

# ASK Connection

Serving the DC Metro Area 703.621.4825 [www.anovask.com](http://www.anovask.com)  
1900 Campus Commons Dr. Suite 100, Reston, VA 20191

## CAREGIVER PROFILE



Our caregivers are totally committed, highly qualified and carefully selected individuals who are thoroughly screened, bonded and insured. Most important, our caregivers are dependable and extraordinarily caring of others. They are Certified Nursing Aides or Certified Companion Aides™ who have completed **Anova Senior Kare's** exclusive training program. These highly qualified and trained caregivers are ready to help you and your loved ones with a variety of daily activities such as:

- \* *Personal Care – assistance with Activities of Daily Living,*
- \* *Caring Companionship including meal preparation, errands, light housekeeping and more*

Our personalized and affordable services are available 7 days a week and can range from a few hours a day to 24-hour and live-in care.

**CALL: 703-621-4825  
FREE**

**In-home care assessment**

## WELCOME TO OUR FALL'07 ISSUE

### Anova Senior Kare Licensed As Home Care Organization

October marks an important milestone for **Anova Senior Kare** as we celebrate two years of providing in-home care service for Seniors in the DC Metro area.

Since we opened our doors in 2005, it has been challenging and exciting, but most importantly rewarding as we have been privileged to create many new friendships – with the Seniors and their families we are honored to serve and with our caregivers. Our caregivers demonstrate the **Anova Senior Kare Way** on a daily basis enabling us to differentiate our services as **THE STANDARD** for Senior care services in the DC Metro Area.

- ✓ Certified/Licensed by VA Dept Of Health
- ✓ Employees - certified, bonded & insured  
We hire CNAs or train CCAs™  
Background checked by VA State Police
- ✓ Full range of services including  
Companion AND Personal Care
- ✓ Clients receive FREE safety inspections,  
SafeSenior™, emergency preparedness & infection control programs
- ✓ We pay **all** payroll taxes, workers compensation & overtime
- ✓ RN Owned & Operated

Thank You for the opportunity to serve,

**Beverly Luce**  
Registered Nurse  
President & CEO  
*Anova Senior Kare*



### IT'S FLU SEASON

#### Have You Had Your Flu Shot Yet?

Flu season can begin as early as October and last as late as May. According to the Advisory Committee on Immunization Practices (ACIP), October or November is the best time to get vaccinated.

#### Who Should Get Vaccinated?

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, it is recommended by the ACIP that certain people should get vaccinated each year. They are either people who are at high risk of having serious flu complications (including people 50 or older) or people who live with or care for those at high risk for serious complications (including health care workers).

The ACIP indicates there are some people who should not be vaccinated without first consulting a physician. These include:  
1) People who have a severe allergy to chicken eggs; 2) People who have had a severe reaction to an influenza vaccination in the past; 3) People who developed **Guillain-Barré syndrome (GBS)** within 6 weeks of getting an influenza vaccine previously; 4) People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen. We encourage our Senior clients and caregivers to get vaccinated unless they are included in one of the above groups or their physician indicates otherwise.

**Anova Senior Kare offers a  
FREE Locator Service - Flu Clinics**

Call 703-621-4825 Cust Service (Opt 4)  
Or use this link for the American Lung Association's online *Find a Flu Clinic*  
<http://www.lungusa.org/site/pp.aspx?c=aqKGLXOAIH&b=1015035>

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## SENIOR HEALTH & LIFESTYLES

### Easy Bruising: Common As You Age

**Find out what causes easy bruising as you age and when you should discuss your bruises with your doctor.**

Yet another bruise. You don't recall bumping into anything. But lately you've been bruising much more often than you used to. Should you be concerned?

It's common to experience easy bruising with increasing age, and most bruises go away without treatment. Still, easy bruising can sometimes be a sign of a more serious problem.

