



GRISWOLD SPECIAL CARE Celebrates 25 Years of Service by Lori Griswold, PhD, MSG, EVP



GRISWOLD SPECIAL CARE is 25 years old! The World's Oldest, Multi-National, Non-Medical Home Care Company will commemorate its Silver Anniversary through special programs to recognize the Founder, its Clients, referral sources, Caregivers, Directors, and the company as a whole. Dr. Jean Griswold founded **GRISWOLD SPECIAL CARE** in

Erdenheim, PA in 1982. Rather than focus upon skilled services provided by nurses, she chose to refer professional Caregivers to perform tasks traditionally done by family members for older adults, individuals living with a disability, and revolutionized the home care industry. The principles she founded the company on guide it to this day.

Some of the activities taking place during the next few months to celebrate the anniversary include a gala celebration at the Constitution Center in Philadelphia, PA to honor Jean Griswold; a national tour of four commemorative quilts crafted by people affected by home care including Clients, Caregivers, family carers, Office Directors and staff, referral sources, veterans and others; the inaugural viewing of the company's first nationally televised commercial and radio ad, the creation of a

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AARP Announces It Will Enter The Insurance Market And Continue Lobbying For Elders

According to Robert Pear of the New York Times, AARP, one of the largest lobbying groups for older Americans boasting 38 million members, announced it will enter the nation's health insurance market next year. It will offer a health maintenance plan to Medicare recipients in addition to prescription and Medigap coverage they currently offer. Several new products will be marketed to adults 50 to 64 years old including a preferred provider, managed care plan and a high-deductible insurance plan that can be used with a health savings account.

The announcement was met with mixed reactions. Some view this move as a wonderful addition to the Medicare managed care market but others voiced concern about AARP's independence and potential conflicts of interest. According to the Times, AARP will

commit to be in the Medicare market for two years. AARP says this new venture is in line with their mission and their size gives them leverage to negotiate competitive prices for insurance products. AARP's plans will also have less stringent underwriting criteria making the plans more available to elders who may have trouble getting coverage.

The entry of private insurers into the Medicare market is a hot topic now with advocacy groups expressing concern it will hasten the privatization of Medicare. To date, AARP has opposed efforts to move Medicare in that direction.

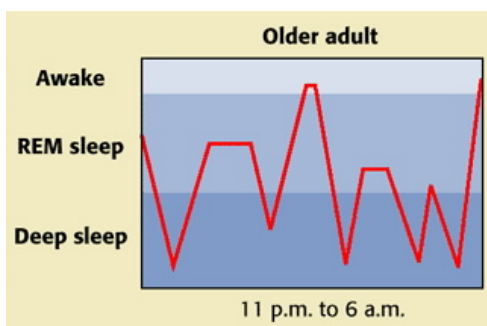
Special points of interest:

- Pg 2.—*Sleep Disorders*
- Pg 2.—*Shingles Vaccine*
- Pg. 2—*Super Foods For Long Life*
- Pg. 3—*Macular Degeneration*

Majority Of Older Adults Have Sleep Problems

“What I wouldn’t give for a good night’s sleep.” In a recent study, The National Institutes of Health reported that sleep disturbances affect more than half of adults age 65 and older. A recent Gallop poll found that 72% of seniors have discussed poor sleep with their doctor.¹

As we age our sleep pattern changes and we spend less time in deep



sleep which is more refreshing.² That’s why many older adults complain of not getting *enough* sleep. Other adults will have nighttime awakening and not be able to get back to sleep. Common reasons for sleep disturbances include: frequent urination; insufficient exercise and daytime napping; medical conditions; side effects of medications; poor sleep habits; smoking, eating too much, too late; use of alcohol and drinks that have caffeine after 4 pm; GERD; sleep apnea and restless leg syndrome; loss of spouse and friends; relocation; constipation; dementia, and depression.³

If you or someone you care for has a sleep disturbance, here are practical some things to do before seeking medical attention: cut down on naps in the day, increase your exercise, avoid large meals, caffeine and alcohol at night, stick to a relaxing, pleasurable routine before going to bed, and keep your sleeping environment dimly lit and at a comfortable temperature. Ask your physician about melatonin, magnesium chloride, and calcium lactate gluconate

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MS Curriculum For Caregivers Published

The National Multiple Sclerosis Society (NMSS) has just published a self-study course for professional Caregivers. The course, written in collaboration with *GRISWOLD SPECIAL CARE*, will be made available to Caregivers nationally. The course is intended to educate Caregivers about the unique needs of individuals living with this disability. Individuals who complete the comprehensive examination, will receive a Certificate of Achievement from the NMSS.

