



Coastal Companion Care Fall / Early Winter Newsletter

Care Giver Profile



Enhancing In-Home Independence

“Our Family Helping Your Family”

Welcome to our Late Fall/Early winter newsletter. We hope you enjoy this issue. We wish you and your family a most special and blessed holiday season!

We are proud to announce our Recognized Caregiver of the Season: Mrs. Susan Mylod, In-Home Aide.

“Susan means the world to me. She is always acting in a manner that is in my very best interest, in all that she does.”

The above quote from one of Susan’s clients is just one of many reasons Coastal Companion Care is recognizing Susan as an *Outstanding Caregiver*. Susan is truly a model caregiver. With her loving nature, sunny disposition, and generous heart, Susan turns even the simplest tasks into acts of joy. She states, “I just love making a positive difference in my client’s lives.” To see the improvement in my client’s lives through companion care is the greatest reward of care giving!” Susan displays her compassion, faithfulness and love in every aspect of her work and her life. Her dedication to faith, family, friends, and profession serve as an inspiration to everyone in her path.

Susan also brings a wealth of experience and knowledge to her clients. With 17 years of professional care giving experience, in addition to caring for her own father, Susan

knows the value of quality care giving.

Susan loves to share the story of taking one of her ‘homebound’ clients to a favorite art shop. Her client, feeling a little down that particular day, was so encouraged by just looking at the art work and speaking with the gallery’s owner. Upon leaving the gallery, Susan’s client told her; “thank you for taking me out today; you have really made my day so very special!” Susan later told me; “to see improvement in my clients is the best reward of all”.

Susan’s commitment to her clients raises the bar for all caregivers. Never complaining, always positive and proactive for her clients, Susan exceedingly goes the extra mile to make everyday an extraordinary day!

Susan’s performance far surpasses her job description. We feel Susan Mylod perfectly represents the true meaning of a caregiver that gives above and beyond consistently. *Thank you Susan* for a well-done job...everyday with your clients and the Coastal Companion Care Team!

Joie

Joie Mahler, RN CSA
Agency Director
Certified Senior Advisor

Coastal Companion Care

Our caregivers are totally committed, highly qualified and carefully selected individuals who are personally and thoroughly screened, bonded and insured and licensed.

Most importantly our caregivers are dependable and extraordinarily caring of others. In addition to their previous experience, our caregivers receive continuous training and RN supervision. These highly qualified and trained caregivers and our staff are ready to help you and your loved ones with a variety of daily activities such as:

- *Assistance with bathing and grooming
- *Safety Monitoring/Exercises
- * Dementia Care
- * Medication reminders
- * Meal planning and preparation
- * Incidental transportation/Outings
- * Caring companionship
- * Home/Medical Management
- * Information and referral services

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

*Member of the Home Care and Hospice Association of NC
Licensed by the Health and Human Services of North Carolina*

Phone - 457-5300



SENIOR HEALTH & LIFESTYLES

Cancer Facts for People Over 50

Cancer strikes people of all ages, but you are more likely to get cancer as you get older, even if no one in your family has had it. The good news is that cancer death rates are going down. No matter what your age, the chances of surviving cancer are better today than ever before.

What Is Cancer?

There are many kinds of cancer but they all begin when cells in a part of the body become abnormal and start multiplying. These cells form a mass of tissue called a tumor. Cancer cells can also break away and spread to other parts of the body.

When cancer is found early, treatment can shrink or destroy the tumor. It helps to get regular checkups and to know the symptoms of cancer.

What Are Common Symptoms?

Cancer can cause many different symptoms including the following:

- A thickening or lump in the breast or any other part of the body
- A new mole or a change in an existing mole
- A sore that does not heal
- Chronic hoarseness or a cough
- Changes in bowel or bladder habits
- Discomfort after eating
- A hard time swallowing
- Unexplained weight gain or loss
- Unusual bleeding or discharge
- Feeling weak or very tired

Most often, these symptoms are not due to cancer. They may be caused by non-cancerous (benign) tumors or other problems. Nevertheless, if you are having any of these symptoms or other changes in your health, you should consult your doctor. Don't wait to feel pain. In its early stages, cancer usually doesn't cause pain.

