



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 FALL 2016 COMFORTING HANDS Senior Care Connection!

Our Finance and Consumer Resource section explains what happens to our minds when we read. Research provide hard evidence that while reading, we can physically change our brain structure, become more empathetic, and even trick our brains into thinking we've experienced what we've only read in words.

Stories have a beginning, middle, and end. With story structure our brains are encouraged to think in sequence, linking cause and effect, thereby expanding our attention span.

The spoken word can put your brain to work and research has shown that the act of listening to a story can light up the brain. Audiobooks can be a viable alternative for those who have challenges with vision.

"Your Hobbies Can Make You Money" is the theme of our Rotating Topic section. Explore ways to make your hobby into a profitable venture. Teach your hobby is a common way to generate extra income. With the advancements made in technology, monetizing your hobby – both locally and online have never been better. Selling your products online is a definite strategy worth researching.

So, if you're looking to generate extra income during retirement read the article for five strategies to consider.

Arthritis is one of the most common disease in the U.S. Millions of adults and half of all people age 65 and older are troubled by arthritis. In our Senior Health and Lifestyles section of our newsletter read about Osteoarthritis (OA) and Rheumatoid Arthritis (RA) and types of treatment. Exercise, taking the right medications and properly resting your

joints can help with arthritis

Dancing, Tai Chi, yoga, walking, and swimming helps keep joints moving, decreases pain, and makes muscles around the joints stronger. Be sure to consult your healthcare provider as to what type of exercise is appropriate for you.

In the Spotlight on Caregivers section of our newsletter we write about when a parent can no longer live independently. "Siblings and Caregiving" is the topic and providing care for an elderly parent can lead to friction between adult children.

The unequal distribution of responsibility is a common reason for sibling feuding. Even in large families there is almost always one adult child who will take on most of the caregiving duties. Whether because of age, emotional ties or geographic proximity the primary caregiver will feel some resentment for doing so much.

Involving a facilitator such as a social worker or outside trusted party to conduct a family meeting for siblings who are unable to agree on care decisions. A facilitator can assist setting up a tangible, working care plan.

Live independently.

Live healthy.

Live at home.



With much aloha,

David T. Nakamaejo,
President
Comforting Hands
Senior Care



Your Brain on Books: What Happens to Our Minds When We Read

Diving into a great novel is an immersive experience that can make your brain come alive with imagery and emotions and even turn on your senses. There is hard evidence that supports that while reading, we can actually physically change our brain structure, become more empathetic, and even trick our brains into thinking we've experienced what we've only read in novels.

We make photos in our minds.

Reading books and other materials with vivid imagery is not only fun, it also allows us to create worlds in our own minds. Researchers have found that visual imagery is simply automatic. Participants were able to identify photos of objects faster if they'd just read a sentence that described the object visually, suggesting that when we read a sentence, we automatically bring up pictures of objects in our minds.

Spoken word can put your brain to work.

Critics are quick to dismiss audiobooks as a sub-par reading experience, but research has shown that the act of listening to a story can light up your brain. When we're told a story, not only are language processing parts of our brain activated, experiential parts of our brain come alive, too. Hear about food? Your sensory cortex lights up, while motion activates the motor cortex.

Reading about experiences is almost the same as living it.

Have you ever felt so connected to a story that it's as if you experienced it in real life? There's a good reason why: your brain actually believes that you have experienced it. When we read, the brain does not make a real distinction between reading about an experience and actually living it; the same neurological regions are stimulated. Novels are able to enter into our thoughts and feelings.

Different styles of reading create different patterns in the brain.

Any kind of reading provides

stimulation for your brain, but different types of reading give different experiences with varying benefits. Stanford University researchers have found that close literary reading in particular gives your brain a workout in multiple complex cognitive functions, while pleasure reading increases blood flow to different areas of the brain. They concluded that reading a novel closely for literary study and thinking about its value is an effective brain exercise, more effective than simple pleasure reading alone.