GRISWOLD SPECIAL CARE’s Disability Division is also collaborating with other national advocacy groups to offer its Clients greater peace of mind and its Caregivers opportunities to learn how to assist adults with special needs.

Super Foods: Select Foods According To Color To Enjoy A Long Life

May is Older Americans Month and this year’s theme is, “Making Choices For A Healthier Future.” Exercise along with the amount and kinds of foods we eat have everything to do with the quality of life we will have as we age. Here are some tips on how to make the golden years more *golden*.

Add these “superfoods” to your palate:

Deep Green—Broccoli, spinach, swiss chard, and kale are good sources of calcium.

Red—Tomatoes, cranberries, and pomegranates are sources of lycopene and anthocyanins that help with urinary track health and memory function.

Shingles Can Now Be Prevented!

If an adult has had chicken pox, usually as a child, s/he is at risk of developing shingles later in life. Approximately one half of adults who reach the age of 85 develop shingles. Once you have chicken pox, the virus lies dormant in nerve tissue and can reactivate affecting one side of the body. Symptoms include pain, itch, unbearable sensitivity, rash, and blisters. Flu-like symptoms may also occur.¹

In 2006, the Food and Drug Administration approved the use of a vaccine, Zostavax, for people 60 years and older who have not had shingles. The vaccine has been very effective in preventing the onset of the disease and reducing the severity of symptoms in adults whose virus reactivates.²

If you had chicken pox, talk with your primary doctor about taking the vaccine.

¹www.reutershealth.com.

²www.cdc.gov/nip/diseases/shingles/faqs.html

Orange/yellow—Squash, carrots, sweet potatoes, and yams are great sources for antioxidants and help vision.

Deep blue/purple—Eggplant, plums, blueberries, and blackberries help with healthy aging and memory.

Fiber—“Gotta love that fiber!” Years ago our diets consisted of foods that contained large amounts of fiber. Today we get *half* the amount we need. Fiber helps lower cholesterol and blood sugar levels, and prevents cancers of the GI tract. So, add lots of apples, barley, beans, fruits, oat bran,



Making Choices
for a Healthier Future
<http://www.aoa.gov>

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brown rice, and vegetables to your diet.

Calcium—aging causes our bones to lose minerals, particularly calcium. As a result, they become brittle and more prone to fracture. Although dairy products are a good source of calcium, they can also be a source of calories and fat. Dark vegetables are a good alternative.

Water—We need 6-8 servings of water a day to wash out the by-products of digestion and toxins, keep tissues hydrated, and help digest those high fiber foods we are eating more of. The servings should be evenly distributed throughout the day but tapered down toward evening so that urinary frequency doesn't become a problem.¹

Unless you live to eat, incorporating some of these foods may seem daunting. Try adding a few and gradually change what you eat more of. There is just one “bump in the road.” We need less calories as we get older so portion size and reducing simple sugars (bread, potatoes, cake, ice cream, candy, alcohol) becomes much more important. One more reason to increase the amount of exercise you get! Aren't you glad it's spring?

¹ Sorgen, C. (2006) Foods For Long Life And Wellbeing. Retrieved from www.webmd.com/content/article/80/96416.htm. 4/2/07.

New Treatment For Age-related Macular Degeneration

Age-related Macular Degeneration (AMD) is the leading cause of blindness in adults 55 years and older. AMD affects more than 10 million Americans and that number is expected to increase significantly by 2020. There are two types of AMD: “wet”—caused by the development of new blood vessels that leak fluid and blood under the macula in the retina; and “dry”—caused by drying of the epithelium of the retina and the build-up of toxins and waste products in the eye.

