

All About Seniors, Inc.

Resource, Referral, and Placement Services

June 2011

Serving our Clients with Compassion and Dignity



Helping adult clients with their care and housing needs.

Our Dedicated Team:

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Facts About Elder Abuse in the United States

Elder abuse includes physical abuse, emotional abuse, sexual abuse, exploitation, neglect, and abandonment. Perpetrators include children, other family members, and spouses – as well as staff at nursing homes and assisted living and other facilities. It has become “the crime of the 21st century” as America rapidly ages. Statistics are from 2009.

- Nearly five million cases of elder abuse occur each year, but 85% go unreported.
 - The typical victim of elder abuse is a woman over 75 who lives alone.
 - Some 14,000 allegations of abuse, neglect or gross negligence are reported in nursing homes.
 - Close to 50% of those with dementia experience some form of abuse.
 - Elders who have been abused have a 300% higher risk of death when compared to those who are not mistreated.
 - Elder financial abuse costs older Americans more than \$2.6 billion per year.
 - Family, friends, caregivers and neighbors are the culprits in financial abuse cases more than half the time.
 - Less than 2% of federal abuse prevention dollars go to elder mistreatment efforts. 91% is spent on child abuse and 7% on domestic abuse.
 - Financial abuse accounts for nearly 21% of the allegations of mistreatment investigated by Adult Protective Services.
- By 2030, the numbers of older Americans over age 85 – those most at risk for abuse – will more than double.

Source: <http://elderjusticenow.wordpress.com/2009/06/17/facts-about-elder-abuse-in-the-u-s/>

Vote for Portland's Best Rose

The Public is invited!

Saturday, June 11th between 12:00 and 4:00 p.m.

Visit Washington Park International Rose Test Garden and pick up a ballot at one of the three major entrances.

While enjoying the garden, cast your vote for MOST FRAGRANT ROSE and YOUR FAVORITE ROSE by entering the appropriate flag number on the ballot and dropping it off in the designated ballot box.



Winners will be announced on Sunday at 1:00 p.m. in the amphitheater as well as in Monday's *Oregonian*.

Source: http://www.portlandrosesociety.org/latest_news.html



SOLVE THE RIDDLE



What book was once owned by only the wealthy, but now everyone can have it? You can't buy it in a bookstore or take it from a library.

The first two people with the right answer from each County to call us will receive a \$10.00 Starbucks gift card.

Answer to May riddle: Sunflower

Somerset Lodge

Gracious Retirement Living

8330 Cason Road.

Gladstone, Oregon 97027

503-723-7868

Please call to schedule a tour



Mango-Radicchio Caprese Salad with Basil Vinaigrette

Mangoes take the place of tomatoes, so you don't have to wait until the tomatoes are ready to enjoy this much-loved Italian salad.

Ingredients

- 1/3 cup chopped fresh basil plus 8 whole large basil leaves
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white balsamic vinegar
- 8 radicchio leaves, thick ends trimmed
- 2 large mangoes, peeled, halved, thinly sliced
- 8 1/4-inch-thick slices fresh mozzarella cheese (from one 8-ounce ball)



Preparation

Blend chopped basil, oil, and vinegar in mini processor until most of basil is pureed. Season with salt and pepper.

Overlap radicchio, mangoes, cheese, and basil leaves on plates. Drizzle with vinaigrette. Serve, passing remaining vinaigrette.

Source: <http://www.epicurious.com/recipes/food/views/Mango-Radicchio-Caprese-with-Basil-Vinaigrette-242111>

Becky Hale's Helping Hands

Are there household responsibilities that you'd rather not do, such as Light Cleaning, Laundry, Paperwork, Grocery Shopping, Watering Plants, and other Chores?

Do you need help with Transportation, Appointments, Errands? Would you like companionship for Outings, Field Trips, Entertainment, Dining Out?

Then I'm Your Gall!!

Compassionate, Responsible, Flexible.
Exceptional References and Reasonable Rates.

Call Becky at 503-963-9170 or email to beckyhale222@yahoo.com

Advertise your business here

Please call Ken for more information about advertising

503-659-3815

Pop's Adult Care Home

*Lidia Pop
626 NE 155th Ave.
Portland 97230
(503)252-8707*

We care for residents with care needs ranging from minimal to heavy care.



Outdoor Activities for the Whole Family

Flying kites -- This is ideal to do with kids and adult groups. You may even like to build your own kite. Kites are available ranging from very easy to more advanced. Kites can also be flown from a wheelchair. Keep it simple by just going outside in your own grounds, or have an excursion to a nearby park.

Metal detecting -- One of the unique outdoor elderly activities that can also be done with the grandkids. Metal detectors can be ordered online and begin at about \$50 on up. They can be taken to beaches, parks, and other public places. You never know what you can find! If you really get into it, special trips are planned for metal detecting excursions all over the country and world. I know a retired gentleman in town here that takes his metal detector everywhere he travels. (There are many kinds of specialty metal detectors too -- one for gold -- and he has several kinds). From Mexico alone he had a shoebox of dozens of pieces of gold and diamond jewelry. Once a year at a family reunion he gets out the box and lets everyone dig through it. Books on the best places to find treasures and artifacts can also be found online and in bookstores. Metal detectors provide very intriguing outdoor activities.

