



ACCESS

everything you need to know: just a phone call away

WWW.JCSFL.ORG

305.576.6550

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Welcome to **JCS Access**, Jewish Community Services' newsletter containing informative articles on topics designed to help improve your health and overall well-being.

As a leading community resource, JCS has the experts and the expertise to make a positive impact on your life and the lives of those you care about. We hope you will share this newsletter with friends and family, and remember to call JCS Access, our information and referral service, the next time you need assistance.



Aging Parents: How to Tell When They Need Help

Although it may seem that an older person's mental status changes without warning, there are usually subtle indications of deterioration. Elder care professionals advise children of aging parents to trust their instincts when they see danger signs and take action before the situation worsens.

Some indications your parents may need help:

- Not taking medications as prescribed
- Driving skills have slipped
- Neglecting to pay bills or balance their checkbook
- Clothes are not clean
- Not brushing their teeth or shaving
- No longer interested in hobbies or friends
- Eating improperly
- Not tending to their house and yard



- Not taking proper care of pets
- Have limited contact with the outside world
- Seem confused or depressed
- Losing bladder or bowel control
- Trip often or have trouble climbing stairs

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DID YOU KNOW?

Jewish Community Services' Access is the free information and referral service that can direct you to the South Florida community agency, government program, or emergency assistance resource that best meets your needs. **Call 305.576.6550 from 9am to 5pm Monday – Thursday and 9am to 4pm on Friday.** Emergency assistance is available after hours and on weekends.

Family Secrets: Are You Living With an Addict?

Cunning, baffling and powerful, addiction is a chronic, progressive and sometimes fatal disease that affects the entire family. It is a disease, however, with symptoms that always leave clues – if you know what to look for:



- Changes in behavior, such as irritability or apathy, changes in eating and sleeping habits, changes

in activity levels, rapid or halting speech, as well as weight loss and other changes in physical appearance.

- Loss of control, such as missing days at work or school or being 'written up' for poor performance. Money may be missing from a family member's wallet or bank account.
- Missing or multiplying medications. Pills may disappear from your medicine cabinet

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Pass the Spinach, Please: Foods That Help Improve Your Memory

We all have little bouts of forgetfulness and for most of us memory loss increases with age. The good news is that you can include natural foods in your diet that have properties shown to improve memory function.

- Antioxidants found in carrots, strawberries, peaches, watermelons, tomatoes, pomegranates and even red wine.
- Vitamins B6 and B12 found in spinach, soy beans, sunflower seeds, walnuts, eggs and dairy products.
- Whole Grains found in whole wheat breads and pastas, popcorn, oatmeal and other whole grain products.
- Omega-3 and Fish Oil found in salmon, tuna, and halibut, as well as nuts.
- Olive Oil and Flax Oil. When choosing an olive oil, choose the extra virgin variety, since it's less processed than other types.

Although these foods can be beneficial to people of all ages, nutrition plays an especially vital role in the health of older adults. As Althea Malone, RN, BSN, Director of Nursing for JCS' Masada Home Care, says, "One of the most important things we do for our clients is a nutritional assessment, which is when we determine if someone's diet is contributing to conditions such as high cholesterol or high blood pressure. Eating



foods that are good for both the body and the mind is essential to everyone's overall wellness."

For more information about the role of diet in good health and improving memory, please call JCS Access at 305.576.6550.

Family Secrets

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or addicts may 'doctor shop' and get prescription drugs from several doctors.

- Catching the addict in a lie. Addicts always lie. They will offer excuses for all of the symptoms detailed above.

If you suspect that your loved one is addicted to drugs, what should you do about it? Melissa Brail, LMFT, Program Director of Children's Services at JCS, suggests you seek help for yourself first. "You can't force anyone to get help with his addiction. What you can do is join a support group like Nar-Anon so you can stop enabling the addict to continue his cycle of self-destruction. Addicts need to feel the pain – the true consequences of their addiction – to finally reach out for the help they need."

For more information about the signs of addictive behavior, please call JCS Access at 305.576.6550.

Aging Parents: How to Tell When They Need Help

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If a parent appears to be struggling, you need to step in and have a conversation with them, a task that may be awkward and difficult. As Susan Nierenberg, LCSW, Director of Case Management Programs at JCS, explains, "Parents are often reluctant to discuss their declining status because the big

fear is that they will be 'put somewhere,' such as a nursing home. We work to keep them independent for as long as possible by putting services in place at home to help them."

For more information about mental decline in older adults, please call JCS Access at 305.576.6550.

About JCS

Each year, more than 35,000 people – regardless of race, religion or ethnic background – benefit from our trained, caring professionals. JCS provides critical help in the community such as delivering meals and emergency funds to frail seniors so they can stay in their own homes; counseling families in crisis; and teaching basic job skills to developmentally disabled adults. Although each individual's circumstances are different, JCS is a lifeline for all.

An important part of that lifeline is **JCS Access**, the comprehensive information and referral service that directs callers to the social services and health care programs they need.

Find out how JCS can assist you. Contact JCS Access at 305.576.6550.

Items in this newsletter may be excerpts or summaries of various source materials and have been reorganized or edited for clarity and brevity. This newsletter is informational only and is not intended to, nor does it seek to, provide specific medical advice.

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