



Celebrate Sandwich Generation Month With Us This July!

Throughout July, Sandwich Generation Month commemorates and celebrates the dedication, patience and caring of adults who are part of the Sandwich Generation--those caring for their children as well as their own aging parents. It is the goal of Sandwich Generation Month to heighten awareness of the special needs and community support systems available to those working so hard to maintain multi-generational families. Sandwich Generation Month is officially registered within the National Special Events Registry and Chase's Calendar of Events as an annual national observation, occurring each July 1-31.

As we go to press, Mayors and Governors across the country are proclaiming July as Sandwich Generation Month and have become an important part of the regional celebrations. Their proclamations help to raise awareness of the resources available to those who otherwise work so hard day after day to maintain a healthy, strong, happy, comfortable and independent family unit.

A comprehensive on-line repository of articles, connections, and news can be found at: www.SandwichGenerationMonth.com. Cyber visitors are kept abreast of Sandwich Generation Month events occurring around the country. The public is invited to participate in these scheduled events and celebrations. The cafe area of the site brings the Sandwich Generation together, with blogs, stories, photos and message boards. It's a unique place to build fresh sandwiches together!



GRISWOLD SPECIAL CARE Raises The Bar In Homecare...Again

Should Adults Consider Vaccine Boosters?

GRISWOLD SPECIAL CARE is pleased to announce that it has finalized an agreement with The Alzheimer's Foundation of America (AFA) enabling AFA and Dementia Care Professionals of America to offer a self-study certification course on Alzheimer's disease to 1000 care professionals registered with GRISWOLD SPECIAL CARE Offices nationally.

AFA is a nonprofit organization. Its mission is "to provide optimal care and services to individuals confronting dementia, and to their caregivers and families—through member organizations dedicated to improving quality of life." AFA is based in New York City and currently unites over 900 member and associate members in nearly all 50 states.

In 2005, GRISWOLD SPECIAL CARE created a Disabilities Division to promote Caregivers having a fundamental knowledge of specific disease entities enabling them to more competently address Clients unique care needs. The company is partnering with national advocacy groups like the National MS Society and AFA, to make certification courses available to Caregivers registered with its 100 offices nationally.

Have you or your parents considered getting vaccine boosters? It could be a life-saving conversation. Immunity from childhood vaccines may not last a lifetime and there are also new adult vaccines to talk about with your primary care physician. According to Nancy Snyderman, TODAY Chief Medical Editor, here are some boosters to consider: Diphtheria, Tetanus and Pertussis (DTP), Measles, Mumps, and Rubella, (MMR) Influenza, Pneumococcal, and Chicken Pox.. Newer vaccines are now available for Human Papillomavirus (HPV) and Shingles. The Centers for Disease Control recommends that all people over 60 get immunized for Herpes Zoster, even if they have had the Chicken Pox or Shingles before.

TODAY. (2008). Retrieved from <http://www.msnbc.msn.com/id/24763360/>



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A Tradition of Homecare Excellence

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House Votes To Expand Civil Rights For Disabled Adults

How Are Older Adults Impacted by Today's Economic Woes?

In a deal reflecting months of negotiation by business groups and advocates for the disabled, the House of Representatives has passed a major civil rights bill making it easier for people with disabilities to prove discrimination in the workplace. According to the New York Times¹, the legislation restores protections intended under the Americans With Disabilities Act. Individuals living with Multiple Sclerosis, Epilepsy, Diabetes, Cancer, and Cerebral Palsy have been denied protection because these conditions can be controlled by medication or go into remission. The bill defines an impairment that is episodic or in remission as a disability if it would substantially limit a major life activity when active.

The bill could also impact the thinking of state legislators grappling with how to best assist disabled adults on Medicaid. In many states, they are forced into nursing homes where they lose their independence and cost tax payers more than comparable community based services.

Despite the President's expressed concern that the bill could unduly expand disability coverage, the Senate is expected to pass a bipartisan measure soon. Contact your Senators and encourage them to vote for Senate bill S.1881 **NOW!**

¹ NY Times. (2008) Retrived from <http://www.nytimes.com/2008/06/26/washington/26rights.html?scp=2&sq=House+Votes+to+Expand+Civil+Rights+for+Disabled&st=nyt>

Feeling the pinch? According to an AARP poll 59% of adults 65 years of age and older are saying "Yes!!" when asked if they find it more difficult to pay for essential items like food, gas and medicine¹. And this response comes from individuals who have probably already adjusted their spending due to lower or fixed incomes. For many seniors, they are also earning less on their savings as costs are rising.

Another impact is less socialization. Not only are seniors staying in more, their children report visiting less. According to USA TODAY, 53% of American adults have cut back on visiting.² And because of higher prices, they do not have as much to give to their parents to help make ends meet.

Here are some of the ways people are trying to cut spending: inventory the pantry; track food prices; clip/swap coupons; watch unit pricing; shop and visit together geographically; create weekly menus and a grocery list; buy in bulk from discounters and include your parents; eat seasonally, and plan for special outings in advance.

¹ The Poll: Economic Squeeze. (2008) AARP Bulletin, 49 (5), p.4.

² USAToday. (2008) Retrived from <http://www.creditcards.com/credit-card-news/gas-card-price-poll-1277.php>