

Caring Hands

**A publication of Home Bound Healthcare, Inc.
Private Duty Division**



Safety First for Seniors

Hello, friends!

Since we last released this newsletter, the weather has warmed, and many of you may find yourselves enjoying more outdoor activities. Taking a stroll or drive, shopping, enjoying family events and get-togethers are just some of the things we look forward to doing.

With all of the activity, we can't help but think of the safety of the seniors in our communities, inside the home and out. At Home Bound, we take a special interest in educating seniors

about things they can do to keep themselves safe. One of the areas we focus on is preventing fraud schemes, and educating seniors about what they can do to avoid becoming a victim. HBH Professionals go into the community often to provide educational presentations on this very topic. See inside the newsletter for more information, and feel free to call us to schedule a presentation for your group!

Of course, we are always especially concerned with safety in the home.

Be sure to read the crime prevention tips we have provided, to ensure you and your home are protected as much as possible. We also included information for you to learn more about medical alert devices and how they may be able to help you or your loved ones in the event of an emergency. As always, feel free to call us anytime.

Wishing you health and wellness,

Kim Park

Regional Private Duty Consultant

Peoria HBH has Deficiency Free Survey!



Congratulations to the HBH Peoria Team for their recent deficiency-free state survey! We couldn't be more proud! A deficiency free survey is quite the accomplishment, and helps to show the commitment we have to our clients.

During the state survey the surveyor visited HBH Peoria clients in their homes and conducted client record reviews, as well as a review of policies and procedures. Surveys are conducted every one to three years to ensure compliance with state rules and regulations.

Congratulations again to the dedicated and hard working staff that take such good care of the Home Bound Healthcare clients. Keep up the great work!

Your Questions Answered: Medical Alert Devices & What You Need to Know



Dear Home Bound Healthcare:

I am looking into getting my mother, who lives alone, a medical alert device in case she is ever to fall or have an emergency. What do I need to know?

- Concerned Son

Dear Concerned Son:

You are taking an important step in caring for your mother's health and safety. A medical alert device allows users to access help instantly in the event of an emergency. Without knowing your mother's condition, but knowing that she lives alone, it sounds like a medical alert device could be just what is needed to keep her safe, and to give you peace of mind.

There are many different options when it comes to choosing a medical alert device. A preferred device will include a lightweight pendant. Many pendants can be worn as a necklace, around the wrist, or as part of a belt clip. Some are even waterproof, ensuring that your mother would have access to help when bathing. Bathing can be a particular safety hazard to many, as it involves bending, wet surfaces, etc.

With all of the options available, there is sure to be a product that will meet your mother's needs and offer peace of mind.

Home Bound Healthcare proudly offers the CareLink® line of products from Healthcom®. For more information, please call 800-444-7028 or your nearest HBH location.

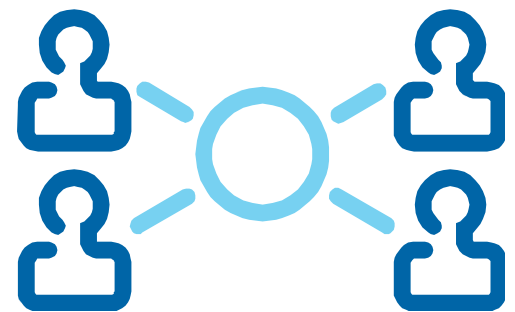
Recommended Reading:

healthcominc.com/PersonalEmergencyResponse.php

Family Access Anywhere® Offers Peace of Mind

Home Bound Healthcare proudly offers its clients medical alert services through Healthcom. With Healthcom, all family members can feel comfortable knowing that if a need arises, the right help can be automatically notified 24 hours a day, 7 days a week. Multiple family members can also have the peace of mind of receiving updates on their loved ones through the Family Access Anywhere® website. Updates can be received via phone, email, or text messaging.

Family Access Anywhere® is a secure and convenient web-based Internet site that allows family members to easily manage alerts, notifications, and keep up to date on medication dosages or falls that may have taken place in the home. Families can decide who gets certain alerts and under what conditions. It's a great way to connect clients and caregivers, whether they are miles apart or just down the street.



Stay Connected!

For more information, please call 800-444-7028 or your nearest HBH location.

www.HomeBoundHealth.com

Safe Driving Tips for Senior Citizens

As we grow older, it is normal for our skills behind the wheel to change. While the effects of aging are inevitable, there are safe driving practices that we can incorporate into our routines to help us to continue driving safely.