Your brain adapts to reading e-books in seven days.

If you're used to reading paper books, picking up an e-reader can feel very awkward at first. But experts insist that your brain can adopt the new technology quickly, no matter your age or how long you've been reading on paper. In fact, the human brain adapts to new technology, including e-reading, within seven days.

Story structure encourages our brains to think in sequence, expanding our attention spans.

Stories have a beginning, middle, and end, and that's a good thing for your brain. With this structure, our brains are encouraged to think in sequence, linking cause and effect. The

more you read, the more your brain is able to adapt to this line of thinking. Neuroscientists encourage parents to take this knowledge and use it for children, reading to kids as much as possible. In doing so, you'll be instilling story structure in young minds while the brain has more plasticity, and the capacity to expand their attention span.

Reading changes your brain structure (in a good way)

Not everyone is a natural reader. Poor readers may not truly understand the joy of literature, but they can be trained to become better readers. And in this training, their brains actually change. In a six-month daily reading program from Carnegie Mellon, scientists discovered that the volume of white matter in the language area of the brain actually increased. Further, they showed that brain structure can be improved with this training, making it more important than ever to adopt a healthy love of reading.

Deep reading makes us more empathetic.

It feels great to lose yourself in a book, and doing so can even physically change your brain. As we let go of the emotional and mental chatter found in the real world, we enjoy deep reading that allows us to feel what the characters in a story feel. And this in turn makes us more empathetic to people in real life, becoming more aware and alert to the lives of others.

From The Open Education Database

<http://oedb.org/ilibrarian/your-brain-on-books-10-things-that-happen-to-our-minds-when-we-read/>



ROTATING TOPIC

Your Hobbies Can Make You Money

If you're looking to generate extra income during retirement, you might want to explore ways to make your hobby into a more profitable venture. After all, hobbies are the activities that, in most cases, you'd happily do for free. And pursuing a hobby-related business can make for a relatively smooth second-act transition since you likely have many of the skills,

expertise and personal connections needed for success.

Thanks in large part to advances in technology, the possibilities for monetizing your hobby—both locally and online — have never been better. So if you're eager to turn your hobbies into retirement cash, here are five winning strategies to consider.

1. Teach Your Hobby

Whether you're a skilled photographer, an experienced chef or a talented musician, there's a good chance that others will pay you to teach them what you do so well. There are lots of ways to share your expertise. For example, you can set up shop in your home — just like your neighborhood piano teacher — or teach at a local adult education program or school. Alternatively, you could aim to reach a broader audience and create your own online courses and deliver them using an online instructional platform like Udemy.com or Pathwright.com.

2. Sell Your Products Online

Thanks to the proliferation of online marketplaces, the options for selling your products online have improved dramatically. Etsy is probably the best-known marketplace for artisans and crafters, but there are plenty of other smaller sites you might want to consider like ArtFire.com, Zibbet.com and

HandmadeArtists.com.

3. Write About Your Hobby

Hobbyists enjoy reading books, magazines and how-to articles about their passions. So if you love to write, there might be a way to profit from writing about your hobby. You can search for freelance writing assignments on sites like MediaBistro.com, FlexJobs.com or VirtualVocations.com.

Another option is to start your own hobby-related blog. While it will take time to build up a significant fan base, once you do, you can monetize your site through advertising, sponsorships or by selling your own digital information products—like e-books, downloadable tool kits, worksheets and more.

4. Create New Products Related to Your Hobby

Every hobby comes with its own set of specialized clothing, accessories, gear or gadgets. Hobbyists tend to be willing to buy products related to their hobby,

so if you can craft, invent, or import an accessory for your hobby, you might be able to build a profitable income stream to supplement your retirement.

5. Find a Part-Time Job Related to Your Hobby

From the baseball enthusiast who gets paid to write about spring training for his local paper to the theater lover who works as an usher at the local arts center, finding a hobby-related job is a wonderful way to blend work and fun. Think about the places you'd happily spend time at for free—a ballpark, bookstore or gardening center—and see if they have any part-time job openings.

