

LTC TENDER NEWS

VOLUME 81 FALL 2011

A QUARTERLY PUBLICATION OF LTC HOME HEALTH

EMPLOYEE OF THE QUARTER

ROSA GALLARZO

Rosa was born in Los Angeles, the sixth child of seven; she has four brothers and two sisters. Rosa is a local girl, having attended Allesandro Elementary, Washington Irving Middle School and John Marshall High School. She continued her education at Glendale Jr. College, East L.A. Occupational Center and Institute of Progressive Physical Therapy.

Rosa, is a Mom of a precious 17 yr. old daughter, Sarah, who is a Junior in High School. Rosa lost her Mother six years ago and now divorced, she and Sarah live with her 88 yr. old Father. No, she is not looking after him; Dad is a business owner and is out and about on his own, taking care of his business. Rosa and Sarah feel fortunate and very blessed to have her Dad healthy and in their lives.

Through the last couple of decades, Rosa has traveled to Mexico and New York, which she really enjoyed. Now-a-days, and on weekends off, she enjoys dancing at church related get-togethers and attending Church Bible studies. She shared that she and her daughter are having fun together learning how to apply cosmetics at a "make-up" class.

We first met Rosa in 1991, when she applied for work at LTC. Rosa left LTC for a short time and returned in 2006. She said she enjoys working with us because the staff is really nice and that she has worked with many nice clients at LTC. Rosa stated "I enjoy working with the elderly and those in need. It comes naturally to me. I like to care for and help them."

We, at LTC, appreciate this hard working, dynamic, caring lady who is an asset to her profession. We are happy to recognize Rosa Gallarzo as our Employee of the Fall Quarter.



FROM THE HEART

A Prayer for Our Service Men and Women

Lord, Hold these loved ones in your loving hands.

Protect them as they protect us.

*Bless them and their families for the selfless acts they perform
for us in our time of need.*

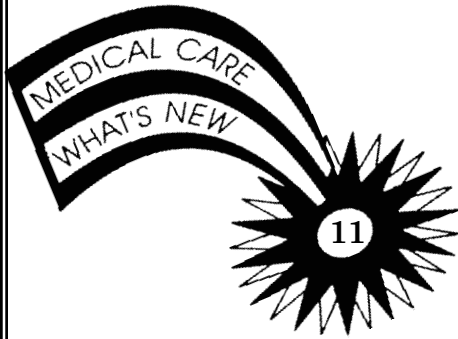
Give them courage, hope and strength.

*May they ever experience your firm support, gentle love and
compassionate healing.*

We ask this in the name of Jesus, our Lord and Savior.

Amen





MEDICINE-WHAT'S NEW

DEMENTIA DEFINED

“Dementia is a loss of brain function that occurs with certain diseases. It affects memory, thinking, language, judgment, and behavior.”

Though you may hear people using the word dementia interchangeably with Alzheimer's disease, the fact is that dementia is actually a group of symptoms, not a disease. Dementia is generally marked by decreased cognitive (brain) function; it's progressive, it's new, it will cause memory loss, and it's not caused by any other conditions such as depression, metabolic abnormalities, or other medical conditions, (heart failure or lung disease, for example). Alzheimer's disease is the most common form of dementia; other dementia types include vascular, Lewy Body, frontotemporal lobe, traumatic brain injury, Parkinson's disease, alcohol, human immunodeficiency virus (HIV) and other brain deterioration syndromes.

DID YOU KNOW...

10 Warning signs of Alzheimer's

1. Memory changes that disrupt daily life. One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. Other signs include forgetting important dates or events, asking for the same information over and over, and relying on memory aides (such as notes or

electronic devices) or a family member for things the patient used to handle on his or her own.

What's typical? Sometimes forgetting names or appointments but remembering them later.

2. Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take longer to do things than they did before.

What's typical? Make occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, at work or at leisure. People with Alzheimer's often find it hard to complete daily tasks. Sometimes people may have trouble driving to a familiar location, managing a budget at work, or remembering the rules of a favorite game.

What's typical? Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with time or place. People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's typical? Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships. For some having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance, and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not recognize their own reflection.

What's typical? Vision changes related to cataracts.

6. New problems with words in speaking or writing. People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word, or call things by the wrong name (such as calling a watch a “hand-clock”).

What's typical? Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps. A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes they may accuse others of stealing. This may occur more frequently over time.

What's typical? Misplacing things from time to time, such as a pair of glasses or the remote control.

8. Decreased or poor judgment. People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, such as giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's typical? Making a bad decision once in a while.

9. Withdrawal from work or social activities. A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects, or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's typical? Sometimes feeling weary of work, family, and social obligations.

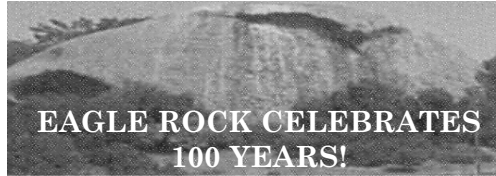


10. Changes in mood and personality. The moods and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful, or anxious. They may be easily upset at home, at work, with friends, or in places where they are out of their comfort zone.