Start Planting -- There is nothing like planting a little something in some good, rich soil to cheer the spirit. Planting is one of the most satisfying of outdoor activities. As opposed to just looking at gardens, how about participating? A garden can be made just about anywhere, including a small patio. Gardening boxes can also be elevated to table height to accommodate a wheelchair. Start seeds sprouting in containers of water, or small pots. Check with your local nursery to see which are the best for sprouting this time of year, especially to begin indoors. They're fun to watch grow! They'll help you decide what to begin with, and what supplies you will need. Your local garden club is also a great resource, and they love to help newcomers. There are many gardening books (even films) in libraries if you have never done this before. Begin simple.



Boat rides -- The water makes a great backdrop for outdoor activities. Do you, or does anyone in your church or organization have a pontoon boat? If they are willing to assist for an afternoon, this is the best manner of boating for seniors. Pontoons can also be rented. With a proper plank, even those in wheelchairs can access this type of boat. It would ideally have a covering. But there are also mini yachts and a variety of motor boats too. Just about anything can be rented. Including a river boat excursion. Boat rides are wonderful outdoor activities.

Treasure Hunt aka Scavenger Hunt -- These are really fun outdoor activities that can be done in a smaller community setting, or yard, or neighborhood. They usually involve teams with instructions and a list of clues. Teams can hunt for completely different items, or the same items, "racing" to see who can find them first within a given timeframe. Prizes can be awarded to the winners. Hunts can also be brought indoors, with treasures hidden throughout a grouping of rooms, should the weather be inclement.

Bird watching -- This is becoming a very popular outdoor activity. This may take a little study, but it is learned as you go, and can become a very satisfying hobby. Many communities already have a bird watching group established, but the library certainly will include resources. There are also CDs and movies available for song identification. Your state's DNR (Department of Natural Resources) can assist you in finding local trails. There are certain items you will need -- a bird book for your region is the first. Make sure it includes photos or pictures and migration patterns, to make sure you know which birds will be where, and when! Also take binoculars, notebook and pen, carry bag, and camera if desired. A club can recommend the best types and brands of equipment. Again, good walking shoes are required! And pants with pockets, such as cargo pants, are a plus. For those of you who love to travel, excursions and even exotic expeditions can be booked around bird watching activities. My grandfather loved to ride around the property in his wheelchair at our lake home, picking up various bird feathers, collecting and identifying them. When his sight failed, he enjoyed sitting outdoors to identify bird calls and songs. He was delighted to share stories and knowledge with his children and grandchildren when we were together.

Photography -- With the digital cameras so available, this is fast becoming one of the popular outdoor elderly activities. Photos can be immediately viewed on the camera and saved...or not. Photography can be enjoyed with limited mobility as well, and photographs easily downloaded into a computer and printed out. No need for trips to the store to develop film! This activity is also sometimes done in conjunction with scrapbooking or a web site (another subject entirely).



Miniature golf or putting -- This can either be a morning or afternoon trip to a nearby green, or setting up a game in your yard. There are many games available that are take-offs on golf. Some can also be played from a wheelchair. You can also have a little contest complete with prizes. Swinging that club and walking around if possible, is a fun source of elderly exercise.

Source: <http://www.elder-one-stop.com/outdoor-elderly-activities.html>

June is National Safety Month

For older adults, falls are fairly common and can be life-altering. About 20- 30% of falls result in moderate to severe injuries. Many of these injuries impair elders' mobility and can reduce their ability to maintain independence. Falls can be avoided. Here are some simple steps in the right direction:

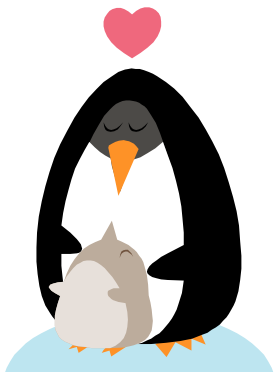
- Arrange furniture so that crossing a room isn't like crossing an obstacle course.
- Place electrical cords away from walking areas.
- Install handrails on all stairways. Install hand-rails in the shower and bathtub, too.
- Keep hallways and stairways well-lit. Keep a light at your bedside and a nightlight in the bathroom.
- Repair or replace loose floorboards and worn carpets. Avoid using throw-rugs.
- Use non-skid mats for the bathtub and bath-room floor.
- Wipe up spills immediately.
- Wear low-heeled, well-fitting shoes that have good traction.
- Do not put clutter (papers, boxes, tools, etc.) in hallways or other walking areas.



If you do fall, do not wait to call for help! Many injuries are made worse by delaying treatment. Falls can be the result of medical conditions, but environmental conditions are also important factors.

Source: <http://www.fdlrez.com/humanservices/phn/ElderNLJun10.pdf>

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*The older I get, the smarter my father seems to get.
- Tim Russert*