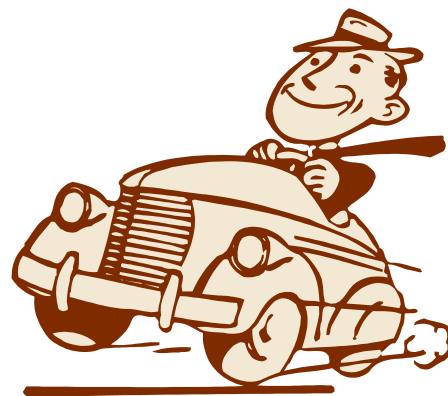
With safety in mind, it is important to pay attention to warning signs that age may be interfering with our driving, and to make appropriate adjustments. Even if you find that you need to reduce your driving or give up the keys, it does not mean the end of your independence. Seeking alternative methods of transportation can offer health and social benefits, as well as a welcome change of pace to life.

Senior Driving Tip # 1: Understand how aging affects driving

Everyone ages differently, so there is no arbitrary cutoff as to when someone should stop driving. However, older adults are more likely to receive traffic citations and get into accidents than younger drivers. In fact, fatal car crash rates rise sharply after the age of 70. As we age, it is important to keep in mind that factors such as decreased vision, impaired hearing, or slowed motor reflexes may become a problem. Some examples include:

- Pain or stiffness in neck that can make it harder to look over your shoulder to change lanes.
- Leg pain can make it more difficult to move your foot from the gas to the brake pedal.
- As reaction time slows with old age, you may be slower to spot other vehicles emerging from side streets or driveways.

You may have driven your entire life and take great pride in your safety record, but as you age, it is critical that you realize your driving ability can change. To continue driving safely, please recognize that changes can happen, get help when they do, and be willing to listen if others voice concern.



Safety First!

Senior Driving Tip # 2: Tips for Safe Senior Driving – Take Charge of Your Health!

Regular check-ups are critical to keep you in the best possible driving shape. Other steps you can take include:

- Getting your eyes checked every year. Make sure that corrective lenses are current. Keep the windshield, mirrors, and headlights clean, and turn brightness up on the instrument panel on your dashboard.
- Having your hearing checked annually. If hearing aids are prescribed, make sure they are worn while driving. Be careful when opening car windows, though, as drafts can sometimes impair a hearing aid's effectiveness.
- Talking with a doctor about the effects that ailments or medications may have on your driving ability. For example, if you have glaucoma, you may find tinted eyeglass lenses useful in reducing glare.
- Sleeping well. Getting enough sleep is essential to driving well. If there are problems, try to improve nighttime sleep conditions and talk to your doctor about the effect of any sleep medications on driving.

Senior Driving Tip # 3: Know the Warning Signs of Unsafe Driving

- **Conflicting Medications** – certain medications or combinations of medications can affect senses and reflexes. Always check medication labels and alert your doctor if you notice unwanted changes.
- **Eyesight Problems** – can you easily see traffic lights and street signs? Can you react appropriately to drivers coming from behind or the side of you?
- **Hearing Problems** – Can you hear emergency sirens, if someone is accelerating next to you, or a car horn?
- **Problems with Reflexes or Range of Motion** – Can you react quickly enough if you need to brake suddenly or quickly look back?
- **Problems with Memory** – do you find yourself missing exits or frequently getting lost?

If you experience any of the above problems with driving, you should consider being evaluated by a physician.

Home Bound Healthcare provides transportation and/or assistance with day to day activities such as shopping for groceries, picking up prescriptions, running errands, going out to lunch or to medical appointments, etc. For more information or for rates in your area, please call 1-800-444-7028 or your nearest HBH location.

For more driving tips for senior citizens, please visit http://www.helpguide.org/elder/senior_citizen_driving.htm.

The History of Mother's Day



As far back as most readers will remember – Mother's Day has always been a day where we honor our mothers with cards, flowers, and gifts. Did you know that the celebration of Mother's Day as we know it today is not even 100 years old?

The origin of Mother's Day goes back to the era of the ancient Greeks and Romans. The roots of Mother's Day can also be traced back to the UK where a "Mothering Sunday" was celebrated much before the United States began its current Mother's Day traditions. Mother's Day, as we know it, came into existence thanks to the hard work of the pioneering women of their times, Julia Ward Howe and Anna Jarvis.

