

Editor's Viewpoint

Greetings! Well, Spring has sprung, and Summer is here. The rains have left us for awhile, and there is a sense of rejuvenation in the air. What better time then for our next installment of news & info from the folks @ Hired Hands.

Exceeding Expectations.... We came up with a new name for our newsletter that better encompasses Hired Hands' philosophies and goals. We are steadfast in our dedication to provide "Staff that exceeds expectations." In doing so, we truly believe that we can enrich the lives of the clients we touch; in hopes that they themselves can "exceed expectations" and remain healthy, safe and comfortable in their home environment for years to come.



Our main article in this newsletter focuses on The Most Common Healthcare

Mistakes Made by Seniors. When the Institute for Healthcare Advancement came out with this study, I was pleased to find that our services assist our clients with the majority of these issues. With a little knowledge and supportive assistance, we can address potential problems before they become major emergencies.

I was absolutely amazed to hear some recent statistics regarding falls in our community. The numbers are surprising, and as more and more people age, we must learn how we can better combat the problems that will occur on a daily basis. This is clearly a

case where prevention is essential, and goes a very long way!

We're really happy to shine the spotlight on two of our most beloved people in our Client/Employee Profile. We could all learn a little from Jo and Joyce about how attitude really affects our daily lives. Keep smiling ladies!

So there you have it - a brief overview of our latest newsletter. I hope you find this informative, and that it continues to make a positive difference.

Mark Winter, President
 HIRED HANDS INC.

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Live SMART! Avoid the Most Common Health Mistakes Made By Seniors! - As reported by the Institute for Healthcare Advancement

Issues can be dealt with BEFORE they turn into serious health problems.



Today, seniors are living longer than ever before. As our life expectancy increases, there are a number of vital issues that must be addressed if one is to continue living safely and independently in the comfort of their own homes. Recently, the Institute for Healthcare Advancement released a study of The 10 Most Common Healthcare Mistakes Made by Seniors. Some of the most common healthcare mistakes made by seniors include the following:

1. Disregarding the serious potential for a fall.
 As we age, both the

possibility and the ramifications of falling down drastically increase. Falls often result in broken bones, and can take months to heal. Seniors and family members should take a close look at their surroundings, and try to remove unnecessary items in traffic areas that might cause a problem. Handrails and non-slip matting can be very helpful.

2. Not paying attention to possible early warning signs. With today's technology, serious issues can often be addressed quickly, which helps speed a safe recovery. Seniors

need to listen to their bodies, and check with their physicians as issues arise – before they develop into serious problems.

3. Failure to have a system for managing medicines. Proper medication dosage and schedule is imperative to the proper function of the medication itself. Implementing and sticking to a clearly defined schedule is key. Medi-sets can help to organize medications, and seniors should keep clear, up to date records of all medications being taken – including dosage,
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Prevent Falls!

Falling is a very serious issue plaguing Seniors. The facts in the adjoining sidebar speak for themselves. We've got a BIG problem!

Most falls are preventable, and are not just due to carelessness. The two main preventive measures are first, promoting health, fitness, and well-being, and second, creating a safe living environment.

Regular exercise builds strength, improves balance and stability, and increases energy levels. There are many forms of exercise, for people of all ages. There are even free exercise classes in Marin geared specifically to Seniors. The benefits are enormous, so you might want to ask your healthcare provider what's the best type of exercise for you. Making your home safer also goes a long way toward preventing falls. Clear away unnecessary clutter or rugs, especially in traffic areas. Install secure railings or grab bars where appropriate. Maintain good lighting throughout your home, and consider installing night lights in traffic areas.

Let's work together to avoid falls! For more information, please contact Erin Winter. With a little work, we can remain safe and independent!

Interesting Facts...

- In 2002, falls were the leading cause of injuries in Marin County, exceeding even motor vehicle accidents.
- In 2002, ambulances responded to more than 1300 falls in Marin County alone.
- **FIFTY percent (50%) of those who sustain an injury from a fall can no longer live independently.**
- Of those who fall, 25% suffer injuries that significantly reduce their mobility and independence.
- **For those 65+, 60% of falls happen at home, 30% happen in public places, and 10% happen in health care institutions.**
- Falls are THE BEST predictor of Nursing Home placement, and 40% of nursing home placements are related to a fall.
- **Falls are EXPENSIVE, with the average cost per fall for someone 65+ being \$19,440, excluding MD costs.**

We're here to help!

Client / Employee Profile: Jo & Joyce!



Betty "Jo" Stubblebine has been expertly and lovingly cared for by Joyce Williams for several months now. It is a mutually proclaimed "match made in heaven."

Jo required having around-the-clock care after

suffering a minor stroke and an unfortunate subsequent fall. She is now much stronger, but realizes that, in order to remain safe and independent in her own home, living alone is no longer an option.

