

Kin Care *Newsline*

Developmental Disabilities Edition

NEWS FOR KIN CARE CUSTOMERS

IN THE NEWSLINE: *Ideal Moms; Acupuncture as an Alternative Medicine, Medicare Benefits - Part I*

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Ideal Moms

Ideal Moms of boomer kids were supposed to bake cookies, go to the school plays, attend parent teacher conferences, make dinner every night and be prim and proper – not smoke, drink or swear.

That was my mom — until she turned 65 or so. Her worst curse word was “hells bells,” her alcohol indulgence was a rare glass of sweet red wine and her idea of a sport was playing jarts in the backyard. She lacked any interest whatsoever in participating in anything remotely considered a sport.

But then Mom turned 65 and a strange thing happened on the way to old age - she took swimming lessons. Apparently those swimming lessons cleansed her of all her inhibitions because amazing things started to happen. Swimming lessons may not seem all that unusual, but they are when taken by a woman who never swam as a kid, never got in the water as an adult, and professed to being scared to death of water and not liking it at all. And it was her idea! I'm not sure if jumping off the diving board into the deep end was her idea first, but she did it and made it to the ladder without having to be rescued. Though my mother soon lost any skills she learned, the water in that pool served as her fountain of youth.

Soon thereafter the grandkids came and we started doing things with kids typical of many families; music lessons, sports, camp, vacations. Mom started visiting in the summer for a couple weeks to help out, and went on occasional vacations with us. The next “I can't believe it” occurred when she joined us at about age 75 for her first camping trip. That it was an annual camping trip with a nice group from our church probably helped. Nonetheless, she climbed into and out of that tent with the ease of her grandkids. When asked why we never went camping as kids, she said “because I grew up camping” referring to her life on the farm with only cold running water,

no bathroom and no tub or toilet, just an old aluminum tub for bathing and an outhouse for the other. That was the first of many.

On the next trip came horseback riding - not the cantering of true aficionados – but a self-assured, independent mount followed by a long walk bereft of any overt anxiety, and no aches and pains afterwards, either. Mom then played baseball for the first time when we needed some extra hands during practice, catching and batting well enough to give herself a pat on the back, followed by a five-mile hike from our home to Chicago's lakefront to see the air and water show, assorted walk-a-thons, a camel ride and many, many trips with friends. Almost two years ago she called me after a trip to tell me she returned safely. When I responded “boy that must have been some trip because you really sound good” she responded with “I'm sitting here with having a cup of coffee.” Realizing the lilt in her voice was not because of the lingering effects of the trip, but rather the company of a gentleman friend she was with, I told her she sounded like a young girl again. She and her friend visited us. When they took a two mile walk to the lakefront the night of their arrival and still weren't back by 11:00, I asked my husband if we should go looking for them. We waited. They were delayed by a stop at an ice cream shop to have coffee and ice cream.

This got me thinking about the time she carted my furniture to college and carried it in by herself. Then about the time she visited me in Chicago and we went to a club. I was in my 20's, she was in her 50's. When a young man asked her to dance, she didn't hesitate.

Mom is waiting for her next invitation and I'm sure she'll get up and go.

**FROM THE
EXPERTS**

Nutrition Bites

By Deborah Arneson, BS, MS, CCN
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Legal Briefs

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Acupuncture as an Alternative Medicine

Acupuncture has been a time trusted modality for over 3000 years plus! While acupuncture isn't necessarily for everyone, (some people can't bear the thought of needles near their body), it is in fact one of the most beneficial treatment forms. I personally can testify how amazing acupuncture and other related acupuncture treatments have been for me.

Four years ago, I acquired the most penetrating pain in my right cheek. I tried chiropractors, massage, and yoga. Nothing helped, to the tune of thousands of dollars spent over a two-year period.

Healing Quest Center's acupuncturist, who had freshly returned from China, suggested acupuncture on my derriere using Moxa, which are heated herbal balls on the top of the needles, to facilitate heat and energy into chronic muscle pain regions.

For the first time in two years I slept through the night. Normally I was awakened by the need to stretch my hip out due to this deep aching pain. I didn't want to get too excited. Our acupuncturist then suggested a "loaded dose" of treatments, meaning three return visits within two weeks. I complied. By the fourth treatment all of my pain was completely gone. I find acupuncture the "pinnacle" of healing (no pun intended.)

My next experience was based on a nasty and nagging pain in my upper left side, trapezium, and neck due to a surgery that involved removing a cyst from my left breast. I am sure I was flipped around like Gumby. Once again our acupuncturist pulled out her bag of healing gifts and used Gua Sha, then Cupping, and then Moxa on the offended area for a total of six consecutive treatments. Sometimes the key to success is consecutive back-to-back treatments, particularly if your injury is chronic and deep-seated. Bingo! Neck problem 80% better.

Medicare Benefits - Part I

Medicare provides medical insurance for aged and disabled persons, and their dependents. Not all Social Security recipients are covered by Medicare, and not all Medicare recipients are eligible for Social Security benefits. Although Social Security retirement payments may begin at age 62, Medicare eligibility does not generally start until age 65. "Fully insured" individuals, who have paid FICA or self-employment taxes for the required number of quarters to qualify for Social Security benefits, may enroll in Medicare at age 65, even if they continue working, and delay receiving their Social Security income payments. Spouses and widows and widowers may also enroll in Medicare at age 65.

Medicare enrollment is automatic for Social Security retirement recipients who reach age 65, Social Security disability recipients who have been receiving payments for 24 months, and covered workers who become eligible to receive full Social Security benefits. Others must file applications for Medicare coverage. Those who reach age 65 without becoming "fully insured," and disabled workers under age 65 who would qualify for Social Security Disability Insurance (SSDI) payments if their earned income were not too high, may obtain Medicare coverage by filing an application and paying premiums.

(See next edition for Part II)

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.