



"Reaching From The Heart"



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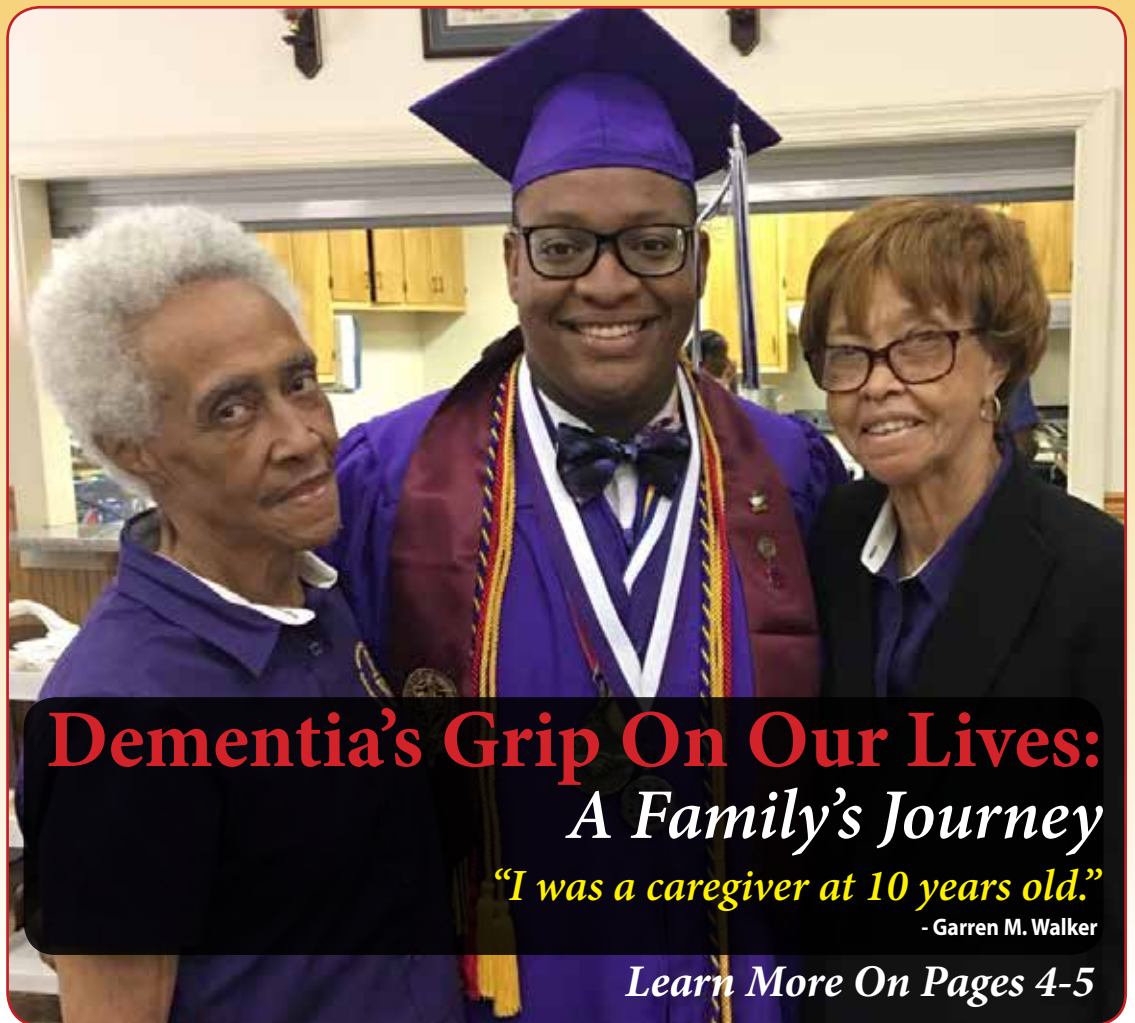


# MATTERS OF THE Heart

Georgia's Family Caregiving Magazine

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## Dementia's Grip On Our Lives: A Family's Journey

*"I was a caregiver at 10 years old."*

- Garren M. Walker

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## Holiday Greetings and Welcome to Matters of The Heart!

As the spirit of the Holiday Season is upon us, so are our everlasting thoughts and memories of loved ones. Our hearts celebrate birth, life, love, caring and sharing like no other time in our life experience of family. It is our shared way of expressing triumph over joy, grace, and peace during a time like no other. When I think of my lifetime of family holidays, I especially think of my lifetime of holiday season family dinner time gatherings and what now seems as the ambiance of a beautiful and glowing fire burning in the fireplace in my southern hometown growing up, holiday celebrations at my family home where the treat and wonder of dinner meal assured great southern food traditions, among family members.



**Shirley A. Morman,**  
**Publisher & Editor-In-Chief**

I can imagine that when we all think of holiday gatherings, for sure, our thoughts, conversations and laughter are around family times and memories, over family generations and that family talk is more valued each gathering, each year, among everyone. While there will be the absence of a loved-one's voice or voices not heard in the house, nor at the dinner table, nor seated around the fireplace, nor engaged in a favorites board game or card game, or singing praise, we know these holiday times are Matters of The Heart for all of us!

So, as we lovingly, joyously, gracefully, and peacefully unite as family and family friends, in a world that seems inherently family richer than ever in holiday cheer, we unite also remembering and celebrating family and loved-ones present and passed on. It is my earnest hope, like yours, that peace will come over all of us, in some way, as we remember that comfort comes through a lifetime of love and memories.

*Thank you for supporting us in 2024!*

*Shirley A. Morman*



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## Living with Grief

*The Lord is close to the brokenhearted and saves those who are crushed in spirit.*

*Psalm 34:18 (NIV)*

Family Caregiving is an act of love. It is giving all to ensure a loved one's needs are met on every level. As a caregiver, one becomes comfortable with the daily routine of providing the best quality of life.

It was a beautiful fall morning when I went to wake my mother who was in the last stage of life. She had transitioned in her sleep. I knew this day would come, but not so soon. The night before, we stayed up late, eating, talking, and laughing a lot. When I put her to bed, I did not know this would be the last time. My days had been planned around her care and needs, now she was gone.

Grief is a normal yet highly personal response to loss. It is neither an illness nor a pathological condition, but rather a natural process that, depending on how it is understood and managed, can lead to healing and personal growth. Grief has many dimensions- spiritual, emotional, physical, and psychological. Mary-Frances O'Connor author of *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss* shares, "Grief is the cost of loving someone." Claudia Coenen author of *The Creative Toolkit for Working With grief and Bereavement* documents, "Grief often creates a kind of identity crisis in the bereaved person as their roles in life change due to the death of the person. We tend to define ourselves through our relationships, as wife, husband, or partner to someone, or as a parent or child. Now that person who made us a wife or mother, husband, or father, is gone, the question of "Who am I now?" looms large."