#### Age-related causes of easy bruising in older adults

Most bruises form when small blood vessels (capillaries) near your skin's surface are broken by the impact of a blow or injury. When this happens, blood leaks out of the vessels and initially appears as a bluish-black mark. Eventually your body reabsorbs the blood, and the mark usually disappears.

Some people — especially women — are more prone to bruising than are others. As you get older, several factors may contribute to increased bruising, including:

- **Aging capillaries.** Over time, the tissues supporting these vessels weaken, and capillary walls become more fragile and prone to rupture.
- **Thinning skin.** With age, your skin becomes thinner and loses some of the protective fatty layer that helps cushion your blood vessels against injury. Excessive exposure to the sun can affect your skin much like aging does. Generally, the harder the blow, the larger the bruise. However, if you bruise easily, a minor bump — one you may not even notice — can result in substantial discoloration.

#### Medications and supplements can cause easy bruising

Blood-thinning drugs such as aspirin and warfarin (Coumadin) or medications such as clopidogrel (Plavix) reduce your blood's ability to clot.

process.

Because of this, bleeding from capillary damage that would normally stop quickly may take longer to stop, allowing enough blood to leak out to cause a bruise.

Corticosteroids cause your skin to thin, making it easier to bruise. Don't stop taking your medications if you experience increased bruising. Talk to your doctor about your concerns and ask what you should do.

Certain dietary supplements such as fish oil, ginkgo, ginger and garlic also may increase your bruising risk, since these supplements have a blood-thinning effect.

#### When bruises indicate more serious problems

Bruising may also indicate something more serious, such as a blood-clotting problem or a blood disease. See your doctor if:

- You have unusually large or painful

bruises, particularly if your bruises seem to develop for no known reason

- You're bruising easily and you're experiencing abnormal bleeding elsewhere, such as from your nose, gums or intestinal tract

These signs and symptoms can indicate that you have low levels — or abnormal function — of platelets, components of blood that help it clot after an injury. To diagnose the cause of your bruising, your doctor may check your blood platelet levels or do tests that measure the ability of your blood to coagulate.

#### Avoiding bruises

Once a bruise has formed, not much can be done to treat it. Most disappear as your body reabsorbs the blood.

If swelling accompanies the bruising, applying a cold compress for 20 minutes at a time and elevating the affected area may help. After the swelling has gone down, a warm compress may speed removal of the blood.

To prevent minor bruising, eliminate household clutter that could cause bumps or falls. Long-sleeved shirts and pants may provide an extra layer of protection for your skin.

<http://www.mayoclinic.com/health/easy-bruising/HQ00355>



## ROTATING TOPIC:

### Six Ways to Reduce Your Risk of Falling

Your odds of falling each year after age 65 are about one in three. Falls are the leading cause of injury and injury-related death among older adults. You're more likely to fall as you get older because of age-related physical changes, medical conditions, and the medications you take to treat such conditions.

Here's a look at six fall-prevention approaches that can help you avoid falls.

#### Step 1: Appointment with your doctor

Begin your fall-prevention plan by making an appointment with your doctor. You and your doctor can devise a fall-prevention plan. Your doctor will

want to know the following information:

- What medications are you taking?
- Have you fallen before? Write down the details, including when, where and how you fell.
- Could your health conditions cause a fall? Your doctor likely wants to know about eye and ear disorders that may increase your risk of falls.

#### Step 2: Keep moving

If you aren't already getting regular physical activity, consider starting a general exercise program as part of your fall-prevention plan.

*(continued on page 3)*

## FINANCE &amp; CONSUMER RESOURCES



## Eight Good Reasons to Use a Cell Phone

The cell phone has become an essential communications tool. However, there are many of us over the age of 60 who do not carry a cell phone. Still, consider your cell phone as your personal safety device, especially if you live alone or some distance from family members. It could be the most valuable item in your pocket when a sudden need arises, especially with pay phones less and less an option anymore. Here are eight good reasons to carry a cell phone.

### Weather and Acts of Nature

Many of us live where a sudden earthquake, tornado or other natural disaster could happen without warning. A cell phone is important to either get help or let others know your location and level of safety.

