



AWG Welcomes the American Federation of Government Employees

Aging with Grace™ is pleased to welcome the American Federation of Government Employees to their network. AFGE, the largest federal employee union, represents over 600,000 employees of the [federal government](#) nationwide. The Department of Justice, Department of Defense, the Department of Veterans Affairs and the Social Security Administration are amongst the highest union membership for AFGE.

AWG, a comprehensive eldercare management company, recognizes first hand that more and more American workers are faced with dealing with eldercare issues. The economic impact of this social demand on employers and employees is staggering. Employers face the issues of lack of productivity, increased absenteeism, workday interruptions, leaving work early, and lack of concentration amongst their workers. The employee also stands to suffer great financial loss. In a recent survey, nearly 40% of participants reported that care giving issues interfered with advancements in the workplace. Additionally, 29% stated that they had passed on a promotion due to care giving commitments.

Aging with Grace provides experienced Eldercare Specialists who work with families to create short term plans for immediate needs as well as address long term eldercare issues. They will educate the member and coordinate contact between services such as in-home care, adult day care or referral to a senior living community. To learn more about Aging with Grace, contact an Eldercare Specialist, toll free at 800.626.9440 or visit the website at www.agingwithgrace.net.



NBCAM
NATIONAL BREAST CANCER
AWARENESS MONTH

Breast Cancer and the Female Caregiver

There are three pertinent facts facing today's women.

1. As a women ages, her risk for breast cancer increases.
2. Stress is a risk factor for cancer.
3. Caregivers are middle aged women.

First, it has been statistically proven that as a woman ages, her risk for breast cancer increases. For a female in her 40's, the probability of developing breast cancer is 1 in 70. As she attempts to enjoy her 50's, the rate increases to 1 in 40.

The pace continues to escalate to 1 in 8 by the time she reaches her 85th birthday. Adding insult to injury, the average age of a women diagnosed with breast cancer is 62 years young.

Secondly, the medical field warns that stress is also a risk factor in developing breast cancer. A Queen's University researcher recently studied the possible biological link between severe psychological stress

October's National Observances

National Breast Cancer Awareness Month

www.nbcam.org

Fire Prevention Month

www.firepreventionweek.org

"Talk About Prescriptions" Month

National Council on Patient Information and Education

www.talkaboutrx.org

Healthy Lung Month

www.lungusa.org

Introducing the Aging with Grace Online Talk Show

AWG is pleased to announce the weekly airing of **The Aging with Grace BlogTalkRadio Show**. You are invited to join the host, Patricia Grace, as each week different topics on eldercare issues are discussed.

BlogTalkRadio, is a social radio network offering the audience the ability to call in with questions and to connect quickly and directly with the program's host. **Call 914-803-4027 on Monday evenings at 6:30 PM EST** or listen to the archived show at your convenience.



and its increased effect on women developing breast cancer. Biochemist, Christopher Mueller found that the stress hormone called hydrocortisone, may repress the activity of a tumor suppressing gene that is related to breast cancer. Now more than ever, has the importance of decreasing stress to lower your risk of breast cancer, become more evident.

Finally, as we all surmise, the majority of caregivers are middle aged women between the ages of 45 and 65. However, an astonishing 79% of women over the age of 50 are caring for an elderly spouse or family member who is ill or disabled. Also, a new twist to the demands on this population of women is the demand for child daycare. Many grandmothers and even great-grandmothers are providing these services within their family unit.

Therefore, as we celebrate National Breast Cancer Awareness month, take time to reflect on what you can do you reduce your chances of a breast cancer diagnosis.

Schedule your yearly mammogram, exercise regularly, eat healthy and reduce stress. To learn more about Caregiver Stress visit our website at www.agingwithgrace.net.

Common Signs of Caregiver Stress

- Feeling sad or moody and crying more often
- Having a low energy level
- Feeling like you don't have any time to yourself
- Having trouble sleeping or not wanting to get out of bed
- Having trouble eating, or eating too much
- Seeing friends or relatives less often
- Losing interest in your hobbies or the things you used to do
- Feeling angry at the person you are caring for or at other people

Happy Autumn



NATIONAL SILVER ALERT ACT (H.R.6064)

The House of Representatives recently passed the National Silver Alert Act. This act is similar in structure to the Amber Alert for children. It establishes a formal system to quickly locate missing seniors, especially those suffering from Alzheimer's and other dementia related illnesses. The Alzheimer's Foundation reports that approximately 3 million Americans with Alzheimer's disease will wander away at some point in time.

The bill which is now heading to the Senate was originally introduced by U.S. Representative Gus Bilirakis of Palm Harbor, Florida. Once passed it will authorize up to \$10 million in state grants to build and maintain Silver Alert programs throughout the United States.

FIRE PREVENTION TIPS FOR SENIORS







Test all smoke alarms twice a year. If you're hearing impaired you might want to consider a smoke detector with a flashing light.

Practice a fire drill with a loved one or friend ensuring that all escape routes are clear of clutter.

Maintain a current emergency telephone list. Keep a telephone close so you can communicate with the Emergency Response Team, if fire or smoke were to trap you within your home.

Member Benefits

Value Added Programs

		
	<p>Provider Search and Quality Assurance Powered by:</p> 	

Provider of Eldercare Services for:



Everyone should Age with GraceSM

For more information visit www.agingwithgrace.net
or call **800.626.9440** Union Members **866.570.8588**

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Aging with Grace
128 Loller Road
Suite 201
Hatboro, Pennsylvania 19040
US

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