Many emotions will flow from grief work. Some people experience all of them, some just a few. The emotions of grief include disbelief/denial, physical symptoms, idealization, anxiety/fear, bargaining, depression, lowered self-esteem, guilt, anger, loneliness, helplessness, and preoccupation according to Mauryeen O'Brien author of *The New Day Journal*.

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Coenen, Claudia. (2020). *The Creative Toolkit for Working with Grief and Bereavement*. Philadelphia: Jessica Kingsley Publishers.  
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Gretchen Kubacki, PsyD provides proven techniques for finding your way after any loss. The technique is based on Acceptance and Commitment Therapy in *Moving Through Grief, A road map through grief*:

**Reconnect with what matters:** What matters to you? Home? Family? Money? Health? Create a personalized plan.

**Follow your inner compass:** What is your true north? Learn how to trust yourself and let go of thoughts that are not serving you.

**Come to terms with your pain:** Acceptance of what cannot be changed is a powerful way to move through it.

**Show up for your life:** When you know what you want, you can set goals for the future you desire.

**Get unstuck from pain:** Move freely through life. Live according to your values and goals.

**Live a rich, fulfilling life:** The net result is not only finding relief from grief but also gaining tools that will serve you well for the rest of your life.

Family Caregiving is a labor of love. When a loved one transitions, the loss causes grief. Grief is a process. There is no certain time to stop grieving. Take each day at a time. Remember the good times with family and share with others who want to listen. The day will come when the tears do not come so often, and the memory of loved ones bring a smile. Check with your local faith group or community for a grief support group. Also, you might seek professional help as needed.

*Thank you for sharing your love with a family member who needed a helping hand until the end.*



**Gloria Barrett**

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**PICTURED (L-R):** VIVAN, GEORGE AND LOTTIE MAE, AS I KNEW THEM BEFORE DEMENTIA TOOK HOLD.



**PICTURED (L-R):** VIVAN, GEORGE AND LOTTIE MAE NEARING THE END OF THEIR JOURNEY WITH DEMENTIA. LOTTIE WOULD PASS IN 2019, FOLLOWED BY GEORGE IN 2020 AND VIVIAN IN 2023.

## Dementia's Grip On Our Lives: A Family's Journey Through Love and Care

*\*\* This article is lovingly dedicated to Momma, Aunt Tracey, Aunt Vettie, Aunt Jovon, DB, Makayla, and Shan. Thank you for your many sacrifices, tired moments, and hard decisions. I love each of you. \*\**

Dementia has played a significant role in my immediate and extended family over the past few years, profoundly impacting our lives and reshaping our relationships. My grandfather, Mr. George C. Long (1939-2020), a revered truck driver and provider, suffered a stroke after coming off the road. It was my grandmother, Lowvine S. Thompson (1940-2012), who found him in an unconscious state and insisted on caring for him after his release from the hospital, even though they had been divorced for over thirty years. A two-time breast cancer survivor, she cared for him until her death from a brain aneurysm. From the night she died until the night he died, my mother was his sole caregiver in our home.

Watching my mother sacrifice so much from a young age made me step in and assist her with tasks that people often take for granted. These included changing diapers, bathing, cooking meals, and ensuring his medication was administered (even though he only took it most times if my sister gave it to him). My sister, Makayla, developed a special connection with him and grieved his death harder than any of the other ten grandchildren.

Fast forward to my sophomore year of college, I had just returned to Fort Valley State before other students as a New Student Orientation Leader. My grandfather had been placed in hospice and had contracted COVID-19. Despite the deadly ramifications of the virus, my mother insisted on bringing him home to care for him in his final moments. I was so concerned that I had my uncle set up a baby monitor in his room so I could always watch him.

Being the planner that I am, I journeyed home that Tuesday to write out his obituary and funeral program. I returned to Fort Valley for three days before getting the call from my mother that "I might want to come home." I left immediately. My roommate and best friend since childhood, Tyler, was due to ride with me. I was so hurried that I left him and turned what was supposed to be a two-hour drive into what felt like thirty minutes. I arrived outside and saw my uncles, Cedric and Jawan, in tears. I ran into the house, and there he was . . . lifeless. I folded his hands, closed his eyes, recited an internal prayer, and went to work. I handled his final arrangements with care as if it were my father; it was the least I could do to repay him for all he had done for us. Although I favored my grandmother more, I respected and loved "Pops" for who he was. I will never forget that bright-skinned, soft-spoken patriarch in my heart. Dementia not only affected him but also two other ladies who played a significant role in my life.

Growing up in the South, we know that any relative of a certain age is called an aunt or uncle. I vividly remember my "Aunt Lottie" and "Aunt Bill" from childhood, most vividly in the church. Lottie Mae Broughton Woods (1939-2019) served as Youth Choir Advisor, Senior Missionary, and Head of the Communion on occasion. Vivian Louise Broughton Lackey (1940-2023), affectionately known as Vivian, was a faithful choir member and other church auxiliaries. I remember her most for caring for my great-uncle Earl, her father, who lived to be 100 years old. She was fervent in her caregiving. The wretched disease dominated both their minds, but they never forgot me.

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I would take them to revivals and homecomings at our other family church, where I am now a member, Spring Hill A.M.E. Zion. Aunt Lottie passed about ten months before my grandfather. I was due in Washington, D.C., to sing at the Congressional Black Caucus Gospel Extravaganza when I discovered Aunt Lottie was transitioning. Before I left, I went to the home in Covington to visit with her, followed by a visit to my hometown of Monroe to see my Big Momma, Mrs. Annie Ruth Culbreath Mapp (1921-2019), who was transitioning due to other health issues and a long life. Aunt Lottie (along with Big Momma) passed while I was in D.C., and I did not make it to her (Aunt Lottie's) homegoing service, something that lives with me to this day, but the memories will be with me for a lifetime. Aunt Bill passed away after battling dementia for several years. This devastating disease took a toll on their minds and bodies, but their spirits remained strong, leaving a lasting impact on those who loved them. The hardest part was not losing them but watching them change, not only cognitively but physically, emotionally, and socially.

Over the years, we have seen dementia take dominance in the African American community. We must do all we can to promote awareness in our community regarding this disease that changes the entire trajectory of our lives. Although race is not a biological distinction, specific physiological characteristics, diseases, and lifestyle factors associated with dementia risk differentially impact members of racial/ethnic minority groups. Black individuals are at greater risk of dementia than their White counterparts (Lennon et al., 2022). It is crucial to recognize these disparities and work towards providing better support and resources for those affected by dementia in our communities. By doing so, we can honor the legacies of those we have lost and support the caregivers who selflessly devote their lives to caring for their loved ones.