Julia Ward Howe first suggested Mother's Day in the US in 1872. Julia was an activist, writer and poet. She also wrote the famous Civil War Song, "Battle Hymn of the Republic". Julia suggested that June 2nd be annually celebrated as Mother's Day and should be dedicated to peace. Her idea spread, but was later replaced by the Mother's Day holiday now celebrated in May.

Anna Jarvis is recognized as the founder of Mother's Day in the US. Interestingly, Anna never married nor had kids. She was inspired to honor mothers due to her own mother's wishes to pay tribute to the contributions made by all mothers, living and dead. Anna and her supporters wrote letters and lobbied for there to be an official declaration of Mother's Day. Their hard work paid off, and by 1911, Mother's Day was celebrated in almost every state in the US. On May 8, 1914, President Woodrow Wilson signed a Joint Resolution designating the second Sunday in May as Mother's Day.

Today Mother's Day is celebrated across 46 countries (on different dates) and is a hugely popular affair. Millions of people across the globe take the day as an opportunity to honor their mothers, thank them for their efforts in giving them life, raising them and being their constant supporter and well wisher.

Happy Mother's Day!



That's Amazing! Record Holding Moms

- **Youngest Mother** – The youngest mother whose history is authenticated is Lina Medina, who delivered a 6 ½ pound boy by cesarean section in Lima, Peru in 1939, at age 5 years and 7 months. The child was raised as her brother and only discovered that Lina was his mother when he was 10 years old.
- **Oldest Mother** – On April 9, 2003, Satyabhama Mahapatra, a 65 year old retired schoolteacher in India became the world's oldest mother when she gave birth to a baby boy. Satyabhama and her husband had been married 50 years and this was their first child. The baby was conceived through artificial insemination.
- **Most Surviving Children** – Bobbie McCaughey is the mother who holds the record for the most surviving children from a single birth. She gave birth to the first set of surviving septuplets – four boys and three girls, on November 19, 1997 in Des Moines, Iowa. The babies are named Kenneth, Nathaniel, Brandon, Joel, Kelsey, Natalie, and Alexis.
- **Longest Interval between Two Children** – Elizabeth Ann Buttle holds the record for the longest interval between the births of two children. She gave birth to Belinda on May 19, 1956 and Joseph on November 20, 1997. The babies were born 41 years 185 days apart. The mother was 60 years old when Joseph was born.
- **Highest Record Number of Children** – The highest officially recorded number of children born to one mother is 69, to the first wife of Feodor Vassilyev (1707-1782) of Shuya, Russia. Between 1725 and 1765, in a total of 27 confinements, she gave birth to 16 pairs of twins, seven sets of triplets, and four sets of quadruplets. 67 of them survived infancy.
- **Highest Record Number of Children in Modern Times** – The modern world record for giving birth is held by Leontina Albina from San Antonio, Chile. Leontina claims to be the mother of 64 children, of which only 55 are documented. She is listed in the 1999 Guinness Book of World Records, but was dropped from later editions.

Make it for Mom! Rhubarb Crunch Recipe



This recipe is great with a glass of milk or vanilla ice cream!

Directions: Preheat oven to 375 degrees F. Lightly grease a 9x13 inch baking dish.

In a large mixing bowl combine rhubarb, white sugar, and 3 tablespoons flour. Stir well and spread evenly into baking dish. Set aside.

In a large mixing bowl combine brown sugar, and 1 ½ cups flour. Stir well then cut in butter or margarine until mixture is crumbly. Sprinkle mixture over rhubarb layer.

Bake in preheated oven for 40 minutes. Serve hot or cold. Enjoy!

Makes 12 servings. Nutritional analysis per serving:

Ingredients:

- 3 cups dried rhubarb
- 1 cup white sugar
- 3 tablespoons all-purpose flour
- 1 cup packed light brown sugar
- 1 cup quick cooking oats
- 1 ½ cups all-purpose flour
- 1 cup butter

Calories: 342
Total fat: 16 g
Saturated fat: 9.8 g
Cholesterol: 41 mg
Sodium: 114 mg
Total carbohydrate: 47.9 g
Dietary fiber: 1.7 g
Sugars: 28.8 g
Protein: 3.2 g

Mother's Day Word Search

Find the words below in the puzzle at left:

T D M P E H X S R S O N T U F
G S Y S L R E H E T X G N Q O
Y F A B P I A U T F I J E X V
C L B F R E L C H I L D R E N
D O I O K A C E G G L N A B H
F W M M V A A I U W J R P O A
U E H X A R E M A S W E E T P
M R B U T F O R D L E V O L P
M S B K G M W C B Z L V N F Y
R E V E R O F N M A T G N P F