What Regular Tests Should I Have?

Get regular screening tests to check for cancer before you notice anything wrong. Medicare now covers a number of screening tests for cancer. Before recommending a screening test, your doctor will ask about your age, past

medical problems, family medical problems, general health, and lifestyle. The following is a list of some screening tests that check for some specific cancers:

Breast Cancer: *Clinical Breast Exam, Mammogram*

Cervical Cancer: *Pap Test, Pelvic Exam*

Colorectal Cancer: *Fecal Occult Blood Test, Sigmoidoscopy, Colonoscopy*

Mouth and Throat Cancers: *Oral Exams*

Prostate Cancer: *Digital Rectal Exam, Prostate Specific Antigen*

Skin Cancer: *Skin Exams*

If a screening test does show a growth or abnormal change, it doesn't always mean that you have cancer. You may need more tests. A biopsy is the only sure way to know whether the problem is cancer. In a biopsy, a piece of tissue is taken from the abnormal area and looked at under a microscope to check for cancer cells.

How Is Cancer Treated?

Cancer treatments include surgery, radiation therapy, and chemotherapy (anticancer drugs). Recently, doctors have also been using biological therapy for

some cancers, which help the body's own defenses kill cancer cells.

People with cancer often see different specialists. These may include a medical oncologist (specialist in cancer treatment), a surgeon, a radiation oncologist (specialist in radiation therapy), and others. Your choice of treatment depends on the type of cancer you have, where it is in the body, and the stage it is at. You and your doctor will also take into account your overall health and any specific health problems you may have.

Can Cancer Be Prevented?

Experts think that about two-thirds of all cancers may be linked to things we can control, especially use of tobacco and what we eat and drink. You can lower your risk of cancer in several ways.

- Do not use tobacco products.
- Avoid sunburns.
- Eat right.
- Keep your weight down.
- Stay active.
- Limit alcohol consumption to one or two drinks a day.

Excerpted from the National Institute on Aging website. To see article in its entirety go to: www.niapublications.org/agepages/cancer.asp



ROTATING TOPIC:

Long Term Care Insurance

Long-term care refers to the many services beyond medical care and nursing care used by people who have disabilities or chronic (long-lasting) illnesses. Long-term care insurance helps you pay for these services, which can be very expensive. A policy also ensures that you can make your own choices about what long-term care services you receive and where you receive them.

Ordinary health insurance won't cover it. People are living longer these days. That's good news, but the flip side of that is there are more years in which there's a risk of serious health problems. And that could literally cost all of your remaining life's savings. Unfortunately, ordinary health insurance policies and Medicare

usually do not pay for long-term care expenses. Medicaid will only pay for long-term care if you've already spent most of your assets. So, there's long-term care insurance. Long-term care insurance typically covers:

- Help in your home with activities of daily living
- Community programs, like adult day care.
- Assisted living services that are provided in a special residential setting other than your own home. These services may include meals,

Continued on page 3



Prescription drugs can be a costly medical expense, especially for older people and those who are chronically ill. However, each state has a law that lets pharmacists substitute less expensive generic drugs for many brand-name products. Depending on your prescription needs, your savings could be significant. Before you talk with your doctor or pharmacist about switching, there are things you need to know about generic drugs and the law.

What's the difference between a generic and brand-name drug?

Not much, except for name and price. A generic drug is called by its chemical name; a manufacturer assigns a brand name. The products have the same ingredients.

Standard practice and most state laws require that a generic drug be *generally equivalent* to its brand-name counterpart. That is, it must have the same active ingredients, strength, and dosage form – pill, liquid, or injection. The generic drug also must be *therapeutically equivalent* – it must be the same chemically and have the same medical effect.

better. They may be willing to work with you set up a new payment plan that you can live with. It will be easier

Do all drugs have generic equivalents?