You might also find seasonal work at places like resorts, parks or tourist attractions.

An excellent resource for sourcing and learning about seasonal jobs is CoolWorks.com.

By Nancy Collamer
www.gobankingrates.com/retirement/hobbies-money-retirement

Senior Health & Lifestyles

Arthritis: Symptoms and Care

Arthritis is one of the most common diseases in the US. Millions of adults and half of all people age 65 and older are troubled by this disease.

Arthritis is best known as a condition of painful, stiff joints. In fact, there are a variety of symptoms. Most arthritis is chronic, with symptoms lasting years. Arthritis can attack joints in almost any part of the body. The primary forms of arthritis cause changes you can see and feel such as pain, swelling, warmth and redness in your joints.

Osteoarthritis

Osteoarthritis (OA) is the most common type of arthritis in older people. OA starts when cartilage, the tissue that pads bones in the joint, begins to wear away. You are most likely to have OA in your hands, neck, lower back, or the large weight-bearing joints of your body, such as knees and hips. OA symptoms can range from stiffness and mild intermittent pain with activities like walking, bending, or stooping to severe joint pain that persists even when you are at rest. In time OA can cause

disability if your back, knees, or hips are affected. OA is primarily an age-related condition and may be hereditary. OA in the knees may be aggravated by weight. Injuries or overuse may cause OA in joints such as knees, hips, or hands.

Rheumatoid Arthritis

Rheumatoid Arthritis (RA) is an autoimmune disease. In RA, your body attacks the lining of a joint just as it would if it were trying to protect you from injury or disease. For example, if you had a splinter in your finger, the finger would become inflamed—painful, red, and swollen. RA leads to inflammation in your joints and can attack almost any joint in the body. This inflammation causes pain, swelling, and stiffness that lasts for hours. This can happen in many different joints at the same time. People of any age can develop RA, and it is more common in women.

Arthritis Treatment

Each kind of arthritis is handled a little differently, but there

are some common treatment choices. Rest, exercise, eating a healthy, well-balanced diet, and learning the right way to use and protect your joints are key to living with any kind of arthritis. The right shoes and a cane can help with pain in the feet, knees, and hips when walking.

There are medications that can help with pain and swelling. Acetaminophen can safely ease arthritis pain. Some NSAIDs (nonsteroidal anti-inflammatory drugs), like ibuprofen and naproxen, are effective for inflammation paid, however there are side effects to be aware of, such as stomach bleeding and they may raise blood pressure. You should read the warnings on the package that comes with the drug. Talk to your doctor about if and how you should use acetaminophen or NSAIDs for your arthritis pain.

Treating Osteoarthritis

Medicines can help you control OA pain.

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Rest and exercise will make it easier for you to move your joints. Keeping your weight down is a good idea. If pain from OA is very bad, your doctor may provide a corticosteroids shot in the joint. When effective, relief can last for up to a month, but there are long-term health concerns with continued use of steroids. Some people have surgery to repair or replace damaged joints.

Treating Rheumatoid Arthritis

With treatment, the pain and swelling from RA will get better, and joint damage might slow down or stop. In addition to pain and anti-inflammatory medicines, your doctor might suggest anti-rheumatic drugs, called DMARDs (disease-modifying antirheumatic drugs). These can slow damage from the disease. Another type of drug, biologic response modifiers, blocks the damage done by the immune system. They sometimes help people with mild-to-moderate RA when other treatments

have not worked.

Exercise Can Help

Along with taking the right medications and properly resting your joints, exercise is a good way to stay fit, keep muscles strong, and control arthritis symptoms. Daily exercise, such as walking or swimming, helps keep joints moving, decreases pain, and makes muscles around the joints stronger.

Range-of-motion Exercises:

Dancing yoga and Tai Chi relieve stiffness, keep you flexible, and help you keep moving your joints.

Strengthening Exercises:

Weight training will keep or build muscle strength. Strong muscles support and protect your joints.