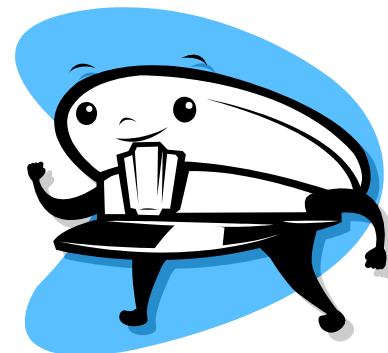
- MOM
- LOVE
- SON
- DAUGHTER
- CARE
- SWEET
- SPECIAL
- FLOWERS
- HUG
- PARENT
- GIFT
- MEMORIES
- VALUES
- HAPPY
- FAMILY
- BREAKFAST
- FOREVER
- HEART

Crime Prevention Tips for Smart Seniors

Crime and the fear of crime can create special problems for the elderly. Seniors can learn how to protect themselves from crime by following these simple crime prevention tips. Be sure to share these tips with neighbors and friends, to make it tough for criminals to operate in your neighborhood!

At Home:

- Never open your door automatically. Install and use a peephole.
- Lock your doors and windows! Keep your garage doors locked.
- Use “Neighborhood Watch” to keep an eye on your neighborhood. A concerned neighbor is often the best protection against crime.
- Notify trusted neighbors and the police when you are going away on a trip. Arrange for someone to collect your mail and newspapers, or cancel the newspaper delivery/ask the post office to hold your mail.
- Keep your home well lit at night, inside and out. Keep curtains closed.
- Never let a stranger into your home. Ask for proper identification of utility workers or others. A legitimate company will not mind the request.
- Do not hide keys under the doormat or other conspicuous places.



**Crime Prevention
Starts with You!**

While Walking:

- If you are attacked on the street, make as much noise as possible by calling for help or using a whistle. Do not pursue your attacker. Call 911 and report the crime right away.
- Walk in well lit areas, and bring a companion with you.
- If you must carry a purse, hold it close to your body or have it strapped across your body. Do not dangle it away from yourself. If possible, leave the purse at home.

In Your Car:

- Always keep your car doors locked, whether you are in or out of your car. Keep your gas tank full and your engine properly maintained to avoid breakdowns.
- Lock packages and bags in the trunk. If interesting packages are out of sight, a thief will be less tempted to break in and steal them.
- Do not leave your purse on the seat beside you. Put it on the floor where it is more difficult to be snatched.
- When returning to your car, check the front and backseat before entering.
- Never pick up hitchhikers or let a stranger talk their way into your vehicle.

What Else Can You Do?

- Be alert to your surroundings. No matter where you are, situational awareness is important in keeping yourself safe. Always know what’s going on around you.
- Partner with a friend for a daily mutual check-in.
- If you have a security system on your home, make sure it works properly and make sure you know how it works.
- Avoid putting valuable items in “easy” locations such as sock drawers, jewelry boxes, and the top of the dresser.

For more crime prevention tips, or information about starting your own neighborhood watch program, visit the National Crime Prevention Council website at www.ncpc.org.

Senior Citizen Fraud: How to Protect Yourself from Predatory Practices

Have you ever been the victim of a scam? If so, you know just how smooth and convincing con artists can be. With more of the baby boomers retiring, the number of senior citizens is on the rise. Unfortunately, the number of scammers is on the rise as well. Home Bound Healthcare holds presentations for senior groups, educating them on deceptive practices and how to protect themselves. Please contact us if you are interested in holding an educational session for your group.

Senior Citizens especially should be aware of fraud schemes for the following reasons:

- Seniors are most likely to have a “nest egg”, to own their own home, and to have excellent credit – all of which make them attractive to con artists.
- People that grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con artists exploit these traits.
- Older Americans may be ashamed to report a fraud because they don’t know who to report it to, are ashamed at having been scammed, or don’t know they have been scammed. Some may fear that their family will think they can no longer handle their own affairs, so they keep it to themselves.

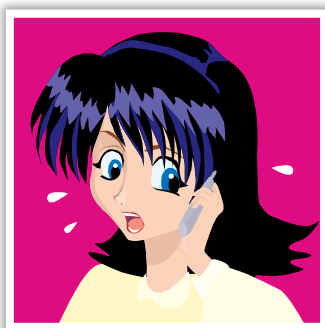


Telemarketing Fraud:

If you are age 60 or older – and especially if you are an older woman living alone – you may be a special target of people who sell bogus products and services by telephone. Telemarketing scams often involve offers of free prizes, low-cost vitamins and health care products, and inexpensive vacations.

