



# DYK

DID YOU KNOW? – QUARTERLY NEWSLETTER APR - JUNE 2023 | ISSUE 2 | VOL 2

A QUARTERLY PUBLICATION OF YOUR RAC HEALTH CARE COMMITTEE

## Freedom Plaza Caregiver Group

by Dennis Brady



I've been asked to provide information on a caregiver group that meets the first and third Tuesday at 10:00 in the fourth-floor conference room. Its purpose is to

provide support in the form of information on Alzheimer's disease and dementia and to share experiences that may help others present in providing care for their spouse or loved one. But first it is appropriate to provide some brief information on Alzheimer's disease and dementia.

“Alzheimer's disease is a progressive brain disorder that impacts memory, thinking and language skills, and the ability to carry out the simplest tasks. Alzheimer's disease is the most common cause of dementia. Dementia itself is not a disease, but a term used to describe symptoms such as loss of memory, loss of judgment and other intellectual functions. Alzheimer's disease can cause dementia. More than 6.2 million Americans are currently living with Alzheimer's disease.” (Alzheimer's Foundation) Years ago Alzheimer's disease could only be accurately diagnosed through an autopsy. However, correlation studies have been conducted that make diagnosis thorough and MRI possible. Follow up MRIs can show the disease's progress. Sadly, Alzheimer's disease is terminal as it steadily progresses to vital portions of the brain.

While research is being conducted to address this disease, there is no cure. Efforts are being made to slow its progress, but reversal is not possible. Recent announcements have been made about early onset drugs that slow its progress, but their efficacy is still questionable. And the cost at \$26,000 annually for one such drug leaves it beyond the touch of many. So, at this time little can be done for those afflicted with this disease beyond providing them the best care possible.

Our caregivers are the key to providing this care. In the early stages they can provide the necessary care. Here is where our group provides support in sharing their experiences, including what works and what may not work. Each patient can be a bit different than another. Each may

react differently to methods in dealing with behavior and disabilities. But the important take away from our meetings is that a caretaker is not alone; there are those who can help.

Here are some things to consider: If your spouse, or loved one, is experiencing any of the following you should bring them to the attention of your primary physician:

- Memory loss, especially of recent events, names, places and other new information
- Confusion about time and place
- Struggling to complete familiar tasks such as brushing one's teeth.
- Trouble finding appropriate words, for example in a sentence.
- Difficulties in judging situations.
- Changes in mood and personality (Alzheimer's Foundation)

As the caretaker one must maintain one's own health and stamina and recognize when professional help at The Arbors is appropriate. And finally, it is important to focus on the patient and not oneself when it comes to doing what works best. For example, what makes them happy? Are they getting enough social interaction and physical activity? When having a conversation with them determine where their current reality rests and enter it with a discussion of memories and such. Do not correct them, nor should you argue. Use “therapeutic lying” to avoid these. For example, it is okay to say when asked, “Your parents are well and enjoying, etc.” even though they have been long deceased.

Our support group is there to help. All that takes place there is confidential. One-on-one time is also available by contacting the undersigned. If you feel we can help, please give us that opportunity. And remember it is all about giving your spouse or loved one the best care that is available. Protect your health and wellbeing as you are still the primary care giver even if they have moved on to memory care.

**For More Information on Joining This Support Group, Please Contact Lisa Frank.**

Published by:

Janet Warren, Chair/Editor *Wellness and Nutrition*

Carl Bohnenkamp, Reporter/*Safety*

Ron Sweet, Graphic Editor

Lisa Frank, Director of Resident Services

**Did You Know?** *From The Mayo Clinic.*

Heart Attack and Water - Drinking one glass of water before going to bed avoids stroke or heart attack.

*Interesting.*



## Why Long-Term Care Insurance Is Important

By Kim Haberkorn, Exc. Director  
Assisted Living and Arbors

Just as its name implies, long-term care covers needs from a chronic illness. Long-term care insurance is designed to help pay for the costs of custodial and personal care, versus strictly medical care. Most health insurance policies won't cover long-term care costs.

### Medicare Vs. Long-Term Care Insurance

When looking at Medicare and long-term care, it's important to note that Medicare does not pay for assisted living in any form. Many of your medical costs will fall under your coverage plan if you're eligible for Medicare.

#### Medicare covers:

- Short-term stays in skilled nursing facilities.
- Limited home health care. Medicare may be covered where skilled nursing is needed.
- Does not cover custodial care – like help getting in and out of bed.

#### Most long-term care insurance policies allow you to use them to pay for services and rent in a:

- Adult daycare.
- Memory care.
- Nursing home care.
- Assisted living.

### Does Long-Term Care Insurance Cover Assisted Living and Memory Care?

Yes. LTC insurance can cover the monthly rent expense including any upcharges for private apartments. Keep in mind that long-term care coverage won't cover medical care costs. So any help from a medical professional, skilled nurse or cost of a hospital stay may not qualify.

#### Does Long-Term Care Insurance Cover In-Home Care?

In general, yes. Long-term care insurance covers certain care services that many seniors need at home. Long-term care insurance is designed to help pay for the costs of custodial care: if you need assistance with activities of daily living such as bathing, dressing, meal preparation and getting out of bed in the morning.