Most adults do not notice their vision has diminished until they have intermediate or advanced disease. Symptoms include: the need for more bright light; difficulty entering dimly lit rooms; blurriness of words, difficulty recognizing faces; gradual haziness of vision, and a sudden drop in central vision.¹ Currently there is no treatment for the dry form of AMD. In 2006, the Food And Drug Administration approved a new treatment for the wet form of AMD. Lucentis is the first treatment which, when dosed monthly, can maintain the vision of more than 90 percent of individuals with wet AMD.² It may also be able to reverse some of the effects of AMD.

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and if any of your medications may be causing your sleeplessness.

Symptoms of lack of sleep include fatigue, difficulty concentrating, confusion and headaches. If you have tried the changes recommended previously and you are still having trouble getting to and staying asleep, talk with your physician about other alternatives. Be wary of taking over-the-counter sleep medications like Diphenhydramine. Sleep aids may not be fully excreted by the kidney and build up in the tissues of older adults creating a potential for over-medication and more severe side effects. These medications can also be habit-forming.

Sleeplessness is not a function of aging according to Andrew Monjan, Chief of Neurology at the National Institute of Aging. As more adults pass 65 years of age, this problem is expected to increase until we learn more about sleep and healthy ways to promote it.

¹ Retrieved from www.medicalnewstoday.com. April 2, 2006.

² Mauk, K.I. (2005). Promoting Sound Sleep Habits In Older Adults. *Nursing*, 35(2), 22-25.

³ Retrieved from www.webmd.com/sleep-disorders/sleep-disorders-aqng? April 2, 2006.

25th Anniversary Celebration *Continued...*

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special “Sandwich Generation Month” in July to celebrate family carers commitment to their loved ones, events to celebrate professional Caregivers and many other local and regional events celebrating this momentous year.

At the gala celebration **GRISWOLD SPECIAL CARE** Directors and invited guests from around the country demonstrated their continued commitment to quality improvement and customer service. A record number of Bronze, Silver, Gold and Platinum Quality Awards were achieved in 2006.

GRISWOLD SPECIAL CARE is a national leader in the home care industry with 90 offices in 17 states: Connecticut, Delaware, Florida, Georgia, Illinois, Louisiana, Maryland, Massachusetts, Michigan, New Jersey, Ohio, Pennsylvania, South Carolina, Tennessee, Texas, Vermont, and Virginia, as well as operations in South Korea and Mexico.



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A Tradition of Homecare Excellence

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Adults over 50 years of age should have regular eye examinations to determine the presence of AMD. You can also discuss some of the more common ways to help prevent AMD with your doctor. These include eating foods that are high in antioxidants, lutein, and zeaxanthin (leafy greens, fruits,

Macular Degeneration *continued...*

vegetables, eggs and corn; the use of dietary supplements for vitamins C, E and A and the minerals zinc and copper; and the consumption of fish high in omega-3 fatty acids. Adults are also encouraged to wear sunglasses that block ultraviolet light, to stop smoking, and maintain a healthy weight.

¹ Macular Degeneration. (2007). Retrieved from www.mayoclinic.com/health/macular-degeneration/DS00284, April 20, 2007.

² FDA News. (2006). Retrieved from www.fda.gov/bbs/topics/NEWS/2006/NEW01405.html, April 20, 2007.

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GRISWOLD SPECIAL CARE



The **CARINGTIMES** ©
newsletter and its companion website are a service
GRISWOLD SPECIAL CARE offers to Clients,
family caregivers, and professionals who care for
older adults and individuals living with a disability.
Experts in gerontology keep you current with helpful
articles, legislative updates, tips on caregiving,
news about organizations and more.

On-line Caregiving

Resources

Our website (www.CaringTimes.org) includes a resource center that is designed to help make it easier for you to care for your loved ones in the home. At this site, you will have access to past newsletters, articles about elder care and disability issues, direct access to experts who you can talk with about your personal issues and concerns, and links to national organizations that offer support to family Caregivers. Check the website each month for the latest information. Here are some of the features that are

currently posted:

- ◆ A brochure to prevent falls at home
- ◆ Welcoming A Caregiver Into Your Home
- ◆ Preventing Caregiver Burnout
- ◆ Tax Related Issues
- ◆ Legal Documents: POA and Living Wills
- ◆ Dementia: The Disease and New Hope for Treatment, Parts I and II
- ◆ Home and Community Based Care: What Consumers Want And Need

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