### **\*\*Caregiving Advice for Dementia\*\***

- 1. Educate Yourself:** Understanding dementia is the first step in providing adequate care. Learn about the different stages, symptoms, and challenges associated with the disease.
- 2. Create a Safe Environment:** Safety is paramount for individuals with dementia. Remove tripping hazards, install grab bars in bathrooms, and use locks on cabinets and refrigerators containing dangerous items. Ensure that the home is well-lit and easy to navigate.
- 3. Establish Routines:** Consistency can provide stability and security for those with dementia. Develop daily routines for meals, activities, and bedtime. This can help reduce confusion and anxiety.
- 4. Communicate Clearly:** Use simple, straightforward language when talking to your loved one. Maintain eye contact, speak slowly, and BE PATIENT. Non-verbal cues such as smiling and gentle touch can also be effective.



**5. Stay Organized:** Keep a detailed calendar of appointments, medication schedules, and caregiving tasks. Use reminders and checklists to stay on top of responsibilities.

**6. Take Care of Yourself:** Taking care of others can be challenging physically and emotionally. It's crucial to make your health and well-being a priority. Remember to take breaks, seek support from friends and family, and consider joining a caregiver support group.

**7. Seek Professional Help:** Don't hesitate to seek help from healthcare professionals. Regular medical check-ups, consultations with specialists, and assistance from home health aides can significantly improve the quality of care provided.

**8. Engage in Activities:** Encourage your loved one to participate in activities they used to enjoy. This can include attending church, listening to music, gardening, or simple exercises. Staying active can improve their mood and overall well-being.

**9. Be Patient and Compassionate:** Dementia can cause frustrating behaviors and cognitive decline. Approach each situation with patience and empathy. Remember that your loved one's actions are a result of the disease, not a reflection of their character.

**10. Plan Ahead:** As dementia progresses, a plan can reduce stress and ensure your loved one's needs are met.

By following these guidelines and seeking support, caregivers can provide compassionate and effective care for their loved ones with dementia. This improves the quality of life for those affected by the disease and helps caregivers maintain their health and well-being.

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Lennon, J. C., Aita, S. L., Bene, V. A. D., Rhoads, T., Resch, Z. J., Eloi, J. M., & Walker, K. A. (2022). Black and White individuals differ in dementia prevalence, risk factors, and symptomatic presentation. *Alzheimer's & Dementia*, 18(8), 1461-1471. <https://doi.org/10.1002/alz.12509>



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## The Man of the House Is Not at Home

*Taking a closer look at a recurring feature in the lives of the aging*

About three months after Mama died, our father had a debilitating stroke while living alone in the home he had shared with her for almost forty years and in which we, their three children, had grown up. This singular occurrence of the stroke necessitated challenges and changes in our lives which pleased no one—and least of all our dad. We were blessed to get him settled in a local nursing home where he lived and was cared for during the final two years of his life while we, his children, carried on our work-a-day lives visiting him often and checking him out of the nursing home for weekends to his beloved home which housed his memories of a life now gone.

It was during one of my bi-weekly trips from my home in the city to take him to his home for the weekend and cook and care for him that I penned the poem, “The Man of the House”, which captures and depicts something of the pathos for him and for us even as it previews the vagaries life can have in store for any of us as we age and meet changes in our health situation and/or condition.

This great challenge came about exactly forty years ago in 1984 when my dad was 80 years old. Today, on the eve of my 84th year, I received a phone call from a 90-year-old friend who finds himself in a nursing home, an occurrence not of his choosing and for which assignment he was not consulted.

This causes me to revisit the options that potentially await any of us. As might be expected, my friend was distraught over his present placement in a home he describes as a place for people who are mental.

I knew it was important that I listen with openness and empathy to my friend’s story, for it was a caring and concerned ear that he most needed. His daughter had put him there, he said. Somehow he had been admitted about six months ago to a regular hospital for a cognitive evaluation, a move orchestrated by his daughter.

In connection with that event his daughter had been granted a Durable Power of Attorney for Health Care, which is a document that allows a designated person or persons to make decisions about one’s health care in case the individual is not able to make those decisions him/herself.

From that short hospital stay, he had been taken to a nursing home and care facility near his home where he had remained for about three months until he was directed to leave because of cursing and because he was accused of striking someone. A second placement was located for him in a nursing facility 100 miles, nearly two hours, from his home.

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I continued to actively listen to my friend, encouraging him to tell his story. He says his daughter would not agree for him to live with her and her family, but she would agree to sign him out if his brother would agree to be responsible for him and allow him to live with him in his home in a far distant city. The pathos of my friend's plight was seemingly hopeless. Seeking to direct the focus to a positive aspect, I asked if he didn't like the present home a little better than the previous one. He declared with determination that he didn't like either.

He pleaded with me to please talk with his daughter and encourage her to sign for him to get out of that nursing home. Aware of how nebulous was this request, I sought to nurture a source of living hope. I told him about the great power of God to grant us our dearest desires and that we must pray to God for the outcomes that we most desire. We must pray believing that God will grant or effect in our lives a present, a reality that we desire or that would be more pleasing to us. We must take it to the Lord in prayer. My great consolation is that if we can just look to Great God in our hour of distress, He will grant us a sure peace.

I do not know if my friend is mentally ill. I do know his present situation causes him great pain and distress. I know, too, he is vulnerable and grieves the death of his dear wife who suffered the fatal and debilitating effects of cancer. I know he feels thrown away in a nursing home a hundred miles from his home and circle of friends who could visit more often if he were more centrally located. I also wonder is there no other arrangement that could be brought to pass to give this 90 year old man the grace of living his remaining days among family and loved ones.

I know I am suspect posing this question of arrangement and placement when my siblings and I took definitive steps to place our own father in a similar living situation some forty years ago. But our old dad had had a debilitating stroke and he was paralyzed on his left side and in his lower extremities. He needed hands-on help and care from the intake of sustenance to help with all of his bodily needs and functions. He needed round-the-clock care.

My friend, on the other hand, at 90 years is mobile, lucid and now, just like my dad, has suffered the death of his beloved wife of more than 40 years. Like my dad, he too longs for a semblance of the life which, up to this time, he had always known. What remedy can be effected to honor this old man in his waning days—days he's having to meet living in a nursing home a hundred or so miles from the home he has known, away from the city in which he has lived for at least fifty of his 90 long years? You be the judge!