#### Are Homemaker Or Housekeeping Services Included?

Homemaker services include shopping, laundry services and other daily household maintenance assistance. Some policies cover this service, while others do not. Be sure to check your policy coverage.

### Does Long-Term Care Insurance Cover Independent Living?

No, not unless you need certain care services. Living independently assumes that you're able to live on your own with limited assistance. Long-term care insurance is not designed to pay a mortgage or rental fee. So if you're able to live on your own, long-term care won't pay for independent living.

While long-term care insurance does not usually offer comprehensive payment coverage for independent living, the support (I.H.S.) that most policies include can reduce the expense of nonmedical long-term care. The coverage kicks in only once you need help with any activities of daily living.

Activities of daily living include:

- Bathing.
- Dressing.
- Eating.
- Caring for incontinence.
- Toileting (getting on or off the toilet).
- Transferring (getting in or out of a bed or a chair)

*If you have any questions, please contact:*

*Dennis Kimble 813- 642-1260 or*

*Kim Haberkorn 813-633-4340*

## Food as Medicine: Overcoming Pain

By Janet Warren, PhD – Chair RAC Health Care Committee

The food you eat can either be the safest and most powerful form of medicine or a slow form of poison. Foods in the Standard American Diet, SAD, are extremely inflammatory. When consumed consistently over a long period of time, foods such as sugar; artificial sweeteners; refined grains; conventionally raised meat and dairy products with added chemicals; processed meats; products with trans-fat or MSG; deep fried foods; sugary fruity “energy” drinks; colas, and use of highly processed vegetable oils found in salad dressings bakery goods, and cooked meat, cause our immune system to react to these foods and over time creates acidity in the tissues and chronic, systemic inflammation in the body.

“Yeah, Yeah”, you might say, “I know I would be healthier if I switched to a plant-based diet with raw or slightly cooked vegetables, fruit, seeds and nuts containing antioxidants, vitamins, minerals, fiber, and enzymes; whole grains; wild-caught fish high in omega 3 acids; organic meat, healing spices and adequate hydration instead of food that gives me a transient joy but leaves carbon sludge and a toxic overload. But I have my druthers! I'll take my chances that I won't develop the consequences that are causally linked to chronic systemic inflammation which include almost every heart condition, painful arthritis, diabetes, cancer, ALS, fluid retention in the lungs and narrowing of airways, fatty liver, leaky gut, kidney dysfunction,, disruption of bone remodeling and nutrient absorption, autoimmune diseases, depression, and chronic skin conditions (like wrinkles, eczema and acne.)”

You make the choice to live with pain and disease or to work out of it. Granted, there are other factors that cause inflammation such as stress, lack of sleep, lack of movement and exercise, blood sugar imbalances, environmental toxins in the air and food, and chronic infection and maybe fate? But it is CRITICAL to understand and address those factors that can be contributing to pain and disease and construct a meal plan that will help to reduce the level of suffering. You can take supplements like quercetin, NAC, glutathione, turmeric, Boswellia, ginger and Omega 3 oil, that help, but nothing is better than the real deal. The research findings cite miracle healings that have occurred just with a change of food intake.

*You'll never know until you try.*



**WELLNESS** by Lisa Frank  
*Director of Resident Services*

**Prevent Falling:**

Many older adults fear falling, even if they haven't fallen before. This fear may lead them to avoid activities such as walking, shopping, or taking part in social activities. But staying active is important to keeping your body healthy and actually helps to prevent falls. So don't let a fear of falling keep you from being active!

**Steps to take to prevent falls:**

- Stay physically active. Attend some of our exercise classes.
- Try balance and strength training exercises.
- Fall-proof your home.
- Have your eyes and hearing tested.
- Find out about the side effects of any medicines you take. Talk to your doctor or pharmacist.
- Get enough sleep.
- Avoid or limit alcohol.
- Stand up slowly.

If you think you could benefit from Physical Therapy or going over some of the ways to prevent falls let me know.

See below for the classes offered here at Freedom Plaza:

<b>Freedom Breathers</b>	Every Thursday	10:00am	Auditorium
<b>Aerobic Aquacise</b>	Friday	8:00am	Indoor Pool
<b>Low Impact Aquacise</b>	Monday to Friday	9:00am	Indoor Pool
<b>B-Fit Exercise</b>	Tue, Thurs, Sat	8:00am	Auditorium
<b>Chair Yoga</b>	Every Wednesday	9:00am	Auditorium
<b>Line Dancing</b>	Every Wednesday	10:00am	Auditorium
<b>Table Tennis</b>	Every Friday	2:00pm	Apt 314
<b>Table Tennis</b>	Every Saturday	10:00am	Apt 314
<b>Chair Volleyball</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Saturdays	2:00pm	Auditorium

**Seven Benefits of Red Wine:**

- |                               |                               |
|-------------------------------|-------------------------------|
| 1-Helps Fight Heart Disease   | 5-Fights Certain Cancers      |
| 2-Corrects Cholesterol Levels | 6-Controls Fat Cells          |
| 3-Lowers Blood Sugar          | 7-Protects Your Pearly Whites |
| 4-Maintains Memory Function   |                               |

*From Health Grades – Link available on [racrep.com](http://racrep.com)*



**What is Congestive Heart Failure (CHF)?**

*By Carl Bohnenkamp*

Heart Failure (HF) is not a total failure or a heart attack. In basic terms it means the pump (heart) is not pumping efficiently. It can cause a variety of symptoms downstream all the way back to the heart again. Having these symptoms can contribute to causing CHF too. This can get complicated very quickly. Having regular comprehensive physicals is the best way to detect CHF.

