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Crayola Ultimate Art
Supplies Easel

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HEALTH SERVICES

At Care Unlimited Health Services, Inc. we strive to provide high quality and affordable home care services to targeted population, through the coordinated services of skilled professionals where necessary and trained non-skilled personnel as required. Our goal is to maintain an atmosphere of willingness to provide service, both within the office setting where services are planned and coordinated, and in the community where services are rendered.

We will provide education and consultation wherever and whenever it is in the best interest of the client. Beyond this, we also perform on-going service evaluations to maintain the high quality of care rendered by Care Unlimited Health Services home care personnel.

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health & home

A **FREE** health care newsletter from your friends at Care Unlimited Health Services Inc.

Helping kids cope when a parent is sick

When a child's parent has a serious illness, a natural instinct can be to shield the child from the sickness. But that seldom is the best answer, experts say.

Rather, children of those facing a serious illness benefit most from honest, clear communication and understanding, Dr. Paula K. Rauch, director of the Parenting at a Challenging Time (PACT) program at Massachusetts General Hospital Cancer Center, said in an article written for the American Academy of Child & Adolescent Psychiatry's website.

"Too often, the children are the invisible sufferers in an otherwise comprehensive treatment plan," she wrote.

PACT has developed several ways that parents can help children of any age cope with serious illness in the family.

To start, refer to the illness by its actual name: cancer or heart failure, not a "boo boo." Keep the child updated (in age-appropriate language) about any health updates. Otherwise, they may overhear and misunderstand the information or feel excluded by not hearing it from you.

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About 2.9 million children have a parent who is fighting or has survived cancer. About 30% were younger than 6 when the cancer was diagnosed. Another 33% were born after the diagnosis.

Source: The journal "Cancer," June 2010.

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Let your child know it's OK to ask questions. When they do ask, try to get to the real concern behind the question. It's OK if you can't give an immediate or detailed answer.

If your child doesn't want to talk about the illness, respect those feelings. However, encourage your child to share worries with you. Identify other key caregivers such as grandparents or teachers and keep them in the loop so they can help support your child.

Try to maintain your child's schedule as much as possible and be sure to make time that's just for

your family, such as uninterrupted dinner. Give your child your full attention during this time.

If you are in the hospital, allowing the child to visit can make them feel less worried. Prepare your child for what they will see and be sure another adult is present who can take the child home as soon as the child is ready.

Finally, sick parents and their spouses must make sure to take care of themselves, including mental health care and support. **h&h**



Hard Sudoku

				9	3		5	8
							6	9
		9				3		7
			9		5	7	2	
				6				
	7	4	8		2			
7		3				1		
8	6							
4	1		5	8				

3	6	9	8	5	2	1	4	7
4	1	2	3	7	5	6	8	9
5	8	7	4	1	3	9	2	6
6	3	5	2	8	4	7	9	1
7	9	4	3	6	7	1	5	8
8	5	1	9	3	2	4	6	7
9	2	6	5	4	9	8	3	1
1	7	8	6	2	5	3	4	9
2	4	9	1	7	6	8	3	5

Fill in the empty cells, one number in each, so that each column, row, and region contains the numerals 1–9 exactly once.

FOOD FOCUS Whole Grains

What's an essential part of a healthy diet that packs a hefty dose of fiber and tastes great? Whole grains. They are naturally low in fat and have

tons of proven health benefits, including helping maintain a healthy weight and contributing to a lower risk of stroke, diabetes and heart disease. **h&h**



Product of the Month: Crayola Ultimate Art Supplies Easel

When a child's parent has a chronic illness, expressing how they're feeling can be a

powerful way to help them cope. The Crayola Ultimate Art Supplies easel features various art supplies that will allow children to express themselves creatively.

To order, visit www.target.com.

Cost: \$11.99. **h&h**



FOCUS ON...Age Differences

Children deal with a parent's illness differently depending on how old they are. You can help.

Age 0–3: They may not understand but will sense that things have changed.

Keep routines as normal as possible and make sure another trusted adult spends time with them every day. Honestly answer any questions. Cuddle and hug them often.

Age 3–6: They may think they are the cause of the illness. Reassure them often that they are not. Explain the illness in words they will understand and encourage them to ask questions. Engage in fantasy play, such as with a play doctor's kit, to help their understanding. Make sure the child spends individual time with a parent or trusted adult every day.

Age 6–8: Reinforce the knowledge that the illness is not the child's fault. Keep them informed about the illness and encourage questions. Let them know it's OK to express their feelings and it's OK to have fun. Tell their teachers what's happening.

Pre-teens and teens: Provide good updates of the illness and its symptoms and encourage questions. Have them talk to the parent's doctor if they are interested. Reassure them that it's OK to have fun and stay involved in school. Tell their teachers what's happening. **h&h**

Source: American Cancer Society; Parenting at a Challenging Time



Did You Know?

Children with chronically ill parents need to know they don't have to deal with it on their own. Let them know that asking for help doesn't mean they're weak or crazy — it means they have courage. Some people who can help include:

- ✿ Parents or other trusted adults
- ✿ School counselors, teachers and coaches
- ✿ Ministers
- ✿ Social workers
- ✿ Doctors
- ✿ Support groups
- ✿ Professional counselors
- ✿ Psychologists

To Your Good Health

AMOUNT PER SERVING

Calories	170
Fat	5 g (2.5 g sat)
Cholesterol	10 mg
Carbohydrates	27 g
Protein	10 g
Fiber	4 g
Sodium	550 mg



Pizzadillas with Red Sauce

Servings: 4
Serving size: ½ pizza

4 whole-wheat, 8-inch tortillas

⅔ C finely chopped spinach (fresh or frozen)

⅔ C part-skim mozzarella cheese, shredded

1 C marinara sauce (store-bought or homemade)

Cooking spray

1. Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas.

2. Top with remaining 2 tortillas.

3. Lightly coat pan with cooking spray and place over medium heat.

4. Gently slide one pizzadilla into pan and cook 1–2 minutes until light golden brown on one side

5. Flip pizzadilla over using thin spatula and cook 30–60 seconds more, until cheese is melted

6. Remove from heat and slice into triangles. Repeat with second pizzadilla. Serve with marinara sauce for dipping.

Source: www.kidshealth.org



WHAT'S INSIDE?

- Helping kids cope when a parent is sick
- FOCUS ON...Age Differences
- Product: Ultimate Art Supplies
- How to Make Pizzadillas with Red Sauce
- Solve the Brain Booster Puzzle

DO YOU KNOW THE ANSWER?

1. How many children have a parent who is fighting or survived cancer?
2. How does age affect how a child deals with a parental illness?
3. What food contributes to a lower risk of stroke, diabetes and heart disease?

**Confident in how you would respond to these questions?
Open this newsletter to get the right information!**

And, if you need help finding answers to your important home care questions, contact us:

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www.careunltd.com

Fax: (626) 332-9979

