

Kin Care *Newsline*

Developmental Disabilities Edition

NEWS FOR KIN CARE CUSTOMERS

IN THE NEWSLINE: *The Hardest Job; Dealing with Menopause; Short Term Guardianship.*

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

Recently, a tribe of eighty brave primitive people emerged from the deep recesses of the Columbian jungle in South America to join the modern world. Somehow, despite never having interacted with any aspect of the modern world, they were able to communicate their amazement about their newfound joys (shoes were great because walking in the jungle hurt their feet.) Most fascinating, though, was their lack of a word for the future. They lived for today and died just as they had lived, alongside their tribesmen and the creatures of the jungle, devoid of physical comforts but emotionally secure in their place among their people and the environment.

We, who walk with shoes, don't necessarily have it so lucky. Many choose not to think much about it, but the future is ever present and for some, it will have limited resemblance to the past. We are a society that expects, with each life phase, to learn, to achieve, to build something that will last, to make a life that will fulfill us and hopefully create a cocoon that will protect us by building wealth and a support system to care for us when we become needy — or so we hope.

The lucky get to live their entire lives with their people in a familiar environment, achieving while able, so they can nurture those who need it, then sheltered by that same environment. It is no coincidence that "familiar" means "to be knowledgeable about and comfortable with." It is from the word "family."

The rest of us must rely on our institutions to provide that familiar environment. The challenge is to make those institutional systems family-like. That is hard when regulations

necessarily dominate operations and staff on shifts come and go. It is easy to see how the rules in a nursing home, state facilities, or other group residences and the need to maintain order and avoid problems become the priority such that nurturing along with cozy familiarity are rarities if not downright hostile to the daily running of such an operation. Benign consistency, a sort of operational meritocracy where individual needs are subservient to the greater "good" of the facility becomes the priority. Avoid problems, get everyone fed and medicated and "all is well" — on paper.

None of our personal family homes run smoothly and thank goodness no one is looking in to make sure they all do. The resulting blandness would make life a bore and not worth living. Finding a way to make the lives of people who need our help rich with the nurturing and familiarity which makes "family" what we want to come home to is the hardest job of all.

Cont. from Dealing with Menopause

Chaste tree berry helps to stimulate up regulation of the progesterone receptors, which may help one to achieve hormonal balance, while Korean Ginseng aids in lifting mood and decreasing stress hormone levels.

Often herbal formulas are found to contain all three of the above components. As a clinical nutritionist, I recommend one at a time used over a three to four week cycle to ascertain its efficacy.

**FROM THE
EXPERTS**

Nutrition Bites

By Deborah Arneson, BS, MS, CCN
Nutrition Consultants

Legal Briefs

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

Dealing with Menopause

More and more research is under way regarding estrogenic plant compounds and their benefits relating to menopause symptoms. Red Clover, an isoflavone rich compound known to reduce hot flashes is the most widely used aid throughout the world, which may well be a testimony to its efficacy. All natural substances may take time – up to weeks or 2 to 3 months as well as a commitment to work towards using natural versus hazardous, synthetic based HRT products. Over a 3 to 4 month period, used daily, 44% of women found relief with Red Clover.

Red Clover has also been shown to reduce vaginal dryness as well as to increase HDLs, the good blood fats that protect your heart.

Black Cohosh is another helpful herb, which tends to exhibit anti-estrogenic activity, which is often beneficial for the large percentage of women who are burdened with excess estrogen generally stored in excess body fat. Black Cohosh has also been found to be beneficial for reducing hot flashes, improving mood and insomnia. ...cont. on page 1...

Kin Care, Inc. 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.

Short Term Guardianship

Illinois law allows a parent or guardian of a child, or the guardian of a disabled adult, to appoint a substitute guardian for a period of up to 60 days. This procedure can be used to authorize a responsible adult, other than the parent or guardian, to make important personal decisions when the parent or guardian is away or otherwise unavailable. The short-term guardian is authorized to make decisions concerning health, safety, education, and care issues, and to apply for government and charitable benefits.

The law provides special forms to be used for short-term guardian appointments. The parents or guardian must sign the form, as well as the person who is being appointed short-term guardian and two adult witnesses. The signed form proves the authority of the short-term guardian.

Both parents of a child may together appoint a short-term guardian. The signature of both parents of a child is not necessary if (a) one of the child's parents has died or is not willing or able to make and carry out day-to-day decisions concerning the child, (b) the whereabouts of one of the child's parents is not known, or (c) the child's parents were never married and no court has issued an order establishing parentage. A parent whose parental rights have been terminated, or whose child's guardian is another person, or who has not been appointed guardian for her adult disabled child, may not appoint a short-term guardian.