## The Man of the House

*The man of the house  
Is not at home  
Ill-health has come  
And the man is gone  
Death has come  
And the wife is gone  
Silence has come  
And the laughter is gone*

*In his yards  
As a child I played  
In the dust and sun and shade  
In his fields  
I've worked with hoe and spade  
In his home  
I've grown stately and staid*

*These lands of his  
Have heard his sighs  
When his woman nagged  
And his shoulders drooped  
When his woman cried  
And his spirits slooped*

*The man of the house  
Is not at home  
To the town he's gone  
To the nursing home  
Each day is heard  
His cry and moan  
Children please  
Take your ol' dad home*

*His eyes accuse  
That house his tears  
His moans out-sound  
Our inward fears  
One day we'll be up  
And on in years  
Entrusted to our offspring dears*

*May we with grace  
Accept their cares  
Enthroned in beds  
And rolled in chairs*

*The doors are closed  
And the man is gone  
Neither to the cornfield gone  
Neither to the graveyard gone  
Neither to the gardens gone  
But the man of the house  
Is not at home*

© Frenchy J. Hodges (1984)



**Frenchy J. Hodges**

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## Becoming Whole Food Rich: Sounding the Alarm!

By: *Dr. Sonja Shavers, Personal Wellness Strategist & Certified Health Coach*

### According to the US Department of Health and Human Services, Office of Minority Health, the following are true:

- African Americans are twice as likely to die from diabetes than whites
- 1 in 3 African Americans have high blood pressure
- Black men have the highest rate of prostate cancer in the WORLD and are twice as likely to die from it
- 1 in 4 Black women over the age of 55 has diabetes
- 1 in 4 Black men has diabetes by age 65
- Compared to Whites, African Americans are 35% more likely to die from high blood pressure and as stated earlier, twice as likely to die from diabetes

These statistics are alarming to say the least! The fact that they do not include the issues of heart disease, breast cancer and obesity (adults and children) means that there are more reasons to be alarmed! We have to do more to improve the outlook of the future particularly for African Americans. My heart's passion is to participate in the education of our community, not just raise awareness but also to expand critical thought. I want to inspire others to think deeper about nutrition, food choices, exercise, sleep, alternative resources and a change in our behavior.

We are all watching our loved ones pass away for various reasons. We each have to do more and take responsibility for the decisions we make on a daily basis in order to significantly empower our health. No longer can we use excuses that prevent us from taking control over our health. While it is important to go to the doctor, we MUST begin to do our own research.

We have become so accustomed to diabetes and high blood pressure in our family and community, that we perceive these diagnoses as "normal". These conditions are not "normal" and can lead to death as illustrated in the above statistics. The fact that African Americans are 35% more likely to die from high blood pressure and twice as likely to die from diabetes, compared to Whites, tells us that we are doing something very wrong! According to Dr. T. Colin Campbell, nutritional biochemist and author of *The China Study* (2005), the missing link is NUTRITION! The China Study is the largest nutrition study ever and was conducted over a period of ten years! Campbell and other researchers were interested in understanding what causes cancer and other diseases. Because China had diverse populations, lifestyles and dietary habits, Campbell and team considered China a great choice for the study.

Consequently, Dr. Campbell concluded that there are dangers in consuming animal products. Yes! This includes meat, cheese, milk and other dairy based foods.

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He stated that “a pattern was beginning to emerge: nutrients from animal based foods increased tumor development while nutrients from plant based foods decreased chances for tumor growth”. Based on his research, he further concluded that casein (the main protein in cow’s milk) in high doses could turn on cancer genes. Consuming the high doses could double or quadruple the risk of developing cancer. Along the same lines, organic beef has the same molecular structure as regular beef, indicating little to no benefit to choosing “higher quality” beef. On the other hand, a whole food plant based diet is rich in vitamin, minerals, antioxidants, fiber and protein. The plant based diet is also capable of preventing or healing diabetes, bone degeneration and brain disease! According to Campbell, there are virtually no nutrients in animal based foods that are not better provided by plants. At this point, many are concerned about meat, cheese and cow’s milk being at risk of deletion from the diet! Such concern is a common reaction. My family is having the same passionate discussion. Stay present as we continue.



Americans have just finished Thanksgiving family celebrations. While these gatherings are so nice and necessary for family to re-connect, the challenge is the traditional soul food menu and the impact it may have on our health. An article from the Howard University News Service entitled, More People Eat Their Way Into the Hospital During the Holidays, Dr. Allen J. Taylor, chief of Cardiology at Georgetown University Hospital stated that that the number of emergency hospital visits we receive after the holidays are because people tend to not pay attention to their diets during the holidays...

Our emergency visits increases 25 percent to 50 percent after the holidays because of this reason alone” (<http://hunewsservice.com/new-years/more-people-eat-their-way-into-the-hospital-during-the-holidays>). Consider the ham and candied yams full of sugar, the macaroni and cheese, chitterlings and greens cooked and seasoned with pork fat. There is no surprise that medical attention often becomes necessary! I am not here to judge food on anyone’s plate. I have my own struggles that I am working to overcome. However, research has proven that genetics are usually not responsible! Science is proving that genetics are less to blame for many of the conditions that are common among us. Culture is front and center. We absolutely inherit the bad habits surrounding food preparations that are packaged, presented and received as a demonstration of love. I so agree with one of my vegan colleagues who said we are hoping for healing on the one hand and eating the very foods that are killing us on the other.

What if the miracle you need is right there on your plate? So, do we have to stop eating all animal based foods right now? According to Dr. Reginald Fowler of Atlanta, one simple change can make a big difference in our health over time! If this information motivates the reader to stop consuming all animal products at once, congratulations because your health will likely improve drastically in a short period of time. For many, adding a new vegetable to your daily routine each week will have positive results although you may wait longer to see those results. One thing that my family has chosen to do on our journey to better health is to add Juice Plus Wholefood Plant Powders to our diets. Let me tell you what that is.

As indicated on company communications, Juice Plus is whole food nutrition made from fruit, vegetables, seeds and other plant based ingredients. It helps you bridge the gap between what you actually eat and what you should eat! Juice Plus makes healthy living easier and jumpstarts your journey to better health The four capsule blend are packed with whole food nutrition from over 33 plant based ingredients conveniently packaged and chosen to be as close to nature as possible. They are vegan and gluten free, designed for any lifestyle. The fruit blend includes the micro nutrition from apple, peach, mango, lemon peel, acerola cherry, pineapple, prune, date and beet. The vegetable blend includes broccoli, parsley, tomato, carrot, garlic, beet, spinach, cabbage, lemon peel, rice bran, and kale.

**CONTINUE READING: *Becoming Whole Food Rich: Sounding the Alarm!* PAGE 10**

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## Becoming Whole Food Rich: Sounding the Alarm!