What's typical? *Developing very specific ways of doing things and becoming irritable when a routine is disrupted.*

If you have questions about any of these warning signs, the Alzheimer's Association recommends consulting a physician. Early diagnosis provides the best opportunities for treatment, support, and future planning.

Source: Alzheimer's Association, www.alz.org/10signs



Please join us as Eagle Rock celebrates this great milestone. Below are a few events planned through the end of the year:

- ◆ 13th Annual Eagle Rock Music Festival, Saturday, Oct. 1, 4pm on Colorado Blvd. Free for all ages.
- ◆ Veteran Day & Centennial Parade, Sunday, Nov. 13, 1pm, Eagle Rock Blvd. - Entertainment & food to follow at Eagle Rock High School.
- ◆ Centennial Gala at Chateau Emmanuel, Formal event on Saturday, Nov. 19, 4pm -10pm, for ticket info, call 323-254-9163.

FYI...

SENIOR ACTIVITIES

Now that you've retired, what are you going to do with all that free time? There are lots of interesting and exciting *activities* just for seniors. Your local Recreation & Park Centers may have Senior activities and games that include cards or Bingo, exercise (with an instructor or by video), dancing, art or hobby classes, day trips, gym equipment, lunch programs, and taxi coupons to name a few.

The local YWCA, may be a place to check for other senior activities. Did you know that most local hospitals also have great activities for seniors? There are professionals on duty to supervise the type of exercise that will benefit you. Call your local hospital for more information and/or give us a call, at 323-254-9163, for further information or referrals.

Below are some local facilities worth checking into, call and find out what they may have for you:

- Eagle Rock Rec. Center 323-257-6948
- Yosemite Rec. Center 323-257-1644
- Altadena Senior Center 626-798-0505
- Glasell Park Senior Cntr 323-255-3117
- Pasadena Senior Center 626-795-4331
- Sparr Heights Senior Center
(Glendale/Montrose) 818-548-2187
- YWCA Glendale 818-242-4155
- YWCA Los Angeles 323-296-0920
- YWCA Los Angeles 213-365-2991
- Huntington Memorial Hospital Senior Care Network 626-397-3110
- Glendale Adventist Medical Center Live Well Program 818-409-8091

Yellow Ribbons

Yellow Ribbons everywhere,
Yellow Ribbons show we care
For our soldiers overseas,
we ask the Lord to bless
them, please.

To walk beside them all the way
and bring them safely back,
we pray.

And let all violence finally cease
through God's grace,
may we have peace.

Many nations suffer loss,
still we're clinging to the cross,
Lord, fill our minds with
streams of love,
let Thy Light Shine from above.

May all leaders guide the way,
Lord, hear our prayers as
we display

Yellow Ribbons everywhere,
Yellow Ribbons show we care.
Edna Massimilla



CONTINUING EDUCATION

CEU Classes are held once a month on Thursdays, 4:00pm to 7:00pm, from September through May in the LTC classroom. Registration fee: Employee\$5, Guest \$15, includes certificate for three CEUs and a Hand Book. For registration or information, please call Rose at (323) 254-9163, Monday through Friday, between 9am and 4pm.

Next classes are: September 22, "Managing Difficult Patients" - October 20, "Maintain Skin Integrity & Prevent Decubitus" - November 17, "Documentation & Teamwork"



EDUCATIONAL INFORMATION

CNA CLASSES

L.A. Technology Center.....(323) 732-0153
 American Red Cross L.A. Chapter.....(800) 627-7000
 Jackie Robinson Center, Pasadena.....(626) 396-5600
 Ext. 82055
 El Monte/Rosemead Adult School.....(626) 258-5800

HOME HEALTH AIDE (CEU Renewal)

LTC Home Health Care.....(323) 254-9162
 Community Career Development.....(213) 365-9829
 El Monte/Rosemead Adult School.....(626) 258-5800
 L.A. County Regional Occupational.....(626) 444-9005

CPR CLASSES

American Red Cross, Glendale.....(818) 243-3121
 Adult/Child/Infant-certify for 2 yrs \$65
 American Red Cross, Pasadena.....(800) 627-7000
 Adult/Child/Infant-certify for 2 yrs \$59 & en Espanol
 Verdugo Hills Hospital.....(818) 952-2272
 Adult/Child/Infant-certify for 2 yrs \$70, renewal \$45
 Training Solutions, Glendale.....(800) 464-6451
 Adult/Child/Infant-certify for 2 yrs \$65

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HAPPY BIRTHDAY
To our Clients, Caregivers, & Staff

Myrna S, Aida B, Regla F

*Wynna M, Mildred L,
Julieta R*



*Carolyn S, Ruth C, Annabelle M,
Clem G, Minerva R, Nelly A,
Norma A, Anna M, Nilda M*

CONGRATULATIONS TO:

*McCollam Family, Baby Girl
Tapia Family, Twins*

PRAYERS AND THOUGHTS

*Shirley M, Erica G, Elizabeth L,
Mary P, Anne B*

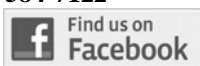
OUR SYMPATHIES TO THE FAMILIES OF:

Katherine A. Lopez, Al Miller, Angelina Furte



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"We Put the Quality of LOVE In Our Care."



2011