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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Daughters of Elder Care

By Barbara Mascio

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We have all heard the old African saying "It takes a whole village to raise a child." It expresses some things that we can all easily accept: family values, shared responsibility, community spirit. But where is that same spirit when it comes to caring for our elderly?

Typically, all the responsibility falls on one adult child, normally the daughter. The adult daughter cares for children, spouse and an older adult relative while maintaining a career. What about caring for the needs of the caregiver? Her needs are often ignored and trivialized by community, physicians, employers, other family and society in general.

Family caregivers faced with a landscape much different from the one commonly accepted and assumed by society suffer guilt and exhaustion while attempting to 'do it all'.

"Families have never done this with such complicated medical treatment and the kind of economic pressures this brings today," says Carol Leving, director of the United Hospital Fund's Families and Health Care project in New York City. "In the old days, people got better or they died."

Caregivers often times have higher health risks than those they care for. Severe depression, anxiety, substance abuse, severe anger and stress-related diseases including cardiovascular disease, cancer and infectious diseases are highly common.

Quality Care Options Community of Resources is the village that you and your loved ones can turn to. Services, resources and support for both the older adult and the family caregiver are available. Quality Care Options strives to assist the entire family by making our service a one-call solution, saving you time, money and stress.

These excerpts from letters sent to QCO tell the story much better than I can ...

"We had less than a day to locate a rehabilitation facility for my father-in-law. We were familiar with nursing homes in Alliance, but not in our Cleveland area, which is where he wanted to be. I came

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across your yellow page ad, liked the name, 'Quality Care Options', and then went to your web site. I felt relieved after speaking with Barbara.

The follow up service was great. There were a few concerns, Barbara acted on our family's behalf, and everything worked out well. I am recommending QCO to everyone, including my friends and my pastor. Thanks again."

Nancy V., Cleveland Ohio

"I am so grateful for QCO. I thought I would have to miss work in order to find services for my mom. I was a little hesitant at first, but the folks at QCO were great. They listened, I mean, really listened. They found the perfect home care company for my mom and continue to check up on us. I can't believe we were lucky enough to find them."

Sandy R., Atlanta GA

"Quality Care Options is using innovative ideas to greatly benefit seniors, their families and the facilities and caregivers that serve them. I talk with dozens of people everyday who have the same goals as Quality Care Options, but I have yet to meet anyone with a business model as good as this one!

QCO has managed to provide placement services and advocacy at an extremely low cost to seniors and their families, while providing a huge incentive for caregivers and homes to join QCO's network. It all equates to a sound business model that gets right to the heart of what we are all trying to do, make life better for our senior citizens."

Jake Gotto Account Manager Assist Guide

Our direct line is 216-883-3163 or toll free at 877-620-6448 with office hours of Monday - Saturday, 8am to 6pm. Quality Care Options serves the United States. The web address is www.qualityeldercare.com

Barbara is founder and president of Quality Care Options, "Linking Seniors to Excellent Elder Care Resources"(www.qualityeldercare.com) Barbara is a published author, "Playing the Hand Life Dealt", and of several local and national newspaper and magazine articles.

Chinese Relatives

By Wong Yee Lee

Chinese Relatives by Wong Yee Lee

Chinese relatives

It may be interesting to know that, unlike western system, in China, we have different appellation for different relatives in a family. This is obviously good practice in order to tell who we are referring to in a conversation though some people may think otherwise!

Father's side

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Mother's side

Father's father

zufù

Mother's father

wài zufù

Father's mother

zumu

Mother's mother

wài zumu

Father's elder brother

bófù

Mother's elder brother

jiùfù

Father's younger brother

xu xu(uncle)

Mother's younger brother

same as above

Father's elder brother's wife

bómu

Mother's elder brother's wife

jiùmu

Father's younger brother's wife

shunshen

Mother's younger brother's wife

same as above

Father's elder and younger sister

gugu

Mother's elder and younger sister

yímu

Father's sister's husband

gufù

Mother's sister's husband

yífù

Father's brother's son

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tángge(elder)

tángdì(younger)

Mother's brother's son

biaoge(elder)

biadì (younger)

I am sure this table can be endless knowing that one can have as big a family as possible. However, simply from the above, one can imagine how complicated it works when calling someone in your family in China. That is why it is not surprising that very often one doesn't know how to call someone when they meet in a Chinese New Year family gathering. What you need to know is that you always see this person every time you meet with your family and you can eat together at the same table.

Very often these days as well that sometimes my mother refers to someone about something in the family and she expects me to know who she is talking about. Well, the case is that I can hardly recall what this person looks like.....

In China, with the One–Child policy started over 2 decades ago, I think this system may not be as commonly used as before.

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