



Call us toll-free at (877) TRAYCEE!

448 Sheridan Road, Highwood, Illinois 60040

Serving the North Shore and  
Greater Chicago area Since 1974

## Traycee Home Services August Newsletter

### A Message From Barbara Traycee

*Dear Andrea,*

As we head into the warmest days of summer, it's nice to sit and relax for a minute. We at Traycee Home Services, are grateful you are slowing down to read our e-newsletter full of items that relate to seniors, home care and home health care as well as some useful tips for daily living that you may find interesting.

Please enjoy in the spirit of community and cooperation in which this e-newsletter is sent.

All the best,  
Barbara Traycee

*Barbara Traycee, Vice President and Co-Founder  
Sheldon Shlossman, President of Traycee Home Services*

### Study: Healthy Living Can Help Prevent Alzheimer's

Taking care of your body just might save your mind. Millions of cases of Alzheimer's disease worldwide could be prevented by curbing risk factors such as high blood pressure, smoking, obesity and lack of exercise, new research suggests.



The study offers more than the usual pep talk about healthy living. Seven conditions or behaviors account for up to half of the 35 million cases of Alzheimer's around the world, it found. With no cure or treatment to reverse the mind-robbing disease, preventing new cases is crucial.

The study was presented recently at the Alzheimer's Association International Conference in France, where sessions on prevention drew standing-room-only crowds for several days.

[Learn more.](#)



## Geithner: GOP Cuts a 'Tax Hike' on Seniors

Recently U.S. Treasury Secretary, Timothy Geithner reportedly stated that Republican demands for spending cuts would act as a tax increase on senior citizens and middle class.

Geithner said on CBS' "Face the Nation" that addressing the budget deficit solely through spending reductions would result in higher out-of-pocket costs for Medicare that would have to be born by fixed-income seniors.

"The average cost of Medicare for the average beneficiary when fully phased in would go up by \$6,500 a year," Geithner said. "That's like a \$6,500 tax increase on elderly Americans."

[Learn more.](#)

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## Home Safety Tips: Preparing for Alzheimer's Caregiving



Home safety is important for everyone - but it carries added significance for caregivers. This is especially true if you're caring for a loved one who has Alzheimer's disease in your home. A throw rug or a stray toy on the steps could easily put your loved one at risk of a fall or injury.

Can your loved one safely walk up and down stairs? Does he or she tend to wander or get up at night? Has he or she fallen before? Then check each room for potential hazards and make a note of any changes you'd like to make.



## FDA Approves Boostrix Vaccine for Seniors

GlaxoSmithKline Biological's Boostrix vaccine was approved by the Food and Drug Administration on Friday for the use in patients ages 65 and older.

Up until now, certain dosages of the vaccine were only available for ages 10 to 18 as well as 19 to 64, according to the Associated Press.

Boostrix is a booster shot administered to protect against whooping cough, tetanus and diphtheria.

The FDA told the AP that the vaccine is the first of its kind to offer seniors the protection against three diseases in one shot.

As of right now, there are individual vaccines for each of the illnesses. A three-in-one vaccine ensures that seniors will receive all of the protection needed against these potentially fatal infections.

[Read the article.](#)

### Kitchen safety tips

- Lock up breakable or potentially dangerous supplies. Install childproof latches on cabinets and drawers to limit access to items such as cleaning products, alcohol, matches, knives and scissors.

### Bedroom safety tips:

- Install a monitoring device. A baby monitor will help you hear if your loved one falls or needs help. This might be particularly helpful if your loved one has advanced dementia.

If your loved one tends to get up at night to drink, eat or use the bathroom, try to meet these needs before he or she goes to bed.

### Living room safety tips:

- Avoid clutter. Recycle newspapers and magazines. Keep areas where people walk free of furniture. Keep plastic bags out of reach. Limit knickknacks and other decorative objects.

[Read more.](#)

### **Contact Us**

Traycee Home Services  
448 Sheridan Rd.  
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Home Services: 847-432-5190

Domestic - Nanny Services: 847-432-6111



## Local Events

Monday, August 1-4

### **Children's Memorial Hospital**

The Listening and Spoken Language Symposium: Listening and Spoken Language Mentored Practicum: August 5 and August 8 -12, 2011. **Free**

[Learn more.](#)

Tuesday, August 9

### **Glenbrook Hospital (Northshore University Health System)**

WomenHeart Support Network Meeting abuse/chemical dependency issues. The Women Heart Support Group mission is to educate women about heart disease and its treatment. The group meets on the second Tuesday of the month.

[Learn more.](#)

Wednesday August 11

### **Chicago Lakeshore Hospital**

The Lunch-n-Learn Series "Staying Healthy While Helping Others: Stress Management for Mental Health Professionals"

[Learn more.](#)

Thursday, August 18

### **Gastric Bypass Surgery Support Group**

This support group is for individuals who have had Gastric Bypass surgery or those contemplating bariatric surgery for weight loss. Pre-ops and post ops are welcomed to attend and bring one adult guest. Groups are free, last one hour and reservations are not necessary.

[Learn more.](#)