

Kin Care *Newsline*

Older Adult Edition

NEWS FOR KIN CARE CUSTOMERS

IN THE NEWSLINE: *The Tsunami Message, Synthetic and Natural Vitamins, What is a Durable Power of Attorney for Property?*

Newsline is published quarterly by **Kin Care, Inc.** Please let us hear from you.
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The Tsunami Message

December 31, 1999. The day the world joined hands in welcoming a new millennium. Starting halfway around the world, in far eastern lands from Japan to Australia, then quickly jumping back and forth from island to continental nation, big and small, hour by hour, people of all colors and economies celebrated within their borders, but always in unison with the peoples of the world who jointly heralded the end of a thousand years of tumultuous world history with joyous celebrations of hope and excitement for the new year and new beginnings for themselves, their native lands and the world at large. The world had come together and celebrated, as one.

December 26, 2004. Just five days shy of five years later, as if unwilling to let the people forget their bond, the great one in the sky, or the god of the sea, whatever one's persuasion, appears to have unleashed his wrath on millions of unsuspecting innocents. In far eastern lands, an earthquake, followed by an unforgiving tsunami, washed ashore on island and continental lands, both big and small, hour by hour, swallowing up people from all nations until it dead-ended on African shores at a land much bigger than its wall of furor. It knew no strangers. As waves of sea rushed over them, mothers chose which child to save. Sometimes it was the strongest, or a male. Other times it was the youngest or weakest, hoping the stronger child could find a way to survive. Neither the strong nor the weak were a match. Poor villagers, wealthy vacationers, it didn't matter. Each was alone in their struggle but bound by the sea, as one.

Color, wealth, nation, religion, age — it didn't matter. Piety, integrity, heart, purpose, ability — it didn't matter. Few events bring the people of the world together. Flags at half-mast suggest we are, once again.

The message, the meaning, comes from the recognition that we are one people, who struggle in the same way. And we are called upon to come together, to lend a hand.

TSUNAMI RELIEF RESOURCES: The following sites provide information and handle donations for victims throughout the affected areas.

Action Aid

<http://www.actionaideusa.org>

Action Against Hunger

<http://www.actionagainsthunger.org>

American Red Cross

<http://www.redcross.org/donate/donate.html>

AmeriCares

<http://www.americares.org>

BAPS Care International

<http://www.bapscare.org>

CARE

<http://www.careusa.org>

GOAL

<http://www.goal.ie>

Quarters From Kids: Tsunami Relief

<http://www.quartersfromkids.org>

World Vision

<http://www.worldvision.org>

Cont. from Synthetic and Natural Vitamins

Supplements can be synthetic or natural. Synthetic products are produced in labs from isolated chemicals that mirror the nutrients found in nature, and therefore contain isolated vitamins only. Synthetic vitamins may contain artificial colorings, preservatives, starches, and sugars. Natural vitamins are derived from whole foods and therefore contain other nutrients that can help supplements be absorbed and utilized more easily, as well as deliver more nutrients to the cells than synthetic vitamins produced chemically.

Nutrition Bites

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FROM THE EXPERT

Legal Briefs

By D. Rebecca Mitchell, Esquire
Peck, Bloom, Austriaco & Mitchell

Synthetic and Natural Vitamins

Today more than ever before, from infancy through our golden years, our bodies are being bombarded with pesticides, herbicides and chemicals too high in number to count via our food chain, water, and the air we breathe. Cancer is rising exponentially, appearing in younger Americans each year. Protection comes in the form of sound nutrition, particularly given that everything else — pollution, water resources, and life stressors — are rather out of control. For many reasons, sound and solid nutritional information and habits are not within most people's circle of knowledge. Therefore, supplementation will help to enhance otherwise less than optimal dietary choices.

The Recommended Dietary Allowances are not even close to adequate. The U.S. Food and Nutrition Board created the RDAs over forty years ago. They were based on 23-year-old white males who ate 3 "square" meals a day and who lived in the country. In 1992, the RDAs were lowered and changed to the RDIs or the Recommended Dietary Intake for vitamins and minerals. In the world of nutrition, the RDIs are referred to as the ridiculous dietary intakes, as the amounts recommended forty years ago were the barest of minimum designed to ward off vitamin deficiency health related problems and diseases. Lowering the RDIs was absurd, particularly given the amount of daily exposure to toxins. This exposure not only affects fetal development, but also our aging population. Studies have shown that taking dosages beyond the RDIs helps our bodies to work better. It is better to subscribe to the ODIs, which are optimal daily intakes. A good nutritionist can aid you in assessing your personal needs and recommending appropriate supplements. ...cont. on page 1...

What is a Durable Power of Attorney for Property?

A Power of Attorney for Property is a legal document through which a person can formalize the appointment of another person to handle his or her financial affairs. The person who signs the power of attorney document, and for whose benefit the power of attorney is created, is called the "principal." The person appointed to act on behalf of the principal is known as the "agent," or the "attorney in fact." The principal must have sufficient mental capacity to understand what she is doing, when signing a power of attorney form, or the appointment of the agent will be invalid.

The agent must follow the instructions of the principal. However, a "durable" power of attorney for property remains in effect even after the principal has become too ill or disabled to supervise and direct the agent. When the principal is incapacitated, the agent acts without any supervision. This gives the agent great power. The standard form may need to be revised to protect the principal and assure that her goals are achieved, either to add or take away powers of the agent. It is wise to seek advice from an experienced attorney before signing a Durable Power of Attorney for Property.

Kin Care, Inc. provides Geriatric Care Management, a consultation service, to older adults. **Kin Care, Inc.** also provides CILA housing and support services to persons with developmental disabilities in the homes of Kin Care host families and group homes. **Kin Care, Inc.** is accredited by **CARF**, The Rehabilitation Accreditation Commission. We maintain an open door policy. The results of inspections and reviews are available by written request. **Kin Care, Inc.** is an Equal Opportunity Employer.