### CONTINUATION FROM PAGE 9

The Berry Blend consists of raspberry, blueberry, bilberry, cranberry, blackberry, pomegranate, elderberry, black currant, concord grape, artichoke and cocoa. Omega Blend is composed of plant oil from algae, tomato seeds, pomegranate seeds, sea buckthorn berries, raspberry seeds and safflower seeds. This vegan, plant based omega blend includes Omegas 3, 5, 6, 7 and 9.

Therefore, the benefits of consuming Juice Plus include building a solid nutritional foundation for a healthier lifestyle with improved immune health, vision health, heart health, brain health, skin health and lung health. These products start fresh on the farm where all good nutrition begins and are sourced with pride under the highest standards providing the highest quality plant ingredients. There is a unique farm to capsule proprietary process with strict quality control. Juice Plus is supported by independent clinical research conducted by leading academic experts for more than 25 years resulting in peace of mind concerning the content of the nutrition packed into the capsules. I have been a consumer of the entire Juice Plus product line for more than six years now. I love the company's mission to Inspire Healthy Living Around the World! The company believes in giving back by supporting organizations such as Children's Hunger Fund, donating Complete Protein Meal Replacement Shakes to third world countries, to St. Jukes Children's Hospital with very generous financial support, and to the Boys and Girls Clubs of America.

Each Club is eligible to receive a free Tower Garden so that the children there can learn to grow healthy food for themselves and their families while developing a love for plant based eating. I very much appreciate the generosity of this company. I spent significant time researching because I was so impressed with the idea of "Wholefood Concentrates". I decided to partner with the company because of my belief in the product and in the company's mission.

At that time, I was exhausted and hot flashing constantly. Sore throats, colds and flu were a regular part of my life. I struggled to breathe outside in the summer. I had to strategize in order to run more than one errand in this Georgia heat.



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Medication was a regular part of my routine and I had cabinet space dedicated for over the counter and prescription meds for me and my family. I felt that I was just sentenced to living a low energy life. I would come home from work and literally pass out after dinner. Unless it was urgent, I didn't have casual phone conversations after work and I left social outings early because I was too tired to stay, although my husband was usually not yet ready to leave.



Then, I met a colleague who introduced me to whole food concentrates, also referred to as plant powders! I was able to consume the micro-nutrition from 33 whole foods in a capsule. It made sense to me because I had learned about juicing vegetables 25 years prior from an elder in my church, after he received a terminal diagnosis. I knew the power of fruits and vegetables because I watched him live 13 years after he started juicing, instead of the 3 weeks he was given by his doctor. Still, it was hard to eat the recommended amount of fruits and vegetables or to juice every single day. Juicing was also expensive because my vegetables would often go bad before I used them, not to mention time consuming and inconvenient. Although initially skeptical, I was truly intrigued by the thought that these capsules could better replace juicing because I juiced 5 fruits and vegetables at most and I could not seem to juice every single day for some reason. Yet, I could now consume the micro nutrition from more than 30 plants a day, just by swallowing capsules!

After taking the Juice Plus plant powders for over six years, I now know that the answer is YES, they are absolutely real and are definitely effective for me! The company does not make any health claims for particular health conditions but the products are evidence based with more than 40 peer reviewed, double blind, independently published studies in medical journals, proving the effectiveness.

The cabinet that used to house my prescription and over the counter medications is now full of plant powders and vegan complete protein shakes. My energy is better than I remember ever having.

I don't remember the last cold I've had. My hot flashes are rare and my hair and skin are healthy. By flooding my body with whole foods, I now crave all things fruit and vegetables. The best thing is that I am not the one passed out on the couch when we have family gatherings. I have more energy than I can remember having before. I plan to consume these whole food concentrates for the rest of my life. Empowering others towards better health has become my life's passion.

I must share that my children and grandchildren consume Juice Plus concentrates and protein shakes! They rarely get sick anymore and are both active in sports. I also have five siblings who are all consuming Juice Plus and my eighty five year old mother as well. Although met with resistance initially, my siblings are all equally grateful for the knowledge about Juice Plus. Four of the siblings own tower gardens that allow us to grow fruits and vegetables at home. I am happy to say that I just purchased a tower garden for my mother. My goal is for her to be able to enjoy gardening again without having to bend over to dig in dirt. She will not only get the nutritional benefits but also the mental health benefits from gardening. She can no longer drive so is confined to home most of the time with fewer visitors than she was accustomed to because of the Covid 19 precautions. Although I started sharing and educating with my family, most of my personal friends and associates also consume juice plus each with a story of their own.

Since my introduction to plant powders, I have increasingly embraced the lifestyle changes that empower my health and the health of my family. Our journey continues. I strongly encourage you to start your plant based journey or maintain it if you already practice. Eating more plants, regular exercise, sufficient sleep and water consumption will improve the quality of our lives.

For more information about the connection of food to disease, watch More Than an Apple a Day... <https://nutritionfacts.org/video/more-than-an-apple-a-day-preventing-our-most-common-diseases/> Watch Bridging the Gap <http://player.vimeo.com/video/640118697/> For more information regarding your health and wellness journey, contact Dr. Shavers via the following: [wholefoodrich@hotmail.com](mailto:wholefoodrich@hotmail.com) Text to 912-657-9225, [sonjashavers.juiceplus.com](http://sonjashavers.juiceplus.com) [sonjashavers.towergarden.com](http://sonjashavers.towergarden.com) Follow on face book, Sonja Shavers



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## Mitochondrial DNA in Health & Disease

We are used to thinking about DNA that resides in the nucleus of a given cell type – except for red blood cells which do not have nuclei. However, only recently have we become aware of a different kind of DNA that exists in mitochondria: mitochondrial DNA, which is designated mtDNA. A parameter called “mitochondrial copy number” (mtDNA-CN) has been found to be a reliable biomarker for a number of medical conditions, such as cardiovascular disease, chronic kidney disease, cancer, Parkinson’s disease, Alzheimer’s disease, bipolar disorders, leukemia, neurodegenerative diseases, Leber hereditary optic neuropathy (also known as LHON), the level of function of the immune system [that has, among other roles, the job of killing over a million small, “want-to-be-adult” cancers every day], Poly Cystic Ovary Syndrome (PCOS), fighting inflammation and dysfunction in signaling pathways between various organs and tissues in the body, countering stress and diseases including neurodegeneration of brain tissue, type 2 diabetes, mental health, Mitochondrial Encephalopathy with Lactic Acidosis and Stroke-like episodes (“MELAS”), etc. The mtDNA-CN molecule is also known to be a reliable marker for aging, and thus helps predict the likelihood of one’s life expectancy. In addition, a mother’s mtDNA can affect the height of any offspring that she has.

