



PRESIDENT OBAMA PROCLAIMS NATIONAL FAMILY CAREGIVERS MONTH

The true strength of the American family finds its roots in an unwavering commitment to care for one another. In difficult times, Americans come together to ensure our loved ones are comfortable and safe. Whether caring for a parent, relative, or child, our Nation's caregivers selflessly devote their time and energy to the well-being of those they look after. During National Family Caregivers Month, we honor the individuals providing essential services to family members who could not otherwise look after themselves.

Caregiver support is at the heart of my Administration's commitment to assisting our Nation's families. Currently, a variety of programs and services offer help and encouragement to family caregivers. The National Family Caregiver Support Program and the Lifespan Respite Care Act include important resources for caregivers of children and adults, with opportunities to receive much-needed assistance and take part in support programs with other families. These programs allow individuals to remain with their families for as long as possible while helping to ensure the wellness of participating care providers.

My Administration's dedication to caregivers is also embodied in our efforts to develop policies to support workers trying to manage their responsibilities on the job and at home. Families are best able to care for their loved ones when they can take time away from work without fear of losing their job or their income. We all have roles to play, including employers, by providing paid leave, flexible work arrangements, and other programs when feasible, to help ensure that caregivers are able to successfully meet their work and household responsibilities.

Every day, family caregivers assist loved ones with tasks ranging from personal care and homemaking, to transportation and financial assistance. As the foundation of America's long-term care system, these individuals give millions of Americans the peace of mind and security that only family can provide.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2009 as National Family Caregivers Month. I encourage all Americans to pay tribute and support those who are caring for their family members, friends, and neighbors in need of assistance.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of October, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-fourth. Take the opportunity this month to show your thankfulness to the caregiver in your family. Let them know that you are appreciative of their time and hard work.

November Observances

- American Diabetes Month
- COPD Awareness Month
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- National Family Caregiver's Month
- 19th Great American Smokeout
- 26th Happy Thanksgiving

Aging with Grace Online Talk Show

Join host **Patricia Grace**
Monday evenings
at 6:30 PM EST



Medication Safety and the Rx Guardian

1. Routinely checking the safety of your medications, screening for drug-drug and drug-disease interactions.
2. Alerting you and your doctor (optional) as important safety information arises for your medications.
3. Providing an easily accessible summary of your medications and conditions that you can share with your healthcare team.
4. Helping you learn and share treatment satisfaction and side effect information within our patient community.

A gift membership to the Aging with Grace Network may be an ideal way to show your gratitude. As an eldercare resource company, AWG offers a wide variety of caregiver resources. To learn more call Aging with Grace at 800-626-9440.



AGING WITH GRACE PARTNERS WITH EMERITUS CORPORATION TO LAUNCH ASK THE EXPERT

Aging with Grace has partnered with [Emeritus Corporation](#), a national provider of assisted living and dementia care services, to launch [Ask the Expert](#), an online resource center that will connect seniors and their loved ones with eldercare experts who can provide guidance and answers on senior care questions.

Ask the Expert allows concerned caregivers to reach out for assistance either through a phone call or by submitting questions via email. Emeritus and Aging with Grace have created "[A Call for Care](#)" to provide guidance on topics ranging from long term care planning to include VA Pension benefits, Medicare and insurance plans and information and guidance on all the eldercare services and options available to seniors today. [Read more](#)

KIDS ARE CAREGIVERS TOO!

Alzheimer's- A Simple Approach for Children



We all forget things once in a while. Maybe you've forgotten to send a card for someone's birthday or to return an overdue library book. Forgetting stuff is a part of life and it often becomes more common as people age.

But [Alzheimer's](#) (say: alts-hi-mer) disease, which affects some older people, is different from everyday forgetting. It is a condition that permanently affects the brain, and over time, makes it harder to remember even basic stuff, like how to tie a shoe.

Eventually, the person may have trouble remembering the names and faces of family members - or even who he or she is. This can be very sad for the person and their families. It's important to know that Alzheimer's disease does not affect kids. It usually affects people over 65 years of age. Researchers have found medicines that seem to slow the disease down. And there's hope that someday there will be a cure.

What Happens in the Brain?

You probably know that your brain works by sending signals. Chemical messengers, called neurotransmitters (say: nur-oh-trans-mih-terz), allow brain cells to communicate with each other. But a person with Alzheimer disease has decreased amounts of neurotransmitters. People with Alzheimer's disease also develop deposits of stuff (protein and fiber) that prevent the cells from working properly. When this happens, the cells can't send the right signals to other parts of the brain. Over time, brain cells affected by Alzheimer's disease also begin to shrink and die.



Lots of research is being done to find out more about the causes of Alzheimer's disease. There is no one reason why people get Alzheimer's disease. Older people are more likely to get it, and the risk gets greater the older the person gets. For instance, the risk is higher for someone who is 85 than it is for someone who is 65. And women are more likely to get it than men.

Researchers also think genes handed down from family members can make a person more likely to get Alzheimer disease. But that doesn't mean everyone related to someone who has Alzheimer disease will get the disease. Other factors, combined with genes, may make it more likely that someone will get the disease. Some of them are high blood pressure, high cholesterol, Down syndrome, or having a head injury. On the positive side, researchers believe exercise, a healthy diet, and taking steps to keep your mind active (like doing crossword puzzles) may help delay the onset of Alzheimer disease.



