

Oct 2024

# HomeTimes

## America's Choice In Home Care

Your resource for an at home senior lifestyle.



## 6 Tips to Help Your Loved One Keep Track of Medication

Proper and safe medication adherence is a nationwide problem for people of all ages, especially the elderly. One study suggests approximately 1 in 5 new prescriptions are never filled, and of those, approximately 50 percent are taken incorrectly.

While medications can improve quality of life, extend life expectancy, and cure or mitigate disease, they can lead to severe consequences if forgotten or taken in the wrong dosage.

### Know Your Loved One's Medication

Ensure you fully understand the intent of the medicine and that your loved one follows instructions. Read all labels and any available documentation. Speak with your loved one's doctor or pharmacist to know what directions your loved one should follow.

Fill all prescriptions at the same pharmacy so the pharmacist can confirm there are no interactions or duplicates — especially if your loved one receives prescriptions from more than one doctor.

### Find the Right Medication Reminder System

Here are six helpful strategies to help your senior loved one stay on track with medication reminders:

#### Create a Simple Checklist

Create a weekly written checklist or a grid to track medications and dosages.

#### Use a Pill Organizer

If the drug packaging is cumbersome and not user-friendly, you can transfer the medication into the pill organizer to alleviate trouble. Help your loved one fill their pill organizer on a weekly basis to pre-plan each week's medications.

#### Tie Medications to Daily Activities

Look for opportunities to form a habit. For example, your loved one could take medication when sitting down at breakfast or when brushing their teeth at night. This will vary depending on the medication, time of the day it should be taken, with or without food, etc. Follow the instructions from your doctor or pharmacist.

#### Set Alarms

Call your loved one to remind them to take their medication or you can install a medication reminder app on their smartphone.

#### Track and Count Pills Regularly

This will help track missing or extra doses. Create an additional vetting process, such as counting pills to ensure your loved one follows the prescribed medication schedule.

#### Hire a Professional Caregiver

If your senior is having trouble managing their medications even with a solid system in place, hiring a professional caregiver to be by their side is often helpful. A dedicated Visiting Angels caregiver can be an extra set of eyes to monitor your senior's safety and comfort.



Visiting Angels offers medication reminder support. Contact your local Visiting Angels agency for a free home care consultation at **800-365-4189**.



# How Visiting Angels Can Make Work from Home Easier

Working remote has enabled many individuals with aging loved ones to become more involved in senior care at home. However, some may find it challenging to balance employment responsibilities with the demands of managing a loved one's care needs long-term.

When working from home, you may need to answer emails, participate in video conference calls, write reports, and do other tasks you conducted at the office. However, it can be difficult concentrating when you need to take frequent breaks to meet the requests of an older adult who is living with you or nearby.

The responsibilities increase—and can be overwhelming—when you factor in family and household duties like school pick-ups/drop-offs, doctor appointments, meal preparation, shopping, and cleaning and laundry.

## How Can Visiting Angels Help?

Whether your senior resides with you or not, an in-home personal caregiver can handle senior care tasks during your work-at-home hours.

Here are some benefits of hiring a professional caregiver:

### Reduced Interruptions

Frequent interruptions can break your concentration, lower productivity, and limit your ability to host a conference call or talk on the phone. A caregiver can anticipate and meet your loved one's needs so you can devote your full attention to business.

### More Companionship

A professional caregiver at home will give your loved one someone to interact with to reduce feelings of loneliness and boredom. Plus, it will allow you to complete your work and catch up with your loved one at a more convenient time.

### Increased Safety

If your senior has cognitive, health, or mobility issues, they may need constant attention to maintain their safety. A trusted professional caregiver can be by your loved one's side to prevent accidents and mishaps if critical work tasks have you tied up longer than expected.

### Flexibility to Fit Your Schedule

At Visiting Angels, we understand not everyone works 9-5. Our caregivers are available to help you care for your older loved one if you work evenings, overnights, or weekends. We can also assist if you only need part-time care for a few days or hours per week.

### Time for Self-Care

Caring for an older loved one while working from home isn't easy. Even if you have help during your workday, it's important to focus on yourself.

Visiting Angels respite care services can give you a break to run errands, attend a social function, or meet personal or family obligations that fall on evenings or weekends.

If working from home while caring for your senior has you feeling stressed and overwhelmed, hiring a Visiting Angels caregiver may be the ideal senior care solution.

To learn more about how professional in-home care can assist, contact your local Visiting Angels agency today at **800-365-4189**.



# Angels Cook Book



## Cheddar Bay Biscuit Chicken Cobbler

2 tablespoons unsalted butter, melted  
4 cups shredded rotisserie chicken  
1 (15 ounce) package frozen mixed vegetables  
1 teaspoon chopped fresh thyme, plus more for garnish  
1 ½ cups chicken broth  
¾ teaspoon freshly ground black pepper  
¼ teaspoon kosher salt, or to taste  
1 (10.5 ounce) can condensed cream of chicken soup  
½ cup heavy whipping cream  
1 package cheddar biscuit mix

### Instructions:

Preheat the oven to 350° F (175° C). Coat the bottom of a 13x9-inch baking dish with melted butter.

Place shredded chicken and vegetables into the dish; season with thyme, pepper, and salt. Pour over condensed soup, broth, and cream; stir until well combined.

Prepare biscuit mix according to package instructions.

Drop 8 (about ¼ cup) biscuit dough portions onto chicken and vegetable mixture.

Bake in the preheated oven, uncovered, until biscuits are golden brown on top and casserole is bubbling around the edges, about 40 minutes. Sprinkle with thyme.

### Nutritional Information

Serving Size: 8 servings • Calories: 531

[www.allrecipes.com/recipe/8533467/cheddar-bay-biscuit-cobbler/](http://www.allrecipes.com/recipe/8533467/cheddar-bay-biscuit-cobbler/)



## Chocolate Chip Pumpkin Bread

3 cups white sugar  
1 (15 ounce) can of pumpkin puree  
4 large eggs  
1 cup vegetable oil  
⅔ cup water  
3 ½ cups all-purpose flour  
2 teaspoons baking soda  
1 tablespoon ground cinnamon, or to taste  
1 tablespoon ground nutmeg, or to taste  
1 ½ teaspoons salt  
1 cup miniature semisweet chocolate chips  
½ cup chopped walnuts

### Instructions:

Gather all ingredients. Preheat the oven to 350° F (175° C). Grease and flour three 9x5-inch loaf pans (or three empty 16-ounce coffee tins).

Combine sugar, pumpkin, eggs, oil, and water in a large bowl. Beat with an electric mixer until smooth. Blend in flour, cinnamon, nutmeg, baking soda, and salt.

Fold in chocolate chips and nuts.

Evenly divide batter between the prepared pans; they should be 1/2 to 3/4 full.

Bake in the preheated oven until a knife inserted into the center comes out clean, about 1 hour.

Remove from the oven and let cool on wire racks before removing from the pans. Enjoy!

### Nutritional Information

Serving Size: 30 servings • Calories: 252

[www.allrecipes.com/recipe/6732/chocolate-chip-pumpkin-bread/](http://www.allrecipes.com/recipe/6732/chocolate-chip-pumpkin-bread/)

## America's Choice In Home Care®

Since 1998, Visiting Angels has been providing adults and seniors with the needed assistance to continue living at home. At our nationally known, locally owned agency, it is our mission to maintain the independence and familiar surroundings for those in need.

We offer help with personal care, light housekeeping, meal preparation, transportation, shopping, companionship, respite care for families, live-in care and assistance with daily living activities. Call us today for a free, no obligation consultation! We care every day, in every way!