Jo has lived in Mill Valley for over 50 years in a home she designed herself. Her wonderful life is filled with family, friends, and a love of art and culture. Having worked for many years in the Curator of Textiles office of the DeYoung Museum of Fine Art, Jo is an avid collector of Turkish textiles and

rugs. Furthermore, she has traveled extensively, visiting 22 countries to date.

What makes it work when you spend 24 hours a day together, 5 days a week? When I recently asked Jo and Joyce that question, they both blurted out "a sense of humor". They lighten up their days with lots of laughs. Joyce comes in the bathroom each morning and tells Jo "now, don't forget to put on your lips!" They both agree that lipstick is a fountain of youth!

They love to chat about current events, shoes,

clothes and food. Both enjoy watching CNN (perhaps a little too much!) and Dr. Phil, as well as gardening in Jo's beautifully landscaped yard (they are currently nurturing three tomato plants.) Jo adores Joyce's cooking. A couple of her favorites are baked chicken and salmon, nutritious and delicious! A splurge is a dish of chocolate ice cream for dessert!

Jo is 84 years young and looking forward to remaining in her home for years to come. Teamed up with Joyce, she is thrilled that that is a realistic goal!

Upcoming Events of Interest

- AARP sponsors a Driver Improvement Class. 9am–1pm, June 22 and 24 @ the Goldenaires Senior Center in San Rafael. Upon completion, DMV certificates will be issued entitling students to insurance premium discounts. For more info, please call 415-485-3348.
- The North Bay Area Alzheimer's Association Memory Walk will be held October 16, 2004 at Spring Lake Park, Santa Rosa. For more info on this event, or any of their valuable programs, please call the San Rafael office @ 415-472-4340, or the Santa Rosa office @ 707-573-1210.
- FREE Balance & Coordination Classes for Seniors! Build strength, improve balance, reduce joint pain & stress! Marin General is currently sponsoring various FREE classes. Contact Whistlestop Senior Center in San Rafael (415-456-9062), Mill Valley Community Center (415-383-1370), or Marguerita C. Johnson Senior Center in Marin City (415-332-9324).
- Friday Flicks! The Margaret Todd Senior Center invites you to join them, and other movie buffs every Friday afternoon for a free movie. The show starts at 2 pm, and we hear the popcorn is great! For more information, please contact the Margaret Todd Senior Center @ 415-893-7940.

Simply Delish! - Healthy, Nutritious, and EASY meals All Day Pot Roast

This recipe is almost too easy to be so terrific. Serve with creamy mashed potatoes and steamed green beans. Guaranteed ... no leftovers and the platter licked clean!

*5 pound chuck roast
1 envelope Lipton onion soup mix
1 can cream of mushroom soup mix*

Place pot roast on a large sheet of aluminum foil. Sprinkle with the onion soup mix, trying to get the powdered flavorings fairly evenly distributed. Spoon a can of cream of mushroom soup over the surface of the roast. Wrap tightly in the aluminum foil, sealing it well. Bake at 225 degrees for 8 to 10 hours. Roast will be so tender it will fall apart and so delicious it will melt in your mouth.

IF there any leftovers they make excellent sandwiches!

Mabel's Corner - Remember us for Parties!

Yes, spring has sprung... and the festivities have begun! Now is the time of the year that we really start hearing that people never knew we did that.

Did *what* you ask? We're talking about the separate division of Hired Hands that provides top drawer Servers, Bartenders, & Chefs for EVERY kind of party & event. From Elegant Weddings and Corporate Events to fun backyard BBQs and intimate Dinner Parties... we have

just the staff to make your party perfect!

For the past 10 years, we have been impressing our clients with our extraordinary staff. We're here to handle everything - from set-up to clean-up, allowing you to be a guest at your own party!

Please give me a call, if I can answer any questions or be of any assistance!

Mabel Turrini

Director of Hospitality Services

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Paying attention to these issues, and planning for the future, will help seniors remain safe and independent.

schedule, and reason for each medication. If taking medications from more than one doctor, it is critical to share the list of medications with all physicians involved.

4. Driving when it is no longer safe. Giving up driving responsibilities is extremely hard for seniors, because they may associate their mobility in a car with their independence. Fact of the matter is that the safety of everyone on the road must be considered. Chronological age should not be used to determine the ability to safely operate a vehicle, and seniors may

want to consult with their physician to determine their ability to drive.

5. Not asking for help. Seniors often do not ask for help for several reasons. They simply may not want to bother their family or friends, or there may be concern that if they shed light on a problem, there may be negative repercussions. If seniors shed light on their situation, people stay more connected, and issues can be dealt with before they turn into more serious problems.

Paying attention to health issues and putting plans

for the future into play will help assure that seniors are prepared and able to remain safe and independent for as long as possible. Assistance is definitely available. For the complete list of the [Top 10 Healthcare Mistakes Made by Seniors](#), or for further information regarding major issues affecting seniors' health, please contact the Institute for Healthcare Advancement at www.iha4health.org, or by visiting www.hiredhands.net.