



*Helping Seniors maintain their independence and dignity while living in their own homes for as long as possible.*

## A Few Words From Our President .....

On March 1, 2015, we moved to expanded offices at 3871 Harlem Road, #110, Cheektowaga, NY 14225.

We have also added two new positions – an Office Manager/Staffing Coordinator, Deb Ervolina, and an Education Coordinator Specialist, Viola Vallone.

As a Licensed Home Care Services Agency (LHCSA), we are required to have quarterly meetings with a Quality Improvement Committee. Our physician representative is Dr. Jennifer Ruh, and our community consumer is Margaret Wilber, RN.

We hope to begin our own Home Health Aide training program in the near future. Our growth seems limited only by our ability to find the right Aides to care for our Senior clients.



With Spring finally here, flowers are popping up all over. Here are some interesting tidbits:

### Lavender

Dried lavender has been used to aid sleep for centuries, either sewn into pillows or placed in vases in bedrooms. It also wards off moths.

### Rosehips

Rosehips have many uses. During the Second World War they were gathered and turned into rosehip syrup, a healthy tonic owing to its high level of vitamin C.

### Lily of the Valley

The ancient Greeks used lily of the valley to treat heart conditions. The Elizabethan physician John Gerard buried phials of the white flowers in ants' nests and applied them to gouty feet.

During the World War I, lily of the valley was used to help soldiers recover from the effects of gas poisoning. It can also be used as a heart stimulant and a diuretic.

## Depression and Seniors: Home Care Can Help

When a senior loved one has been diagnosed with depression, following the healthcare provider's advice is vital. But unfortunately, the feelings of helplessness and lack of motivation that are part of depression may make it difficult to comply with treatment. [Home care services](#) can support the management of the condition.

Depression can range from a minor problem to a life-threatening illness. It affects all age groups. **But did you know older adults are at higher risk?** Many of the causes of depression are more common as we grow older. Seniors are more likely to experience:

- Grief and loneliness resulting from the death of a spouse or other close loved one
- Changes in life circumstances, such as moving from a cherished home, loss of independence and mobility, or financial worries
- Nutritional deficiencies, such as lack of vitamin B-12 or folic acid, or poor nutrition in general
- Medical conditions such as low thyroid, heart disease, stroke, Parkinson's, kidney disease or neurological disorders
- Chronic pain; and, side effects of medications, overmedication, or the effects of a combination of drugs

## Diagnosis is the first step

So often, depression in seniors goes undetected, but diagnosing and treating it can make a tremendous difference in the person's health and well-being. Family members are often the first to notice the signs:

- Persistent mood of sadness, helplessness or irritability
- Lack of energy
- Loss of interest in friends and/or usual activities
- Memory changes and the inability to concentrate
- Disturbances in eating and sleeping patterns
- Neglect of physical appearance and housekeeping; and/or
- Unusual preoccupation with aches and pains

## How can home care help?

Family members want to support their loved one's recovery as fully as possible. But they often feel torn between the depressed person's needs, their own work responsibilities, and other family tasks. Sometimes this dilemma increases stress, for family and senior alike. For many families, [in-home care](#) is the perfect solution. A trained [Companion Aide](#) can assist by:

**Helping with medication management.** If antidepressant medications are prescribed, it is very important that your loved one take them at the right time, and in the correct way. A [Companion Aide](#) can provide medication reminders, take your loved one to the pharmacy or pick up prescriptions, help organize medications, and report any side effects.

**Preparing nutritious meals.** Good nutrition is an important part of mood support—and tempting your loved one's appetite with delicious meals and snacks helps break the cycle of depression and inadequate diet. Caregivers can assist with healthy meal and snack preparation.

**Transporting your loved one to healthcare appointments or counseling sessions.** Physicians and counselors usually have the same office hours as working family caregivers. A [Companion Aide](#) can ensure that your loved one arrives at scheduled appointments on time.

**Promoting physical and social activity.** When it comes to depression, inactivity and loneliness are major culprits—yet many seniors find themselves alone at home because of mobility problems, fear of falling or lack of transportation. A [Companion Aide](#) can help your loved one participate in favorite activities—at home or out and about.

**Providing an extra measure of security for family and loved one alike.** Not having to worry so much about managing depression means that everyone in the family can relax and enjoy their time together more—lessening stress, which can make depression worse.

**Call us today: 716-783-8124**