

Purple Hats, Purple Grapes, And Cholesterol

Jenny Joseph was only 29 years old when she issued her famous warning: **When I Am An Old Woman, I Shall Wear Purple.** That was 47 years ago-- and Jenny, now 76 years old, has seen a countless host of women dare to grow old in a wonderfully outrageous style! There are many who credit the wearing of **purple** and red hats by seniors to the popularity, sagacity, and audacity of Jenny's poem which first appeared in 1961.

And now the people of the **purple** hats may well have another reason for delighting in things purple...

People with stable coronary artery disease who drank **Concord Grape Juice** significantly increased their HDL or good cholesterol and significantly lowered two markers of inflammation, according to results of a study presented in the November issue of The Journal of Arteriosclerosis, Thrombosis, and Vascular Biology (These people are probably not yet wearing **purple**).



In addition, study author Jane E. Freedman, M.D., Associate Professor of Medicine at Boston University School of Medicine, said significant decreases occurred in the production of superoxide, an inflammatory marker.

Noting the growing interest in these markers, Freedman said this is the first study to show its positive effect on soluble CD40 ligand, an emerging marker of cardiovascular inflammation, thought to contribute to the development of atherosclerosis and vascular inflammation.

Freedman said the positive increase in HDL levels is also noteworthy since such increases have previously been linked to drinking red wine.

There has been great interest in the possible benefits of drinking red wine for people with cardiovascular disease, Freedman said. But, she continued, it has been offset, to a certain extent, by concerns about promoting alcohol consumption. This has led to the exploration of non-alcoholic grape products.

The study looked at 20 subjects whose average age was 63 years and who had previously been diagnosed with coronary artery disease and were on standard medications, including aspirin. Freedman cautions that her study is **preliminary** and that more work needs to be done in this area. Nonetheless, she notes that consumption of **purple** grape juice may suppress inflammatory indices that have been recently linked to cardiovascular disease.

So, let's raise a glass -- of grape juice -- to your health!

Caregiver Spotlight

Because our caregivers have the privilege of actually caring for our patients in their homes, we take seriously the responsibility of recruiting and retaining the most professional and personable caregivers...

As Florida is blessed with a true melting pot of ethnicities, we are fortunate to meet many applicants from various parts of the world who come to Florida to begin a new life in America.

Many of these choose the home health care field because their own cultures strongly respect and tenderly care for the elderly in their communities--often much better than we Americans have done...

While we could fill each newsletter with the incredible character profiles of our experienced and exemplary caregivers, this month we

want to tell you a little about **Naderge**. Of her, a patient recently commented:

We found it very hard to say goodbye to our wonderful caregiver, Naderge, who had been supplied to us during a trying time. She seemed to anticipate our every need. We could not have asked for better help. (Mr. & Mrs. Howard Ris of The Village of Golf, Florida & Lake Placid, New York).

Health Screenings

In conjunction with The Aker Kasten Eye Center, The Aker Kasten Home Health Care Agency will be conducting Health and Vision Screenings throughout Palm Beach County this summer. If your civic, synagogue, or church group is interesting in reserving a date to utilize this



free and unique program for an effective outreach to the community, please call us at 561-955-6010. Dr. John Aker is available to speak on *The Chuckles and Challenges of Aging...*

Look to your health; and if you have it, praise God and value it next to conscience; for health is the second blessing that we mortals are capable of, a blessing money can't buy.

-Izaak Walton,
English biographer & fishing author (1593-1683)

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Aker Kasten Home Health Care Agency--Where Excellence And Kindness Meet...

Caregiver Spotlight

Extensive Education...

With the most medical education and healthcare experience of any of our highly trained and certified home health specialists, Naderge Dumorne is a great asset to The Aker Kasten Home Health Team .

A native of Haiti, Naderge is a graduate of The School of Medicine of L'Universite d'Etat d'Haiti. She completed her internship and residency in Pediatrics. Although a fully licensed medical doctor in her homeland, Naderge works with us as a Certified Nursing Assistant while studying intensely in preparation for The United States Medical Licensing Examination (USMLE).

Concern and Compassion...

For Naderge, serving and caring for others comes quite naturally. A truly

astute medical professional, Naderge is most comfortable when meeting the needs of others. She is most concerned that her patient be treated as an unique individual--and care is extended for more than physical needs. Naderge concurs with The Aker Kasten Mission to embrace the physical, emotional, and spiritual health of our patients, knowing full well that one's emotional and spiritual perspective has a direct impact on his/her wellness.

While Naderge is certainly an outstanding woman of great talent, she is simply and truly one of many in our Caregiving Family whose concern for others radiates from their warm smiles and excitement for their lofty calling of serving others.

She is simply and truly one of many who comprise *The Aker Kasten Caregiving Family* and whose heart-felt concern for others radiates from their warm smiles and excitement for their lofty calling of serving others. I am genuinely proud of, and thankful for, an exceptional team of home health specialists.



We are blessed--and you will be, too! Call us today so we can arrange for someone like Naderge to enrich your quality of life in your own home!

-John B. Aker, D. Min.
Administrator