The body's parts all need a certain amount of blood flow to provide the required amount of oxygen and nutrition. After the blood has done its work it needs to move along, get rid of waste products, carbon dioxide, pick up oxygen and do it all over again. Circulation. A certain amount goes out and it has to come back too. If it doesn't that's the congestive part. The heart is a two-sided pump. The left ventricle (lower left side) is the muscular worker that is responsible for pushing the blood through the entire body. The right side gets it on the return, pumps it through the lungs (oxygen/carbon dioxide exchange) and back to the left and out. Balanced in-out-and around again.

When things get out of balance is when a multitude of problems can happen.

Some symptoms are Shortness of breath with activity or lying down, fatigue and weakness, swelling in legs, ankles and feet (especially "pitting edema" - if a depression remains after pushing in with a finger), rapid weight gain (as in 5 pounds in a few days), swelling of the belly, difficulty concentrating, chest pain and others.

Causes of the symptoms can be a weakened or damaged heart (as in a past undiagnosed problem) that could be caused by certain infections, coronary artery disease (the heart muscle gets its blood supply from external arteries not the blood inside), heavy alcohol use. Certain prescribed and chemotherapeutic drugs may lead to HF. The heart is another organ that can be damaged by diabetes. There are too many potential factors to list here.

If ignored it can cause: Kidney damage, further heart damage, fluid buildup in the lungs (fluid backup causing liver damage), and more. Untreated it can lead to sudden death.

Detection and diagnosis is a job for health care professionals. The intent of this article is a basic explanation and to reinforce the importance of regular healthcare. **and** getting new symptoms checked out before it becomes an emergency.

**DON'T WASTE TIME – ACT NOW!**



So, how much are you willing to spend?



**UPCOMING**

Mark Your Calendars  
**EVENTS**



**Estate Planning Presentation – April 25, 2023 10am Auditorium**  
by Debra London Baker, Esq. - London Baker Law Firm - (813) 586-1332

She'll talk about the foundation documents of an estate plan and why each piece is essential to provide yourself and your loved one's peace of mind while you're still alive and then after you pass.

There are several essential documents to have and things to know. We'll talk about what each document does and what is important about it. The time will be informal with questions invited at any time. You'll leave feeling better about where your plan is or, perhaps, thinking it may be worth your while to consider what you have and whether it would be wise to take a look at it.

This is a must attend for all of us at Freedom Plaza.

Debra London Baker, Esq.  
London Baker Law Firm  
(813) 586-1332

You are not alone.



Cancer Support Group

**Cancer Support Group Share & Care Meeting**

There will be a cancer support group starting on Friday May 19 at 2:00 p.m. in the third floor Club Room. Future meetings will be every other month. Your leader will be Sandie Papa, Broker Realtor of Terra Vista Executive Realty, Inc. and a new Freedom Plaza resident. She has very successfully led a cancer support group at Valentia Lakes for the past three years.

**HEALTH CARE COMMITTEE MONTHLY CALENDAR**

**APRIL 2023**

- 4/05 Neuropathy Zoom Meeting – 1:00pm – 2:00pm led by Cindy Tofthagen
- 4/11 VIP Round Table – Auditorium – 10:00 a.m.
- 4/13 RAC Health Care Committee Monthly Meeting – Club Room 10AM
- 4/13 Delivery of DYK Newsletter to residents.
- 4/18 Freedom Plaza Neuropathy Support Group with Bruce Clutterbuck Club Room 10:00 a.m.
- 4/25 Special Speaker Debra Baker: Attorney 'ESTATE PLANNING' Auditorium 10:00 a.m.

**MAY 2023**

- 5-3 Neuropathy Zoom Meeting – 1:00pm – 2:00pm led by Cindy Tofthagen
- 5-9 VIP Round Table - speaker to be announced. Auditorium 10:00 a.m.
- 5-11 Health Care Committee Meeting Club Room 10:00 a.m.
- 5-19 Freedom Plaza CANCER SUPPORT GROUP Led by Sandy Papa Club Room 2:00 p.m.
- 5-23 AMY GUNTER, Director of Physical Therapy at Freedom Plaza Topic to be announced.

**JUNE 2023**

- 6-7 Neuropathy Zoom Meeting – 1:00pm – 2:00pm led by Cindy Tofthagen
- 6-8 Health Care Committee Meeting club room 10:00 a.m.
- 6-13 VIP Round Table - Auditorium 10:00 a.m.
- 6/27 Special Speaker Dr. NOE M.D. MEDICAL MARIJUANA USE FOR PAIN CONTROL