No. Some drugs are protected by patents and are supplied by only one company. However, when the patent expires, other manufacturers can produce its generic version. Currently, about half the drugs on the market are available in generic form.

How can I get generic drugs?

Talk with your doctor or pharmacist. Explain that you want the most effective drug at the best price. Ask your doctor to write prescriptions for generic drugs when possible.

Are there exceptions to the law?

Yes. If your doctor writes on the prescription form that a specific brand-name drug is required, your pharmacist must fill the prescription as written. That is, a generic drug cannot be substituted.

However, your pharmacist can talk with your doctor about the prescription. Perhaps there's an acceptable generic drug that your doctor is not aware of. Your pharmacist can compare and evaluate generic and brand-name drugs and may be able to consult with your

Will my doctor automatically prescribe generic drugs?

It depends on the physician. You can ask your doctor to write a prescription permitting substitution of a generic drug product when appropriate. You also can ask whether a generic product will be as effective and less costly. Or, you can request that only brand-name products be used to fill your prescriptions.

Where can I get more information?

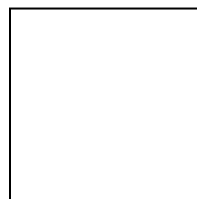
The Food and Drug Administration has a website dedicated to providing consumers more information.

Link to the site at:
<http://www.fda.gov/Drugs/EmergencyPreparedness/BioterrorismandDrugPreparedness/ucm134444.htm>

Reprinted from the Federal Trade Commission website:

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Generic Drugs: Save Money at the Pharmacy





Office Location: 5101 Southport Supply Road Suite 4, Southport, NC 28461
Mailing address: PO Box 297, Oak Island, NC 28465

Phone: 910-457-5300

Fax: 910-457-5333

Please visit our website at:

www.coastalcompanioncare.com

National Family Support Program

Families, not social service agencies, nursing homes, or government programs, are the mainstay underpinning long-term care (LTC) for older persons in the United States. More than 22.4 million persons are informal caregivers—providing unpaid help to older persons who live in the community and have at least one limitation on their activities of daily living.

These caregivers include spouses, adult children, and other relatives and friends. The degree of caregiver involvement has remained fairly constant for more than a decade, bearing witness to the remarkable resilience of the American family in taking care of its older persons. This is despite increased geographic separation, greater numbers of women in the workforce, and other changes in family life. Thus, family caregiving has been a blessing in many respects. It has been a budget-saver to governments faced annually with the challenge of covering the health and long-term care expenses of persons who are ill and have chronic disabilities. The economic

value of our nation's family and informal caregivers has been estimated at \$257 billion annually.

The enactment of the Older Americans Act Amendments of 2000 established an important new program, the **National Family Caregiver Support Program (NFCSP)**. The program calls for all states, working in partnership with area agencies on aging and local community-service providers, to have five basic services for family caregivers.

These services include:

- Information to caregivers about available services;
- Assistance to caregivers in gaining access to services;
- Individual counseling, organization of support groups, and training to assist the caregivers in making decisions and solving problems relating to their care giving roles;
- Respite care to enable caregivers to be temporarily relieved from their care giving responsibilities; and
- Supplemental services, on a limited basis, to complement the care provided by caregivers.

Currently funded at \$155.2 million, this program has served more than 275 thousand caregivers nationwide. Efforts regarding NFCSP have resulted in new partnerships, improved access to services, outreach to special populations, and provision of services to respond to the unique needs of families.

Eligible Populations

- Family caregivers of older adults
- Grandparents and relative caregivers, age 60 years or older, of children no older than age 18 (including grandparents who are sole caregivers of grandchildren and those individuals who are affected by mental retardation or who have developmental disabilities)

Who to Contact for Help

AOA supports a nationwide, toll-free information and assistance directory and Web site called the Eldercare Locator, which can connect older persons and their caregivers with the National Aging Services Network. Older persons and caregivers can call the Eldercare Locator toll-free at 1-800-677-1116 or visit www.eldercare.gov.

Reprinted from www.aoa.gov