### Travel Safety

It's a good idea to let a family member or friend know where you are, where you are going, and when you expect to arrive. While you are away, you can designate a friend or family member to contact you if there is a problem with your home, pet, friends or family.

### Traffic Problems

No matter how well we plan, there can be traffic jams that cause us to be late for an appointment, dinner reservation, or party. A cell phone is handy way to alert your destination of your new time of arrival.

### Staying in Touch

A phone makes you accessible when people want to reach you. You may think this couldn't apply to you or would be an inconvenience, but surely you have a close friend or dear family member, perhaps a grandchild, with whom you would want to talk if you knew they needed to be reassured by hearing your voice or hear your advice and life wisdom in a pinch.

### Accidents Happen

When we least expect it, accidents happen. Most are minor, but as we age, even the minor ones can have major results. At those times, a cell phone is invaluable to summon police or a tow truck.

### Finding Your Way If Lost

This can happen to any of us: we're at an intersection without a map—is our destination a left or a right turn? With no one around to ask, a quick call to your destination will get you on your way.

### 911

THE most important reason to have a cell phone is to have one with you in the event of an emergency. Soon all phones will have location-based technology that will dispatch help to you quickly when you dial 911 without you having to know your exact address.

### In Case of Emergency (ICE) Numbers

Program your cell phone with one or two phone numbers that will serve as your "In Case of Emergency" numbers. In the event that you are in an accident, the emergency personnel can use your cell to locate and dial your ICE contacts. To make this possible, use ICE-1, ICE-2, etc as the name of the emergency numbers to be called.

[http://www.aarp.org/learn/tech/computers/life\\_online/ten\\_reasons\\_for\\_cell](http://www.aarp.org/learn/tech/computers/life_online/ten_reasons_for_cell)

*("Six Ways to Reduce Your Risk of Falling" continued from page 2)*

### Step 3: Wear sensible shoes

Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall.

### Step 4: Remove home hazards

Take a look around your house for "booby traps." Clutter can get in your way, but so can the decorative accents you add to your home. To make your home safer, you might try these tips:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing.

- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other household necessities within easy reach.

- Immediately clean spilled liquids, grease or food.

- Use nonslip mats in your bathtub or shower.

### Step 5: Light up your living space

As you get older, less light reaches the back of your eyes where you sense color and motion. So keep your home brightly lit with 100-watt bulbs or higher to avoid tripping on objects that are hard to see.

### Step 6: Use assistive devices

Your doctor might recommend using a cane or walker to keep you steady. All sorts of other devices have been

invented to make everyday tasks easier such as:

- Grab bars mounted inside and just outside your shower or bathtub.
  - A raised toilet seat or one with armrests to stabilize yourself.
  - A plastic seat placed in your shower or tub so that you can sit.
- Buy a hand-held shower nozzle so that you can shower sitting down.
- Non-slip treads on bare-wood steps.

An investment in safety and fall prevention now may give you many more years in your home.  
<http://www.mayoclinic.com/health/fall-prevention/HQ00657>

**Anova Senior Kare** provides a FREE in-home safety inspection for our clients.

**Call 703-621-4825 to Learn More**



## SPOTLIGHT ON CAREGIVERS

### Managing the Stress of Caregiving

If you give care to a parent or elderly family member, chances are good that you also feel stressed at times. Perhaps you feel guilty because you think you aren't doing enough. Can't remember the last time you slept through the night without a call from your father? Can't bear to see what's happening to your mother, whose health has been failing for some time?

You are not alone. A study conducted by the National Alliance for Caregiving and AARP found that more than half of those who provide major care for parents experience stress and strain.

When you are caring for others, taking care of yourself and your needs is like doing regular maintenance on your car. It is critical to staying in shape over time.

Managing your stress will improve your physical and mental health to benefit yourself, your loved ones, and others who depend on you.