Aerobic and Endurance Exercises:

Bicycle riding and running or brisk walking make your heart and arteries

healthier, help prevent weight gain, and improve the overall working of your body. Aerobic exercise also may decrease swelling in some joints.

Alternative Treatments

A helpful short-term treatment is the application of heat, such as applying a heated compress, soaking in a warm bath, or swimming in a heated pool. Massage devices in conjunction with heat have been reported to provide temporary relief for OA pain.

Recent studies suggest that Chinese acupuncture may ease OA pain for some people. Research now shows that the dietary supplements glucosamine and chondroitin may help lessen your OA pain. These are both considered “alternative” therapies.

<http://www.aplaceformom.com/senior-care-resources/articles/arthritis-information>



SPOTLIGHT ON CAREGIVERS

Siblings and Caregiving

The doctor has informed you that your mother can no longer live independently. You feel that assisted living would be the best solution but your sister strongly disagrees. It seemed that at one time you were able to communicate with her, but not any longer.

Ideally, providing care for an elderly parent would be a time of family unity and mutual support among siblings. Although this might be the case for some adult siblings, for many others, eldercare brings about painful conflict. Although each family is unique, there are common underlying causes that can lead to friction between adult children. Most work full-time but six in 10 report that caregiving has affected their ability to do their jobs. About half say they've had to take occasional time off, 15 percent have taken leaves of absences, and 14 percent have had to reduce work hours or change jobs as a result of their caregiving.

Old wounds and past rivalries will undoubtedly come into play during this time, making compromise about care decisions especially challenging. It is not uncommon for adult children to regress to childhood roles, where suddenly siblings are competing for mom's affection or tallying up how many chores each has completed.

Elderly parents can unintentionally contribute to this regression by favoring one sibling over the other; many times focusing their attention on the child who is actually the least involved in their care.

Often, the anger and frustration that they are feeling towards their own dependency will cause them to lash out at the child who is providing the day-to-day care and representative of their lost independence.

Most often, the spark that will trigger sibling feuding is the unequal distribution of responsibility. Even in large families with multiple siblings, there is almost always one adult child who will take on the majority of the care-giving duties. Whether this role is taken on because of geographic proximity, age, or emotional ties, it is certain that the primary caregiver will feel some resentment for doing so much and other siblings will feel shut out.

Many adult children will unknowingly place themselves in the role of primary caregiver by slowly taking on more and more tasks for an elderly parent. Soon, a pattern is set in which the primary caregiver is responsible for all aspects of a parent's care. Changing this pattern can be difficult and it is best to get siblings involved early on. A primary caregiver who is trying to encourage sibling participation should remember these tips:

- Keep siblings informed about an elderly parent's condition and care plan.
- Listen to siblings' opinions concerning care decisions and be willing to compromise.
- Let siblings know that their help really is wanted and needed.
- Ask siblings to take care of specific tasks. Even siblings that live across the

country can help by making check-in phone calls or locating services.

Family meetings are an effective way for siblings to work out conflict and set up a care plan. It is best to involve a facilitator such as a social worker, counselor, or trusted outside party who will ensure that all participants have a chance to be heard. Although emotions may run high, it is possible to conduct a productive meeting by following a few guidelines:

- Set an agenda for the meeting and keep to it.
- Focus on the “here and now.” Try not to bring up past or unrelated issues.
- Share your feelings with siblings instead of making accusations.
- Listen and respect the opinions of all participants.

Case management may also be a viable resource for siblings who are unable to agree on care decisions. Leslie Camozzi, M.S.W., a case manager with the ElderPlan Program, part of the Institute on Aging, says, “It is useful for siblings to have an objective third party's observations and opinions. A case manager can set up a tangible, working care plan. Dividing and compartmentalizing care tasks can help reduce sibling conflict.”

Study statistics compiled by Caren Parnes for the Senior's Choice
Get the report at: www.caregiving.org/caregiving2015/