The amount of mtDNA in a given cell depends on the type of cell. Highly active cells (such as those of skeletal muscle and the heart) have as many as about 7,000 copies per cell, whereas low energy cells (such as those of the spleen and liver) have as low as only about 100 copies per cell. Usually, mtDNA is only found in females; it is very rare in males. mtDNA is very susceptible to damage by air pollutants, such as insecticides and herbicides. In cells, there are complex interactions between mtDNA and the more abundant DNA of the nucleus. Thus, there is what may be called a sort of “DNA homeostasis.”

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## Modifying Christmas Dinner

Could you be the one to change the way your family eats Christmas Dinner? In most families, Christmas dinner is considered great if we have far, far more than we need to eat. We convince ourselves that we must have something for everyone, like three to four meats, six to seven carbohydrates, and more cakes and pies than a bakery. If you have family members coming to your dinner who are diabetic, hypertensive, obese and have heart trouble, then you could be the one to help them and others change the way the family eats and save a generation of younger family members from chronic disease. The suggestions listed below may help if you do not announce that you are altering the diet and do not allow others to bring in dishes that are unhealthy. It takes courage and planning, but here are a few tried and proven changes.

First, eliminate the green bean casserole with cream of mushroom soup and onions on top. The dish is too salty and usually the beans are already over cooked in the can. A week ahead of time, try instead fresh pole or string beans cooked with a little low sodium chicken broth. Cook until they are crunchy and too hard to eat. Do not boil the beans. Set aside, cool and drain the broth off; freeze them until the day you want to serve them.

About an hour before you are ready to serve, sauté some onions until translucent, add the beans and a little of the original broth to the pan. Season with garlic powder, and Mrs. Dash of your choice.

Next, it takes courage not to serve ham, and it is difficult to find a ham that is not high in sodium. If the ham has a bone in it or if it is a fully cooked smoked ham from a big discount store, ham is not the choice that should be served to family members who are obese, have cardiovascular disease or are diabetic. A three-ounce piece of ham with bone-in has 1230mg of sodium which is more than half of the sodium that people with chronic disease need. There are hams with a lower sodium processed ham that may please those who must have ham but may cost slightly more and must be sliced at the supermarket.

If you are serving cornbread dressing from scratch and using a self-rising meal, along with other store-bought breads and stuffings, do not add salt. Bread has hidden salt. With cakes and pies, just cut down on the number of them available. Some people do not have the discipline to resist. Your guests may go into shock if you do not have "mac and cheese." Okay, give it to them. However, eliminate the potato salad and do not let anyone bring it.

So, what about fried turkey you ask? We have already said in many articles fried is not good. Why take a good piece of lean turkey and douse it in oil? People who like fried turkey have often had a bad experience with roasted turkey. Research indicates that a moist and tender turkey is best done with an oven bag such as the bag you will find in the aluminum foil section. Please do not cook your turkey in a brown paper bag or with aluminum foil. There is evidence on the web to explain why. However, if you type into the search bar "How to roast turkey in an oven bag" you will find several videos on how to roast a moist turkey.

Finally, change takes place a little at a time. If you do not want to alter the menu this year, have the discussion on what to serve next year. There will be protests that this is a once-a-year celebration and there is nothing wrong with overindulging at this time of year. The chronically ill people will protest most. It is not a good idea to argue with them. Insist that you are trying to teach the younger generation how to live longer.



**Dorothy Crumbly**

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## Understanding Self-Care and Self-Study

Self-care is taking care of yourself so you can take care of a loved one. Honoring your needs is not selfish; it's brilliant. Just as your body requires check-ups and breaks, so does your mind. Prioritize your well-being with timely mental health breaks. You'll return refreshed and better equipped to take on the role of caregiving. Over my 27+ years of working with seniors and their families, I have had caregivers pass away before their loved ones because they did not take care of themselves. I often use the example of flying on an airplane. Before you take off, the steward will give you the instructions. They will always say if the oxygen masks drop, put yours on first and then place the mask on your child. This is because if you don't take care of yourself first, you will not be around to care for your child. The same applies to a caregiver; you can't care for a loved one if you don't care for yourself along the way.

### Self-care includes but is not limited to:

- Making your health a priority. Don't miss your doctor's appointments.
- Spending time away from your loved one is called respite. You do this so you won't get burned out or frustrated with your loved one. This can include going for a walk, spending time with friends, having time to do a hobby, or going to an activity you enjoy. What you do doesn't matter; what matters is that you are doing something you enjoy and taking a break from being a caregiver.

Self-study is when an individual takes charge and studies a topic of interest outside of a classroom or direct supervision. The benefits of self-study include but are not limited to:

- Learning more about a loved one's condition from different sources. Caregivers often research symptoms or new medications available to treat a medical condition. Researching different professionals and how they treat a condition may give you ideas that have not been tried with your loved one.
- Become familiar with medical terms so that when you speak with a professional, you can better understand what they are saying and talk with them.
- A person can find a chat room or support groups online with others around the area or country to get encouragement and to share their experiences.

A word of caution: Many physicians hate commercials promoting a new medication to treat a specific medical condition. The reason is that many times, individuals come into the office and demand that their doctor put them or their loved one on a medication they saw on television. You must understand that just because the commercial sounds like the perfect choice for your loved one, your doctor knows all the medical conditions and history and considers all this when prescribing any medication.

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## What is a HIPAA Release and Authorizations Form

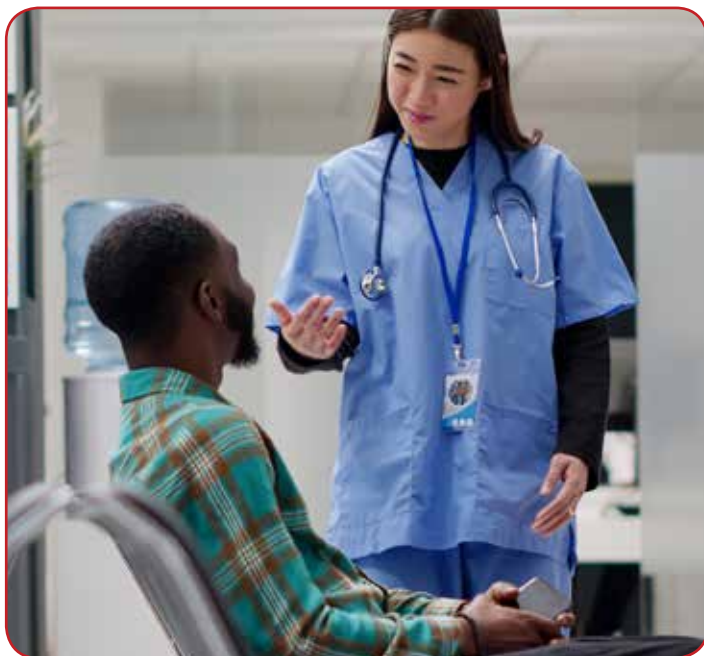
A HIPAA form allows a healthcare provider to share an individual's private healthcare information with the individuals named in the release. The scope of what is shared is defined according to the individual's wishes.

