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"HELPING YOU HELP YOUR LOVED ONES"

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A FREE PUBLICATION ON ELDER ISSUES  
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## ALZHEIMER'S DISEASE

The Alzheimer's Association International Conference discussed how the Mediterranean diet or the MIND diet is linked to stronger bones, a healthier heart and a longer life. Research is also showing that it can lower the risk of dementia.

"The activity of our genes is highly dependent on four main factors: diet, exercise, sleep and stress management" by Rudolph Tanzi, a speaker at the conference. He went on to say that diet is the most important.

What is on the diet? It is plant based cooking with every meal focusing on vegetables, fruits, whole grains, seeds and beans, with a few nuts and extra virgin olive oil. Eating refined sugar or fats or flour or butter is not on the Mediterranean diet.

Meals can include eggs, poultry

and dairy but in smaller portions when compared to the Western diet. Fish is a staple on this diet.

There is another diet called MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) and DASH standing for Dietary Approaches to Stop Hypertension.

The MIND diet was developed by Martha Clare Morris a nutritional epidemiologist at Chicago Rush University Medical Center.

The MIND diet does not include margarine, butter, cheese, red meats, fried fast foods, or sweets. On this diet it is important to eat six servings a week of green leafy vegetables like kale or spinach, and at least one serving a day of another vegetable. Eating whole grains (three servings per day) is a must. In addition on a weekly basis: three servings of beans,

two servings of chicken or turkey, and one serving of fish. As with the Mediterranean diet olive oil is important. On the MIND diet they strongly encourage people to drink one glass of wine per day.

Other diets were discussed at the conference.

There is a three year clinical study starting that will look at the diets.

What was agreed to by all the presenters is how important it is to eat healthy. A healthy diet can reduce the risk of developing dementia. A healthy diet can also affect other diseases.

Consider calling your physician and asking if a referral can be made to a dietitian who can help with diet changes.

## ABOUT US

**ElderCare Resource Services** is a certified aging care management company co-owned by Linda Sullivan RN, CMC, and Debbie Gitter LCSW, C-SWCM. Our unique Nurse/Social Worker team is able to provide both psychosocial and medical consultation to our clients. Linda and Debbie work together on each case. Families can consult with either of us. We are strong advocates for our clients giving them information to make them better consumers; getting their relative the best care. Together we are able to assist our clients and their families with information on Community Services, Home Care, Assisted Living, and Nursing Homes. Linda and Debbie have over 35 years working with the geriatric population. Now is the time to plan for the future. Call us if you have a question about our services. We'll be happy to chat. Look for our monthly column in the Metro West News '[Senior Questions and Answers](#)'

## LONG TERM CARE INSURANCE POLICIES

For some Seniors years earlier they took out a long term care policy. This could be helpful as care is needed.

All policies are different so it is important to read the policy carefully.

Some policies will pay for Geriatric Care Management; a specific dollar amount per year, some policies will pay

for some durable medical equipment, and some policies will pay for some home repairs so long as it keeps the senior in the house. We have seen bathroom renovations done to keep someone home.

It is important to periodically read the policy or have someone read it to highlight the benefits. We are able to read the policy to explain what is

covered and what is not covered. Call your agent for questions asking if there is a cap on monthly benefits, how to put the policy in effect, will it pay for at home care and for services outside the home, is there a cap on how many years the policy will pay? Find out what options are available before a crisis.



Certified Members:

Aging Life Care Association

## Downsizing for Seniors

When the decision is made to downsize the family house there are many moving pieces. Where should your relative move, do they need to move into an Assisted Living or a smaller house, what questions do I need to ask and who needs to be contacted to help with this process?

To start this process contact a Geriatric Care Manager/Aging Life Care Specialist to discuss options in the community. They can make recommendations on housing options, discuss costs, and make you and your family a better consumer.

If an accountant is involved contact them to inform them that the house is being sold. This could have tax implications.

Contact an Elder Law Attorney to review and discuss how to best manage the monies.

It is also important to have a realtor on the team who specializes in the senior market. When looking for a realtor contact someone who has the credentials SRES or Senior Real Estate Specialist. Realtors who have taken additional courses on how to help seniors is given this credentialing. These realtors understand the emotional process of selling and downsizing. To expedite the process they can coordinate with a senior move manager (or an Elder Care Manager can assist with names of senior move managers) who can pack, sell, and handle other details of the move such as which moving company is best.

The senior realtor is also a wealth of knowledge on resources in the new town/city or can discuss ways to modify the home.

The realtors can advise on what to fix or repair before the house goes on the market. Search on <http://seniorsrealestate.com/>

Before a move take pictures of the house and consider putting the pictures in an album. This is a nice way to look back and remember happy memories.

With downsizing it is important not to take everything to the next location. This means giving away, donating, or throwing out items in the home which is not easy. It is an emotional process for many people. Sometimes it is not the item but what the item represents or a memory of something. Give your relative time to talk about certain items in the house that can bring up a happy memory.

Patience is needed as you prepare to sell and empty out a house or if your relative is moving to a new location. There will be bumps along the way. Hugs and "I love yous" go a long way with family members during this stressful time.

## Frequently Asked Questions

**Q: My mother is not remembering to take her medications. I try calling but I cannot always remember. Is there any technology out there that will remind my mother to take her medications on time?**

**A:** There are medication dispensing machines that can be used. The machines need to be filled and when it is time for a medication a voice will come out and say, time to take your medications. Some machines will provide reminders for up to 15 minutes while others up to 5 minutes. Your mother needs to go to the machine and push the button and her medications will be delivered. The one possible problem is she can push the button, get distracted and forget to take her meds. If your mother does not push the button (with many of the machines they offer this feature), you will be called that your mother missed her timed medication.

**Q: When is it time for my parents to meet an Elder Law Attorney?**

**A:** It is never too soon to meet an Elder Law Attorney to begin planning for the future. Planning is best done before a crisis. This allows time to discuss, ask questions, and more discussions. The Elder Law Attorney is part of the team that may also include accountants and or financial planners. The Elder Law Attorney can discuss strategies and ways to protect assets but also have money available to pay for medical bills that are not covered by insurance. Make that call sooner than later to begin to plan the future.

**Q: At what age am I eligible to sign up for Medicare?**

**A:** Currently it is age 65 however younger people with a medical disability can sign up after submitting proof of a disability and begin to receive medical benefits. Medicare is insurance funded by the federal government. Medicare Part A is free. This pays for hospitalizations and care in a rehab setting. Medicare Part B does cost. Part B covers for durable equipment, doctor's visits, and physical and or occupational therapy. Part D is for prescriptions and often times there is a monthly deductible and co-pay for medications. It is important to sign up for Part D when you sign up for Medicare even if you are not taking medications. For every month you did not sign up for Part D and were eligible there is a penalty when you do sign up for Part D. The penalty is a lifelong financial penalty. Call Social Security to talk about your benefits.