

COMFORT CARE CHATTER


October Birthdays

Happy Birthday to YOU!

Carol Z.	Clin. Sup.	DV	10.3
Kizzy L.	HCA	CO	10.5
Kim B.	HCA	CF	10.6
Shelby L.	HCA	DV	10.7
Terri H.	HCA	CF	10.8
Ashley F.	Social Work	CR	10.9
Rena J.	Case Mngr.	CF	10.12
Victoria H.	HCA	CF	10.13
Jackie S.	Off. Mngr.	CR	10.15
Kathleen M.	HCA	CO	10.16
Tami C.	Dir. Finance	CR	10.16
Amanda S.	Sched.	DV	10.17
Rhonda J.	Case Mngr.	CR	10.19
Amanda M.	HCA	DB	10.20
Judith T.	HCA	CF	10.21
Carla H.	HCA	CR	10.23
Angela H.	HCA	DB	10.27
Kayla M.	HCA	CR	10.28
Julie T.	Admin.	CR	10.31
Mercella D.	HCA	CO	10.31

October 2018 Issue

Also available online at
www.comfortcareia.com



HAVE YOU RECEIVED YOUR
FLU SHOT THIS YEAR? IF NOT,
TURN TO PAGE 2 TO FIND OUT
WHY IT IS IMPORTANT THAT YOU
DO!
THINK YOU GOT THE FLU FROM
THE FLU SHOT? THIS IS NOT
POSSIBLE, READ BELOW TO FIND
OUT WHY!

Can the vaccine give me the flu?

No. The flu vaccine can't give you the flu. But you might develop flu-like symptoms — despite getting a flu vaccine — for a variety of reasons, including:

- **Reaction to the vaccine.** Some people experience muscle aches and a fever for a day or two after receiving a flu vaccine. This may be a side effect of your body's production of protective antibodies.
- **The two-week window.** It takes about two weeks for the flu shot to take full effect. If you're exposed to the influenza virus shortly before or during that time period, you might catch the flu.
- **Mismatched flu viruses.** In some years, the influenza viruses used for the vaccine don't match the viruses circulating during the flu season. If this occurs, your flu shot will be less effective, but may still offer some protection.
- **Other illnesses.** Many other illnesses, such as the common cold, also produce flu-like symptoms. So you may think you have the flu when you actually don't.

HAVE YOU RECEIVED YOUR FLU VACCINATION FOR THIS YEAR?



Who needs a flu shot?

Some people may be more prone to infection than others. That's why the Center for Disease Control (CDC) recommends that everyone 6 months of age or older be vaccinated against the flu.

The shots are not 100-percent effective in preventing the flu. But they are the most effective method to protect against this virus and its related complications.

The importance of the flu shot

The typical flu season occurs from fall to early spring. The length and severity of an epidemic may vary. Some lucky individuals can get through the season flu-free. But be prepared to be surrounded by sneezing and coughing for a few months out of every year. According to the National Institute of Allergy and Infectious Diseases (NIAID), the flu affects between 5 and 20 percent of the U.S. population each year.

Are there any side effects to the flu vaccine?

Flu shots are safe for most people. Many people incorrectly assume that the flu vaccine can give them the flu. You can't get the flu from the flu shot. But some people may experience flu-like symptoms within 24 hours of receiving the vaccine.

Possible side effects of the flu shot include:

- low-grade fever
- swollen, red, tender area around the injection site
- chills or headache

These symptoms may occur as your body responds to the vaccine and builds antibodies that latter will help prevent illness. Symptoms are typically mild and go away within a day or two.

High-Risk individuals

Certain groups are at an increased risk for getting the flu and developing potentially dangerous flu-related complications. It's important that people in these high risk groups be vaccinated. According to the CDC, these individuals include:

- pregnant women
- children between 6 months and 5 years of age
- people 18 and under who receive aspirin therapy
- people over 50
- anyone with chronic medical conditions
- people whose body mass index is 40 or higher
- American Indians or Alaska Natives
- anyone living or working in a nursing home or chronic care facility
- caregivers of any of the above individuals

DID YOU KNOW IT'S NATIONAL PHYSICAL THERAPY MONTH!

Physical Therapy is one of the many services we provide at Comfort Care. It is helpful not only in rehabilitation, but also in dealing with everyday issues such as chronic pain! Read on to find out the how/why!



5 TIPS TO AVOID CHRONIC PAIN

1. Know pain, know gain.

There is a growing body of evidence suggesting that understanding how our pain systems work is an excellent strategy in managing it. The great news is that you don't need to know a lot! Simply knowing the basics of how our brain and nerves work, and their role in pain, can help reduce your chance for developing chronic symptoms.

2. Keep moving (gradually and steadily).

Living an active, healthy lifestyle not only improves our general well-being and health, but can also reduce our chances of developing chronic pain. Our body was built to move, and we need to understand that not all aches or soreness is cause for concern.

3. Spend time with a physical therapist.

If you experience an injury, or develop the onset of pain, seeing a physical therapist (PT) early on can help address and manage your symptoms. PTs are movement experts who can diagnose and treat injuries and help you identify strategies to better manage your pain. The earlier you seek care, the better the chances you have for not developing chronic symptoms.

4. Don't focus on an image.

While most of us want a diagnostic image (ie, x-ray, MRI) to tell us "why we hurt," images actually give us little information about what's causing pain. A study performed on individuals 60 years or older, who had no symptoms of low back pain, found that more than 90% had a degenerated or bulging disc, 36% had a herniated disc, and 21% had spinal stenosis. What shows up on an image may or may not be related to your symptoms. Once imaging has cleared you of a serious condition, your physical therapist will help guide you back to the life you want to live!

5. Addressing depression and anxiety helps.

Your chances of developing chronic pain may be higher if you also are experiencing depression and anxiety. A recent study in the *Journal of Pain* showed that depression, as well as some of our thoughts about pain prior to total knee replacement, was related to long-term pain following the procedure. Make sure that you talk to your medical provider about your mental health throughout your treatment; it can help make your journey go much more smoothly following an injury or surgery.

REMINDER

CLIENTS & COMFORT CARE STAFF, PLEASE REMEMBER TO CALL THE OFFICE WHENEVER YOU HAVE A SCHEDULE CHANGE!

Brain Teasers

LAST MONTH'S ANSWERS

1. Adding insult to injury.	2. A bit under the weather.
3. The ball is in your court.	4. Let the cat out of the bag.
5. Beat around the bush.	6. No one to blame.
7. Yellow belly.	8. Take from the rich and give to the poor.
9. Three blind mice.	10. A green eyed monster.

THIS MONTH'S TEASER

5 friends went trick-or-treating together for Halloween, but they soon got tired and went home at some point along the way. The next morning, the friends met up to exchange candy, so each could have their favorites. Can you figure out who wore what costume, in what order they left the group, and what each friend's favorite candy is?

FRIENDS: Andy, Jane, Max, Pam, Sam

COSTUMES: witch, vampire, devil, cat, skeleton

CANDY: Reese's, M&M's, Snickers, Starburst, Milky Way

1) The 5 friends are Max, the witch, the girl who likes Starburst, the boy who dressed as a devil, and the person who left the group 3rd.

2) Andy (who does not like Milky Way) left sometime after Max and immediately before Sam.

3) Pam likes Starburst and she left after Sam.

4) The friends left the group in this order: the one who likes Reese's, the witch, Andy, the one who likes Milky Way, and Pam.

5) The skeleton likes M&M's.

6) The vampire was not last.

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Stop by our Facebook page to check out our latest events, sponsorships, job postings and more!

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!

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