There are warning signs to these scams. If you hear these – or similar – “lines” from a telephone salesperson, just say, “No thank you,” and hang up the telephone:

- “You must act now, or the offer won’t be good.”
- “You’ve won a free gift, vacation or prize.” But you have to pay for “postage and handling” or other charges.
- “You must send money, give a credit card or bank account number, or have a check picked up by our courier.” You may hear this before you have had a chance to consider the offer carefully.
- “You don’t need to check out the company with anyone.” The callers say you do not need to speak with anyone, including your family, lawyer, accountant, local Better Business Bureau, or consumer protection agency.
- “You don’t need any written information about the company or its references.”
- “You can’t afford to miss this high-profit, no-risk offer.”



Schedule a Senior Scams and Predatory Practices educational presentation for your group:

To learn more tips about how seniors can protect themselves from senior scams and predatory practices, please call us to set up an educational presentation for your group. Call 800-444-7028, or your nearest HBH location.



Flossmoor 1615 Vollmer Road Flossmoor, IL 60422 800.444.7028	Princeton 502 S. Main Street Ste B Princeton, IL 61356 877.220.8808	Hospice 14216 McCarthy Rd Lemont, IL 60439 630.914.5140
Kankakee 450 N Kennedy Drive Ste 6 Kankakee, IL 60901 800.444.7028	Peru 4231 Progress Blvd Ste 3 Peru, IL 61354 877.220.8808	
Sycamore 1625 Bethany Road Sycamore, IL 60178 877.895.9898	Las Vegas 1350 S. Jones Blvd Ste 240 Las Vegas, NV 89146 866.953.0888	
Peoria 2322 W Willow Knolls Peoria, IL 61614 866.725.0888	Outpatient Rehabilitation 2930 Manheim Rd Ste 1B Franklin Park, IL 60131 800.444.7028	
Springfield 421 S. Grand Ave W. Ste 2B Springfield, IL 62704 877.753.2210	Medical Equipment and Supplies 2307 West Lake Street Melrose Park, IL 60160 877.615.0803	
Moline 3401 16 th Street Moline, IL 61265 866.541.0900	Staffing 2307 West Lake Street 2 nd Floor Melrose Park, IL 60160 800.444.7028	

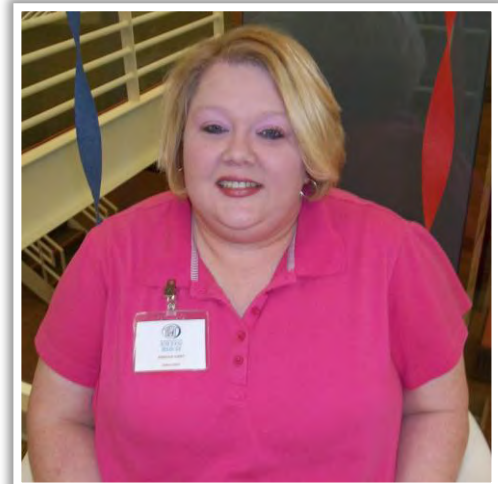
Rebecca Gibbs Honored as Star Caregiver!

Please join us in congratulating HBH Springfield employee Rebecca Gibbs as being named the Star Caregiver of the Quarter!

Rebecca is a caregiver that works for Home Bound Healthcare in the wellness office of Eastland Retirement Community in Auburn, Illinois. Rebecca started her career with HBH in February of 2013, and has been an asset to the team from the start!

Rebecca's supervisor says, "Rebecca is always up, cheery, and greeting you with a smile on her face! She has offered to take overtime hours at different times because she cares not only about her clients, but her coworkers as well. She hugs her clients quite often and speaks in a kind, caring manner to them. When one of her clients passed away in April of 2013, Rebecca was physically moved, and was in attendance at the funeral. This client's family made several comments as to how much they appreciated Rebecca's sweetness and compassion towards their mother during her stay at Eastland. Another of the Eastland residents specifically requests Rebecca when needing assistance with bathing because she does such a great job. A husband and wife that are clients recently told me how much they love Rebecca because of her sweet demeanor and how much she cares. I could go on and on!"

Rebecca, on behalf of the entire HBH team, we congratulate you on your award and thank you for the wonderful and compassionate services you provide!



Pictured above is Star Caregiver
Rebecca Gibbs of the HBH
Springfield Team!

Congratulations, Rebecca!