### Why have a HIPAA release?

It gives specific written authorization to all people who may be involved in a patient's care. This can be particularly key if the person has several children or friends whom they want to be able to access their medical information, even though they are not agents in their powers of attorney.

### The Essential Caregivers Act

The Essential Caregiver's Act grants access to long-term facilities to assist with activities of daily living, as appropriate, or to provide emotional support and companionship to a resident during any period in which regular visitation is restricted. We as a society must recognize the critical role that family members play in the care and well-being of residents in long-term care facilities. For more than a year during the COVID-19 pandemic, residents in these facilities were separated from their loved ones – far too many lost their will to survive, and many others suffered untold emotional, psychological, and physical pain as a result of this separation.



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## I Am A Family Member

*I have entrusted my mother, father, grandparents, sister, brother, or friend to your care.*

*I am a family member.*

*My loved one has cancer, Parkinson's disease, dementia, bipolar or a variety of other health conditions.*

*I am a family member.*

*At the end of each day, I feel exhausted, angry, frustrated, lonely, sad, and scared.*

*I am a family member.*

*I need your expertise, compassion, understanding, and guidance to help me walk this journey with my loved one.*

*I am a family member.*

*I don't need you to judge, scold, or label me as a problem because I am having a hard time dealing with the decline of my loved one.*

*I am a family member.*

*I am grieving as I watch my loved one slowly succumb to their illness.*

*I am a family member.*

*I appreciated all the caregivers who have taken the time to get to know my loved one and what works and doesn't work when they are struggling.*

*I am a family member.*

*As you come to assist my loved one, know they were once a vibrant individual with a family who loves them. Although you may view them only as a "resident," they have lived long lives as valuable community members. When you care for each of your residents, don't look at all they have lost over time. Instead, please take the opportunity to learn from their experiences. If you do this, you will find more time to explore new possibilities for your life and can influence future generations!*

**Cheryl J. Wilson, M.S.**  
Advocacy 4 Seniors



**Cheryl J. Wilson, M.S.**



## Seniors Beware Of Wireless Network Attacks!

*More devices are becoming connected to the Internet through embedded technology, which integrates computer systems into other devices to perform specific functions that enable them to send and receive information. Examples include digital watches, hybrid vehicles, and microwave ovens. (1)  
The following table describes some of the most common embedded devices: (2)*

Device Type	Description
<b>Appliances</b>	Many appliances include integrated technology for Internet connectivity. For instance, smart laundry machines can send alerts when a load is done or when laundry detergent needs refilling. Common smart home appliances also include: <ul style="list-style-type: none"> <li>• Refrigerators</li> <li>• Dishwashers</li> <li>• Microwaves</li> </ul>
<b>Environment controls</b>	Many homes and businesses utilize environmental control devices that provide real-time information and can be managed through the Internet. These devices range from simple systems, like a Nest thermostat for regulating a home's HVAC, to more complex solutions that control data centers' humidity, temperature, and other environmental factors.
<b>Building/facility automation</b>	Some facilities utilize a network of integrated devices to manage various aspects, which is referred to as facility automation. Examples of devices integrated with facility automation include: <ul style="list-style-type: none"> <li>• Lighting controls</li> <li>• Security systems</li> <li>• Door locks</li> <li>• Sprinkler systems</li> <li>• Garage doors</li> <li>• Smart meters</li> </ul>
<b>Wearable devices</b>	In recent years, companies have begun producing wearable devices that can connect to the internet for various purposes. These devices include: <ul style="list-style-type: none"> <li>• Watches</li> <li>• Headphones</li> <li>• Fitness trackers</li> </ul>

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<b>Device Type</b>	<b>Description</b>
<b>Automobiles</b>	Modern vehicles utilize integrated technologies and in-vehicle systems that can perform a variety of tasks, such as: <ul style="list-style-type: none"> <li>• Starting the car remotely using a smart phone</li> <li>• Warning a driver about nearby cars</li> <li>• Applying the brakes automatically to avoid collision</li> <li>• Performing parallel parking autonomously</li> </ul>
<b>Industrial equipment</b>	Some industrial equipment can also be classified as smart devices. Supervisory Control and Data Acquisition (SCADA) systems are specialized computer systems that collect, analyze, and manage automated factory equipment. A SCADA system can be used to monitor factory pipes and automatically open valves when the pressure in the pipe system reaches a certain threshold. SCADA is a subset of Industrial Control Systems (ICS), which encompasses all types of industrial automation.
<b>Mainframe computer</b>	A less commonly recognized category of embedded devices is mainframe computers. A mainframe computer is a large, powerful machine capable of processing vast amounts of data. Mainframe computers usually operate on proprietary operating systems. Operating systems are infrequently updated, resulting in a static environment. Furthermore, mainframe computers typically store large amounts of sensitive data, making them appealing targets for hackers.
<b>Real-time operating system (RTOS)</b>	A Real-Time Operating System (RTOS) is designed to serve applications that require immediate responses without any buffer delays. These systems are typically employed in environments where timing is critical. Since RTOS often plays a vital role in various applications, any successful attack on an RTOS can compromise the entire system, potentially impacting physical machinery as well.
<b>System on a chip (SoC)</b>	A System on Chip (SoC) is an integrated circuit that encompasses all the components of a typical computer system. This includes digital, analog, mixed-signal, and radio frequency functions. The Raspberry Pi is a well-known device that utilizes SoC. Due to their relatively low cost, SoCs are often favored by hobbyists.
<b>Multi-function display (MFD)</b>	An MFD is a screen surrounded by configurable buttons that display information in various ways. MFDs are commonly used on airplanes, helicopters, and ships.
<b>Medical devices</b>	Many of today's medical technologies for daily monitoring and maintenance rely on embedded systems. Instead of visiting a physician every day, wearable devices can gather information such as heart rate, glucose levels, weight, blood pressure, and other vital parameters. This data can then be sent automatically to a doctor or used for self-monitoring.
<b>Unmanned aerial vehicles (UAV)</b>	UAVs are utilized for military missions, search and rescue operations, weather observation, and recreational activities. They use embedded computers to collect and transmit data, as well as to receive commands.
<b>Digital cameras</b>	Most modern digital cameras utilize embedded systems for processing, storing, and uploading images to a PC or other storage device.
<b>Media gateways</b>	A media gateway is a device that translates media streams for various telecommunication technologies.
<b>Wireless keyboards and mice</b>	Wireless keyboards and mice connect using Bluetooth or other proprietary radio frequency technologies.
<b>Displays</b>	Previously, display devices were primarily used as monitors for computers. Today, monitors and other display devices are increasingly equipped with smart features and wireless connectivity.

