



HomeTimes

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Your Independent Senior Living Resource for Aging in Place

From America's Choice in Homecare.

CORONAVIRUS

Taking Care of Our Emotional Health

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease and the changes they are experiencing, can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.



Below are some tips we can use to support ourselves:

- **Take breaks from watching, reading, or listening to news stories, including social media.** Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Call and talk with people you trust about your concerns and how you are feeling. Sharing your emotions can be very helpful. Use technology such as Facetime or Skype to stay in touch with family and friends.

It is a time to draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak. Our elderly population have probably lived through difficult times and may want to share what that was like and how they got through it.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, and stress gets in the way of attending to your daily activities for several days in a row, call your healthcare provider.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Telemarketing Scams Targeting Seniors



You may see your elderly loved ones as adoring and trusting family members, but scammers frequently see seniors as low-risk and lucrative targets for elder fraud. Each year, about five million American seniors fall victim to some form of fraud, with telemarketing scams being one of the most common deceptions.



If you have elderly loved ones in your care, you need to take precautions ahead of time to prevent them from becoming a victim. This will save you a lot of trouble down the road.

If possible, have a conversation with your older loved ones about recognizing and avoiding senior fraud. Tell them to be careful when making purchases over the phone and not to pay fees associated with "free" prizes. Remind them to always report to you if they think they have fallen victim to a scheme.

Register your loved ones under the Do Not Call List and consider keeping their personal info locked up so it isn't easily accessed.

Although many telemarketing scams target seniors, a qualified and experienced home care team can help prevent your elderly loved one from becoming a helpless victim.

In-Home Caregivers Can Help

The simplest and most effective way to help your senior loved one avoid a scam is by having someone, such as a professional caregiver, with them at home. An in-home caregiver can:

- Look for signs that your loved one is receiving fraudulent calls
- Alert family members of potential problems
- Provide helpful advice if your loved one is targeted and doesn't know what to do



Common Telemarketing Scams

①

MEDICAL IDENTITY THEFT: Scammer claims to be a Medicare representative and calls an elderly victim for information, such as a Social Security Number or Medical ID Number. After the info is obtained, the scammer uses it to gain access to the victim's financial resources.

②

GRANDPARENT CON: Scammer calls an elderly person and greets them by saying, "Hi Grandpa! Guess who's calling!" The victim believes it's his grandson, and the scammer asks for money for a financial hardship and tells the grandparent not to tell anybody about the "gift."

③

FRAUDULENT ACCIDENT: Scammer attempts to convince an elderly victim that a family member has been involved in a serious accident or has suddenly fallen ill and needs money immediately to pay hospital and other medical fees.

④

CHARITY SCHEMES: Scammer takes advantage of an elderly person's good intentions. In this elder fraud scheme, the scammer pretends to be collecting money for charity, usually occurring after natural disasters or tragedies, to convince the victim to make a donation.

⑤

PIGEON DROP: Scammer offers to split a large sum of money to seniors only if they give a smaller upfront payment first. The scammer claims to need this small "good faith" sum to secure the larger monetary amount, which may be touted as a prize the elderly victim has "won."



Marinated Tuna Steak

1/4 cup orange juice
1/4 cup soy sauce
2 tablespoons olive oil
1 tablespoon lemon juice
2 tablespoons chopped fresh parsley
1 clove garlic, minced
1/2 teaspoon chopped fresh oregano
1/2 teaspoon ground black pepper
4 (4 ounce) tuna steaks

Instructions:

In a large non-reactive dish, mix together the orange juice, soy sauce, olive oil, lemon juice, parsley, garlic, oregano, and pepper.
Place the tuna steaks in the marinade and turn to coat. Cover, and refrigerate for at least 30 minutes.
Preheat grill for high heat.
Lightly oil grill grate.
Cook the tuna steaks for 5 to 6 minutes, then turn and baste with the marinade.
Cook for an additional 5 minutes, or to desired doneness. Discard any remaining marinade.

Nutritional Information

Serving Size: 4 servings • Calories: 200
www.allrecipes.com/recipe/39455



Grandma's Oatmeal Cookies

3 eggs	1 teaspoon ground cinnamon
1 cup raisins	2 cups quick cooking oats
1 teaspoon vanilla extract	1/2 cup chopped walnuts
1 cup butter flavored shortening	
1 cup packed brown sugar	
1 cup white sugar	
2 1/2 cups all-purpose flour	
2 teaspoons baking soda	
1 teaspoon salt	

Instructions:

Beat eggs and stir in raisins and vanilla. Refrigerate for at least an hour.
Preheat oven to 350 degrees F (175 degrees C).
Cream together shortening, brown sugar, and white sugar until light and fluffy. Combine flour, baking soda, salt, and cinnamon; stir into the sugar mixture. Mix in raisins and eggs, then stir in oats and walnuts. Roll dough into walnut sized balls, and place 2 inches apart on ungreased cookie sheets.
Bake for 10 to 12 minutes in preheated oven, or until edges are golden. Cool on wire racks.

Nutritional Information

Serving Size: 48 servings • Calories: 131
www.allrecipes.com/recipe/10466

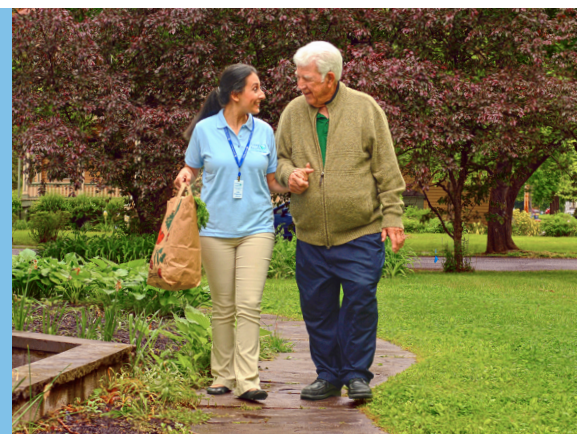
FUN FACT:
IF YOU EAT COOKIES FAST
ENOUGH,
FITBIT THINKS YOUR RUNNING.



America's Choice In Homecare®

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!



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*Information provided by the Centers For Disease Control, a division of the U.S. Department of Health and Human Services. www.cdc.gov/aging/aginginfo/alzheimers.htm