

# Kin Care *Newsline*

Older Adult Edition

NEWS FOR KIN CARE CUSTOMERS

IN THE NEWSLINE: *What is Happening Here?; Facts About Medicare D; Aging – It's is All About Balance*

*Newsline* is published quarterly by **Kin Care, Inc.** Please let us hear from you.  
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## WHAT IS HAPPENING HERE?

What's happening here? Seems like someone's trying to tell us something. It all started off ok. First we had the millennium. There we were, people from around the world, celebrating *together*, the start of not only a new century, that would have been big enough, but a new thousand year period. Wow!!! One would have thought with that new beginning, we'd have a reason to get things right, at least for the first decade or so. We certainly were optimistic. After all, the opportunity to get that kind of fresh start doesn't come around very often.

But then we had the stock market crash, or to put it in more familiar terms, the almost complete melting away of years of unwarranted, ok, unrealistic earnings for millions of boomers wanting to retire early. Party's over.... Then the next thing you know, along comes 2001. September 11 to be precise - the tragedy of all tragedies, or so we thought. Lost false profits didn't seem so significant anymore and we seemed to reclaim a sense of proportion in our lives. We didn't need anymore lessons. We really didn't. But then, along came the Tsunami of 2004. Not just any Tsunami, of course, but a Tsunami that went from shore to shore, claiming thousands and thousands of lives and wiping out entire communities. The world woke up, took notice, and came together again, not to party but to help. This a better reason, but not one we hoped to experience very often, at least not on that scale.

Next thing you know, here comes the Hurricane twins, Katrina and Rita, to our shores! We had been through enough and had responded generously to others in need. We did not need this, at least we didn't think we did. How can hundreds of mile of coastal communities, including one of our most celebrated, have been attacked so viciously by Mother Nature? Homes and livelihoods ruined, thousands displaced, and here we were again, responding to a disaster of epic-like proportions.

Genocide and wide-spread famine kill millions, but they are day-to-day tragedies, where the horror is spread over time. That has let us not get too upset about them – they don't shake us by the nape or cause us to lose any sleep and we certainly don't become outraged or mobilized. Not like these recent events. These were immediate and powerful tragedies - the kind that startle us awake and make us jump out of bed. The kind that get the world's attention. These

natural and man-made disasters have to stop. They are killing us. Especially these epic-like ones - the others we can kind of ignore.

With all that has gone on, we are waiting to find out what the next event is going to be. The kind that will get the world's attention. The kind that will mobilize us to stretch out our hands to each other. They tell us to prepare for avian flu. That one may get our attention, but there won't be much hand-holding. Too contagious.

There was a time when the world came together only during war. Our millennium party was a change from all that. It was fine while it lasted. Now it is time to find the message. It's not about punishing evil-doers. If there is a hidden one, its about not forgetting about the least of us. Its about remembering the needs of all day-in and day-out. Maybe we need a few bops on the head once in awhile to get that into our thick skulls.

### Facts About Medicare D

Starting November 15, 2005 Medicare D goes into effect. Sorting out your options won't be easy but there is help. CMS, the program that runs Medicare, wants you to know the following:

Enrollment is voluntary but if you don't enroll when you are eligible, and later want to enroll, you will pay a penalty which depends upon how long you waited. The cost to you will be around \$30 annually plus any amount charged by the carrier you choose.

There are a variety of discount cards available from a number of insurers. Medicare can help you compare your options before you choose a card. If you are a member of a Medicare managed care plan, you should contact your plan about discount card options for members. All others can contact 1-800-Medicare (1-800-633-4227). TYY users should call 1-877-486-2048. Web users and look at [www.medicare.gov](http://www.medicare.gov). Select "Prescription Drug and Other Assistance Programs.

People whose annual incomes in 2004 were limited (\$12,569 for a single person or \$16,862 for a married couple) may qualify for a \$600 credit on the Medicare-approved drug discount card to help pay for medications immediately.

## Nutrition Bites

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## FROM THE EXPERT

### Aging — It is all about balance

Dancing sprightly around the aging process takes balance, laced with knowledge. Knowing how your body operates, learning to listen to your intuition so you can hear your body's needs, and creating conditions so your systems can heal, regenerate your billions of cells and slow down your aging time clock, takes practice. Easy? No. But possible once the first step is made.

Start with Routine. Yes it's boring but extremely necessary. For all ages, early to bed and early to rise sets the stage. If you have hit the pillow by 10:30 pm, you are insuring your adrenal functions work at their maximum, which are the backbone to immunity, thyroid function and increasing hormonal production after menopause. Between midnight and 2 am your adrenals regroup, recreating 360 very powerful hormones your day time. The primary hormones are Pregenelone, DHEA, and Cortisol: your fighter activator hormones. Between 3 am to 6 am, you detox. If given the correct percentages of proteins, fatty acids and minerals the day prior to your cleaning, your repairing and rebuilding crew can thoroughly purge and rejuvenate your system for the next day. Long story short? Your body follows a circadian rhythm. If you knock it out of its natural rhythm you place more stress on your body, increasing the risk of aging your cell prematurely.

Balance stressors next. This can be done through exercise, taking time for yourself, eating right, and/or gaining reflection and perspective on life. All are beneficial, all are in short supply.

Simply walking 15 minutes a day helps increase your output of epinephrine and adrenaline, the high hormones, while bolstering immunity, as well as white and red blood cell production. Movement also assists in sweating and detoxing – 15-20 minutes a day of sweating does the trick. Exercise optimizes liver function,

your body's power plant, while also increasing bile acid production which helps to break down cholesterol, scrub the colon, arteries and veins. Eating right also helps. Do you eat enough calories to support your hectic life? Do you eat enough grams of protein to detoxify, cleanse and repair and rejuvenate your body or, are you fat phobic? Missing out on the rights fats, which are the major vital anti-aging, anti-stress nutrient group is a mistake. Good fats are the precursor for hormonal production. Hormones in balance keep you young. And are you avoiding carbohydrates like the plague? If so, your energy will drop, your moods will be many and your brain will become foggy. Eating live, eaten as they are grown, versus dead, processed foods is key to anti-aging. Lose the coffee, cigarettes, and alcohol and drink that water. Once you have done so, take some time for reflection and for yourself. Meditation and yoga are good. At least two hours a week for yourself is essential or your well will run dry. A long walk with a water bottle with address all three. It's not so hard after-all.

Do these things and your body will thank you by looking and feeling its best. These are simple rules for all ages and people to live by but once you hit a certain age, they become mandatory for a life well-lived.

**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.