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Clean Air Tips for Your Home

Elaine Poague, Above & Beyond Cleaning Service

Everyone knows that the air in our houses is more toxic than the air outside, so open up your windows as much as possible to let the fresh air in.

Instead of buying those canned air fresheners try the natural approach try boiling cinnamon or cloves or maybe your favorite herbs.

You can also buy houseplants. They help recycle the air in your house. Research has shown that these 10 plants are the most effective all-around in counteracting chemicals and contributing to balanced internal humidity.



- * Areca palm
- * Reed palm
- * Dwarf date palm
- * Boston fern
- * Janet Craig dracaena

- * English ivy
- * Australian sword fern
- * Peace Lily
- * Rubber plant
- * Weeping fig



If you have pets or your house has been closed up for a while, try sprinkling baking soda on your carpet. It will help to give the whole house a fresh clean smell.

Elaine Poague is the owner of Above & Beyond Cleaning Services. A local family owned and operated business providing quality cleaning at a fair price to commercial and residential clients. She can be reached at 717-560-5759 or www.poagues.com.

* Become a new client, mention this article and receive a 10% discount on your next 3 months of cleaning.

Agape Chronicles

Becoming a Caregiver



Has a recent visit to your loved one's home caused you to notice a difference in the way Mom, Dad, Grandma or Grandpa are caring for themselves and their home? The differences may be slight or so apparent that you realize it's time to take an active "caregiving" role in their lives. We hope the following checklist will help you as you begin the caregiving process.

Evaluate Needs

- Assess the situation
- Is there an acute illness, worsening or chronic condition?
- Has there been an accident?
- Is there a crisis now?
- How quickly must you act?
- What resources are available?

If there is a crisis situation, stabilize it. Create Action Plans Immediate and Long Term Remember to include your loved one in the planning and decision making process whenever possible. Be careful not to take control of the aspects or their lives they are still capable of handling on their own.

Gather Information and Get Organized

- Health Records
- Dr.'s names & numbers
- Diagnosis and Medications
- Financial Information
- Available liquid funds

- Investments
- Assets
- Debts
- Insurance
- Support Services
- Family Availability
- Faith Based Services
- Government Services

With this information you can begin to match the wishes and goals of your loved ones with the resources and assets available.

A Few Things to Consider

- Housing Considerations
- Living independently at home
- Living independently at home with in-home care
- Living independently in a structured environment (Assisted Living Facility with continuing care)
- Living with a family member
- Living in a skilled facility (Nursing Home)

Financial Considerations

- Loved ones assets
- Spending your own resources
- Lost hours at work/lost wages
- Enlisting family members time and money

Approach caregiving as a process. Don't try to handle everything immediately. Communicate! While talking with your loved one may be difficult, communication will be the key to success and maintaining healthy, loving relationships. If your loved one does not feel like talking, give it a rest and try again another day. ALWAYS respect your loved one's opinions, whether you agree with them or not.

There will be many issues for you to consider as you become a caregiver. Our hope is that we have given you some starting point information as you endeavor to become a caregiver.

Alzheimer's Support Groups

Paula Estep, LPN, Friendship Place Unit Coordinator, Oak Leaf Manor North

If you are a family member or friend of someone with Alzheimer's or Dementia, you may have been encouraged to attend a support group. You may be wondering what a support group entails or what you can gain from joining one.

Many support groups are affiliated with national associations like the Alzheimer's Association, the world leader in Alzheimer research and support.

A support group has many goals and benefits for its members.



In addition to education about this devastating disease,

support groups offer a place for people to share and give advice on how to solve problems specific to caregivers of those with Alzheimer's Disease. It also gives those who attend a chance to adjust to the changes that have occurred in their lives, to hear how others have coped with those changes, and to relax, even if it's just a little, with others who are dealing with the same kinds of issues. When caregivers take the

time to take care of themselves, they are better equipped to help their loved ones who are afflicted with Alzheimer's disease.

An Alzheimer's Support

Group has five goals, the first of which is to provide a better understanding of the disease



by explaining what is happening and why. By understanding why things are happening, a person becomes better equipped to care for an impaired loved one and, thereby, experiences a reduction in their stress levels.

Second, when you attend a Support Group Meeting, you are in the company of others facing similar situations and having similar feelings of loneliness and frustration. Developing ways to handle your own stress levels, solve individual problems, and provide the best care to your loved one are other goals for the group, as well as encouraging you to form friendships and provide support and help to those who are new to the disease.

A final group goal is advocacy, taking an active role in making others aware of the effects of Alzheimer's disease, the importance of research, and shaping public policy.

Support Group Facilitators are interested in finding out what people would like to get out of the experience, and allow those in attendance to guide the group's direction.

Alzheimer's disease and Dementia continue to have a significant impact on more than just the person with the disease itself. By attending a support group, people are encouraged to share in a safe and nonjudgmental setting.

Oak Leaf Manor, Millersville, 717-872-9100 and Oak Leaf Manor North, Landisville, 717-898-4663 offer respite care, including memory support services." oakleafmanor.com



A Short list of WELL THOUGHTS

By Harold L. Godshall, DC



1st: There's no quick fix. WORK is required to alter the trap allowing disease or lack of

function to be present. Work means something has to give, something has to CHANGE. A road-block to well function could have occurred when you fell off the bicycle when you were 8 years old. Slowly, parts lose their function and wear out faster than all those parts born the same day but not damaged by old injury or stress. Work as if YOU are TRYING to get WELL.

2nd: PREPARE to get well. As you begin to prepare, it is necessary to work to MAKE A DIFFERENCE. You must BEGIN TO THINK to get well. You must also EXPECT to get well. If your thought remains stuck in the trap of "POOR ME" SYNDROME you will remain in the condition spinning your wheels and sinking deeper.

Your vision is supplied by the Lord. This would be a glance forward. The mirror only shows you where you are. Worse yet, a focus on the past only shows you where you've

been. You must create a new vision. Your potential for healing begins with knowledge of God's healing presence and expectation of miracles of healing available through Him. He works through faithful expectations and guides the wisdom and actions of those that give counsel and treatment. He may utilize doctors, therapists, prayerful friends, foods, exercises and activities you've long given up on. He may introduce you to doctors you've never met or heard of, as well as therapies you've never tried.

Your preparation leads you by way of the way of time spent in the Word. Your first reaction to new care leads you to measurable changes and rewarding alteration of function, rather than a focus on symptom release only. As healing occurs, life altering improvement is noticed in energy as well as comfort and an improvement in normal daily activities.



Chiropractic has survived since 1895 because of changes such as those above in people of all ages.

God illuminates the darkest thoughts and crevices of our hearts, minds, and habits. Fill your thoughts with Him as you anticipate new health goals. He will direct your thoughts.

To close, I will suggest that filling your mind and heart with prayerful thoughts of servicing others will assist you as you release your focus on your symptoms to a focus on steps toward healing. God will position you in a place where He can direct your next steps. Stay in the Word and HE WILL direct your steps.

Blessings,

Dr. Godshall

Godshall Chiropractics is located at 228 Manor Ave. in Millersville. 717-872-4636.