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Device Type	Description
<b>Wi-Fi-enabled microSD cards</b>	Wi-Fi-enabled microSD cards can transfer data wirelessly to and from other devices and often connect directly to the internet.
<b>Multifunction printers (MFPs)</b>	Multifunction printers can connect to wireless networks and the internet, allowing for enhanced functionality.
<b>External storage devices</b>	External storage devices like USB flash drives, HDDs, and SSDs can connect to both traditional computing equipment and various smart devices.
<b>Arduino</b>	Arduino is a company that specializes in open-source hardware and software. They design and manufacture single-board microcontrollers along with kits for building digital devices.
<b>Field Programmable Gate Array (FPGA)</b>	A Field Programmable Gate Array (FPGA) is an integrated circuit that is manufactured and later configured by the customer. This configuration occurs using a hardware description language (HDL), like that of application-specific integrated circuits (ASIC).
<b>Voice over IP (VoIP)</b>	Voice over IP (VoIP) is a protocol designed for transmitting voice data, such as telephone calls, over a packet-switched IP network. It routes phone calls through an IP network, including the Internet. VoIP solutions can also connect with the Public Switched Telephone Network (PSTN), enabling VoIP users to make and receive calls to and from traditional phone lines.

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When dealing with networked systems, security risks are associated with smart devices. Users often have little or no control over the technology used in static environments. Additionally, smart device vendors can be slow to address security threats, typically reacting only after an exploit has occurred rather than proactively updating their systems. This responsiveness, or lack thereof, makes smart devices appealing targets for hackers.

However, there are several steps you can take to enhance network security and mitigate the impact of a compromised device:

- Some static devices, such as home routers, game consoles, and SCADA devices, require manual firmware updates. It is important to keep their firmware updated. (3)
- For devices that cannot be updated manually, it is best to minimize the potential damage a compromised device can cause. This can be achieved by segmenting the network with VLANs or by encrypting all network communications.

In conclusion, cryptography employs asymmetric encryption, commonly known as public key encryption. This method uses a pair of keys: a public key and a private key. Data that is encrypted with the public key can only be decrypted using the corresponding private key.

This creates a mathematically related pair of keys for encryption and decryption. When the public key is used for encryption, the private key must be used for decryption, and vice versa. This means that the sender and the recipient each use their distinct keys, ensuring that the transmitted message remains confidential and secure. Asymmetric encryption is crucial when you need to send a message over the internet, ensuring that only the intended recipient can read it. RSA (Rivest-Shamir-Adleman) is one of the most secure and widely used asymmetric key encryption algorithms. It is virtually unbreakable with modern computing capabilities. Moving forward with technology,

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**Lisa Washington**

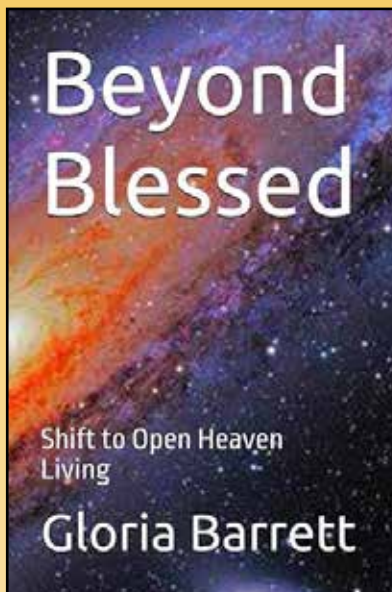
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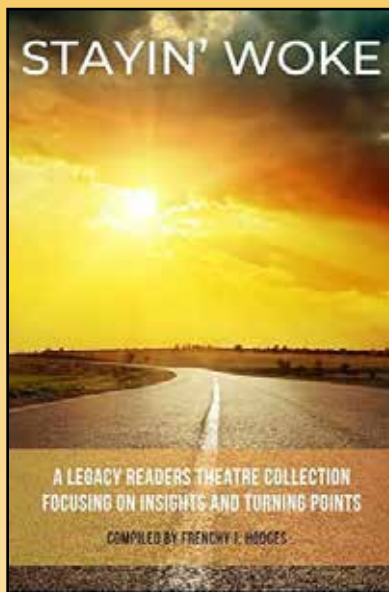
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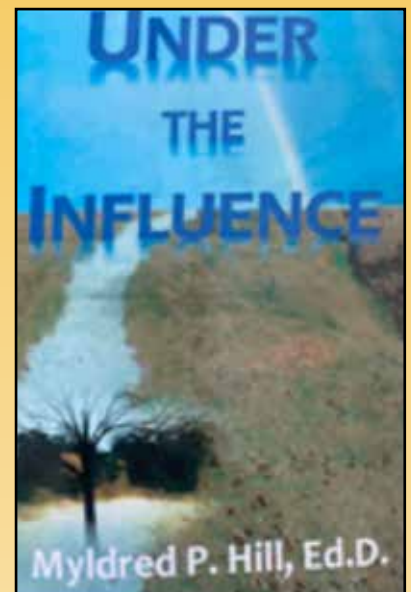
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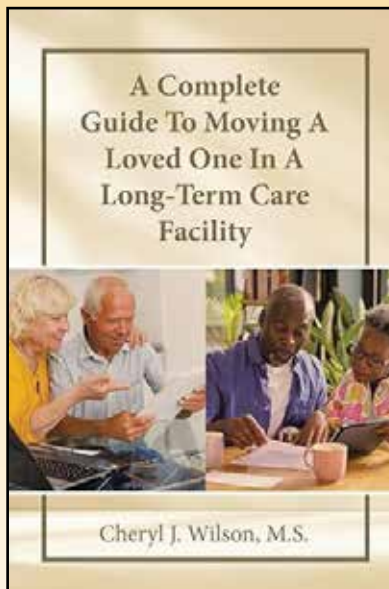
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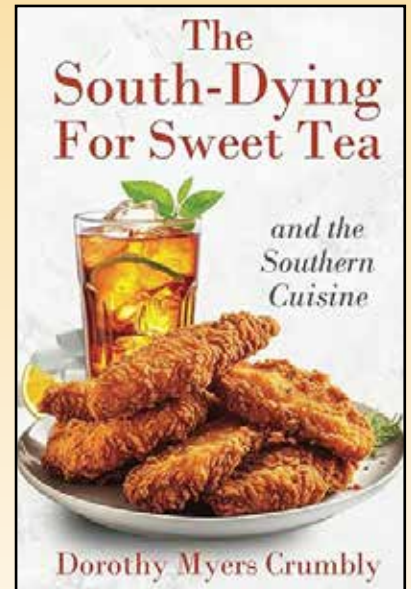
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