See The Rx Guardian on



Visit our Caregiver Blog



Connect with others who, like you, may be facing the same eldercare issues and challenges.

Do you have a specific question you would like answered?

Visit our blog and [Ask an Expert](#)

	Cognitive impairments & geriatric-psychiatric disorders Jason Young, MS
	Insurance claims advocacy and daily money management Sheri L. Samotin, MBA
	Senior care funding alternatives and life settlements Chris Orestis, Pres. LCFG
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Our Canadian Connection



[Elder Caring](#) was created to meet a growing need in the community for a coordinated, professional and interdisciplinary approach to service delivery with a focus on the health and well-being of the older person and their family.



[Audrey Miller](#), the founder and Managing Director of Elder Caring Inc., is a Registered Social Worker, a Canadian Certified Rehabilitation Counsellor and a Canadian Certified Life Care Planner and a member of the Professional Association of Geriatric Care Managers.

Patricia Grace,
National Senior Care Examiner

How Do People Know They Have It?

The first sign of Alzheimer's disease is a continuous pattern of forgetting things. This starts to affect a person's daily life. He or she may forget where the grocery store is or the names of family and friends. This stage of the disease may last for some time or quickly progress, causing memory loss and forgetfulness to get worse.

What Will the Doctor Do?



It can be hard for a doctor to diagnose Alzheimer disease because many of its symptoms (like memory problems) can be like those of other conditions affecting the brain. The doctor will talk to the patient, find out about any medical problems the person has, and will examine him or her.

The doctor can ask the person questions or have the person take a written test to see how well his or her memory is working. Doctors also can use medical tests (such as MRI or CT scans) to take a detailed picture of the brain. They can study these images and look for the deposits of proteins and fiber that are typical of Alzheimer disease.

Once a person is diagnosed with Alzheimer disease, the doctor may prescribe medicine to help with memory and thinking. The doctor also might give the person medicine for other problems, such as depression (sad feelings that last a long time). Unfortunately the medicines that the doctors have can't cure Alzheimer disease; they just help slow down the disease.

When Someone You Love Has Alzheimer's Disease

You might feel sad or angry - or both - if someone you love has Alzheimer's disease. You might feel nervous around the person, especially if he or she is having trouble remembering important things or can no longer take care of him or herself.

You might not want to go visit the person, even though your mom or dad wants you to. You are definitely not alone in these feelings. Try talking with a parent or another trusted adult. Just saying what's on your mind may help you feel better. You also may learn that the adults in your life are having struggles of their own with the situation.

THE DAY AFTER ...



Black Friday, the day after Thanksgiving, is traditionally one of the busiest days in the retail industry. What most don't realize is that this day also impacts the senior health care industry.

Many adult children journey home on Thanksgiving Day waiting to be greeted by family and the aroma of turkey in the oven. However, sometimes more than a few have been disappointed. Adult children returning home to aging parents are often surprised by the decline of cognitive abilities.

Many aging adults are able to mask their early memory loss well while speaking with a loved one on the telephone. Answers are often "yes" or "no" and adult children often miss that their conversation has been one sided. Frequently, the cognitively alert spouse will be more conversational, in an attempt to cover for the other. Fearing if the truth were known, they might be separated or suffer a loss of their independence. This is the ultimate sacrifice for not being a burden on their children.

So, this Thanksgiving when you arrive home and the turkey is golden brown, hug the cook and enjoy your day. If by chance something is amiss, be reassuring that you are there to help and everything will be okay. Then on Black Friday when you reach out for help, be reassured that you are not alone. Aging with Grace is here to help you.

Veterans Day History



Learn the Lingo

Follow along each month to educate yourself on the definitions of terms and phrases frequently used in; eldercare, senior housing and geriatric medicine.

Patient Assessment: A standardized tool that enables senior housing facilities to determine a patient's abilities, what assistance the patient needs and ways to help the patient improve or regain abilities.

Personal Care: Involves services rendered by a nurse's aide, dietician or their health professional. These services include assistance in walking, getting out of bed, bathing, toileting, dressing, eating and preparing special diets.

Physical Therapy: Services provided by specially trained and licensed physical therapists in order to relieve pain, restore maximum function, and prevent disability or injury.

Power of Attorney: A legal document allowing one person to act in a legal matter on another's behalf pursuant to financial or real-estate transactions.

Private Funds (Private Pay

Patients): Patients who pay for their own care out of private funds, either their own, from family or from another third party such as an insurance company.



Click image to learn more ...



The American Cancer Society has announced that the 34th Great American Smoke Out will be held on November 19,

2009. This annual event started in 1977 to encourage Americans to stop smoking. If you are thinking about quitting, there is no better time than now. The American Cancer Society Quitline is there to help. Call them at



On the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as "the Great War." Commemorated as Armistice Day beginning the following year, November 11th became a legal federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars. [Read more...](#)

Seems like time to help. Call them at 800-227-2345 and speak with a trained counselor to receive free confidential counseling. **Make November 19th your first smoke-free day! Good Luck.**



The staff of Aging with Grace wish all a Happy Thanksgiving



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