#### Take Care of Your Health

- **Eat nutritious meals.** Don't give in to stress-driven urges for sweets or drink too much alcohol.
- **Get enough sleep.** If you are kept up at night, try a nap during the day to make up some sleep.
- **Exercise regularly,** even if it means finding someone else to provide care while you walk or go to exercise class.
- **Get regular medical checkups.** If you have any symptoms of depression see a doctor right away. Depression is an illness that can, and should, be treated.

#### Involve Others

Make a list of jobs you need help with. They could include household chores, home repair or maintenance, driving, paying bills, finding information on services you need. Maybe it's simply giving you a break by staying with Mom while you get away for awhile. Ask friends, neighbors and other family members if they could give some time to helping out.

#### Maintain Social Contacts

Isolation increases stress. Having fun, laughing, and focusing on something besides your problems helps you keep your emotional balance.

#### Talk About It

Research suggests that keeping your feelings bottled up can harm your immune system and lead to illness.

Talk to friends and family about your feelings. See a professional counselor. Join a caregiver support group to share experiences, seek and give advice, and exchange practical information.

#### Deal with Negative Feelings

When feeling resentful, think about how to change things. Recognize the anger-guilt-anger cycle, and stop it immediately by forgiving yourself for being angry. Hold a family meeting to resolve conflicts with relatives. And recognize your accomplishments as a caregiver instead of dwelling on your shortcomings.

#### Get Help

- Consider a geriatric care manager to coordinate your parent's care. Support could include home health aides, shopping assistants, a housekeeper, a handyman, meal services, and referral programs.
- Respite care can give you some time off.
- Adult day centers, which usually operate five days a week during business hours, provide care to older people in a group setting

[http://www.aarp.org/health/staying\\_healthy/stress/](http://www.aarp.org/health/staying_healthy/stress/)

#### Anova Senior Kare provides:

- In- Home Caregivers - Support for family caregivers from a few hours a day a few days a week
- Respite Care – for a few hours or live-in for a few days
- Referral Programs

**Call 703-621-4825 for More Information**

### **Anova Senior Kare** *on Forever Young TV*

Did you miss the broadcast last Spring?

#### Brain Fitness Options with Jim Luce

**Fairfax Cox Cable Channel 10**

**Verizon FiOS Channel 10**

Monday 11/05 at 3:00 PM

Sunday 11/11 at 7:30 AM

Sunday 11/11 at 9:30 PM

**Arlington Cable Channel 69**

**Verizon FiOS Channel 38**

Monday 11/05 at 11:00 AM

Friday 11/09 at 4:00 PM

Sunday 11/11 at 3:00 PM

**Montgomery Cable Channel 21**

Wednesday 11/07 at 6:00 PM

Saturday 11/10 at 8:00 PM

### State of Virginia Announces Long Term Care Partnership

Virginians are able to purchase a **new** type of long-term care (LTC) insurance policy - a LTC Partnership policy.

The LTC Partnership is a **new** alliance between the private insurance industry and Virginia state government to help Virginians afford future long-term care services - including in-home care, assisted living facilities or nursing homes - without depleting all of their assets to pay for care. LTC Partnership policyholders who use their LTC Partnership insurance policy benefits and who eventually apply for Medicaid coverage are able to maintain assets equal to the LTC insurance benefit paid in addition to the \$2,000 Medicaid asset limit.

All Partnership policies must be issued after the program begins in Virginia (September 1, 2007). Per federal law, Virginia is not allowed to "grandfather" policies. Current long-term care insurance policyholders who wish to obtain a Partnership policy should contact their agent, carrier, or the carrier of their choice regarding issuance of a **new** Partnership qualified policy. For further information about the Virginia Long-Term Care Partnership visit: [www.valtccpartnership.org](http://www.valtccpartnership.org)

Anova Senior Kare does not issue LTC policies but we will provide consulting services to review your situation and identify alternatives for your consideration.

**Call 703-621-4825 X-1102 for more information**