows of insulin levels, and encourages more calorie intake for those who have lost their appetites.



Continues on page 4

FOR SENIORS WHO NEED TO GAIN WEIGHT

Eat with your loved one.

No one likes to eat alone. Often a lack of interest in eating is because a person is bored, lonely, or distracted with TV.



Don't rush.

It is especially important for senior digestion to eat slowly. When eating with a loved one, be patient and don't rush them through a meal. Reheating food may help them to finish a meal that has cooled.

Increase calories:

For those who need extra calories or nutrients, consider these high calorie tips:

Make high calorie drinks like milk shakes. You can add bananas, peanut butter, wheat germ, etc. to a chocolate shake for a nutritious, high calorie drink. Eggnog also packs the calories.

Eat more high calorie, high protein, easy to chew foods such as avocado, hummus and nut butters. These provide excellent nutrition and are easy to eat as snacks.

FOR DENTAL, CHEWING AND SWALLOWING, OR MOTOR SKILL FEEDING PROBLEMS

Make chunky stews that are soft and easy to eat.

Shredded and cutup meats:

For those with chewing and swallowing problems, shredded meat and chicken with a nice sauce can really help. If a person needs food cut up, do it before it is served to increase the dignity of the meal.

Think “Finger Food.”

Many seniors have eyesight and motor issues that make eating with a fork, knife and spoon difficult. Things like chicken nuggets, cheese sticks, cut up veggies with dip, etc. can help.

Smoothies

can be considered a light meal for breakfast - and are great for adding vitamins and nutrients for people who have trouble chewing or eating.



EASY WAYS TO IMPROVE SENIOR NUTRITION

Soup is on!

For you, it may be easier to cook a huge pot of stew or soup when you have the time, then divide it into smaller portions to freeze. This way you will always have something to offer on busy days.

Utilize Meals On Wheels.

If you are having trouble coming up with the time or money for good meals for a homebound relative, see if you have a Meals On Wheels program in your area. These programs are different throughout the US, but generally serve people age 60+.

Invite!

Family and friends often ask “what can I do to help?” Invite them to sit with your loved one and eat a meal. This is a simple thing most people, including children, can do to help—and offers nourishment in more ways than one!

Visit the website to see the full article.

Excerpted from: <http://www.sageminder.com/Caregiving/ElderlyNutrition.aspx>



SPOTLIGHT ON CAREGIVERS

Useful Apps for Caregivers

A 2014 report indicated that the health and fitness mobile app market is worth \$4 billion, and is expected to increase to \$27 billion by 2017, so it should come as no surprise that apps for caregivers are a fast growing market. Below are a few to consider (Google the names for more info).

BALANCE

For Alzheimer's Caregivers

Designed specifically for Alzheimer's caregivers, *Balance* is a great app for gathering information about the disease, as well as caregiver advice. It offers medication management and has a place to store doctor's notes.

CAREZONE

(free, IOS & Android)

CareZone is a great care-based app. You can keep all your loved one's pertinent information on the secured app and invite family and friends to view and participate in care.

ELDER 411

(\$99, iphone)

Unlike many of the apps mentioned above, *Elder 411* is an informational and self-help app rather than an organizational tool. It's based on the writings of experienced geriatric care manager and eldercare scholar, Marion Somers, Ph.D.

LOTSA HELPING HANDS

(free, iphone / web)

Built around a calendar, this app is designed to coordinate the efforts of multiple caregivers to assure your loved one's needs are addressed.



RX PERSONAL CAREGIVER

(\$9.99, iphone)

RX Personal Caregiver may have the best medication related features of all the caregiver apps, but that is all it is designed to do.

Compiled by Caren Parnes for The Senior's Choice