

COMFORT CARE CHATTER

August Birthdays

Happy Birthday to YOU!

| | | | |
|--------------|---------------|----|------|
| Lisa G. | HCA | CF | 8.1 |
| Jeffrey P. | HCA | CF | 8.2 |
| Catherine E. | HCA | CR | 8.6 |
| Kalie J. | Office Mngr. | CF | 8.6 |
| Deborah H. | HCA | CR | 8.9 |
| Lisa B. | Clin. Sup. | CO | 8.14 |
| Nancy U. | RN Case Mngr. | CO | 8.16 |
| Holly C. | HCA | CO | 8.18 |
| Julie T. | RN Case Mngr. | CO | 8.19 |
| Melissa M. | LPN | CR | 8.20 |
| Bobbie B. | RN Case Mngr. | DV | 8.25 |
| Beth P. | HCA | CF | 8.28 |

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Also available online at
www.comfortcareia.com.

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Left: Senator Rob Hogg goes on a home care visit with Julie Tow (Comfort Care Owner/Admin.), Jeanne (LPN at Comfort Care) and Jen (Home Care Aide at Comfort Care). Julie regularly invites leaders to join Comfort Care employees on home care visits in order to advocate for Medicare/Medicaid/VA benefits.

Healthy Vision As You Age

By: Matt Marconi

Just as our physical strength decreases with age, our eyes also exhibit an age-related decline in performance. Some age related eye changes, such as presbyopia, are perfectly normal and don't signify any sort of disease process. While cataracts can be considered an age-related disease, they are extremely common among seniors. Some however, will experience more serious age-related eye diseases that have greater potential for affecting our quality of life as we grow older. These conditions include glaucoma, macular degeneration.

Presbyopia. After you pass the milestone age of 40, you'll notice it's more difficult to focus on objects up close because of presbyopia. This is a perfectly normal loss of focusing ability due to hardening of the lens inside your eye.

Macular degeneration. Also called age-related macular degeneration or AMD, macular degeneration is the leading cause of blindness among American seniors.

According to the National Eye Institute (NEI), more than two million Americans currently have age-related macular degeneration, and due to the aging of the U.S. population, that number is expected to more than double to 5.4 million by 2050.

Glaucoma. Your risk of developing glaucoma increases with each decade after age 40, from around 1 percent in your 40s to up to 12 percent in your 80s. The number of Americans with glaucoma will increase by 50 percent (to 3.6 million) by 2020.

While normally we think of aging as it relates to conditions such as presbyopia and cataracts, more subtle changes in our vision and eye structures also take place as we grow older.

These changes include: Reduced pupil size, Dry eyes, Loss of peripheral vision, Decreased color vision, and Vitreous detachment.

Here are some tips to keeping healthy eyes!

Eat Well- Good eye health starts with the food on your plate. Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E might help ward off age-related vision problems like macular degeneration and cataracts. To get them, fill your plate with: Green leafy vegetables like spinach, kale, and collards Salmon, tuna, and other oily fish Eggs, nuts, beans, and other non meat protein sources. Oranges and other citrus fruits or juices and Oysters and pork.

Wear Sunglasses- The right pair of shades will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your chances of cataracts and macular degeneration.

Quit Smoking- It makes you more likely to get cataracts, damage to your optic nerve, and macular degeneration. If you've tried to kick the habit before only to start again, keep at it. The more times you try to quit, the more likely you are to succeed. Ask your doctor for help.

Sleep- One of the easiest ways to maintain eye health is by getting enough sleep. Maintaining a healthy sleeping pattern contributes to our general well being, but it also helps keep our eyes from straining.



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National Immunization Awareness Month

By: MacKenzie Crist

To keep our community safe and healthy, Comfort Care is proudly participating in National Immunization Awareness Month! Immunizations, also commonly known as vaccinations help protect against diseases such as the flu, measles, shingles, and pneumonia. As we age, the importance of immunizations becomes greater as ones immune system tends to weaken over time, putting us at risk for serious, and sometimes, life threatening diseases. According to the CDC (Center for Disease Control and Prevention) “An estimated 1 million Americans get shingles every year, and about half of them are 60 years old or older. Additionally, over 60 percent of seasonal-flu-related hospitalizations occur in people 65 years and older.” Not only is it important to keep track of your immunizations, it is also important to be aware of possible diseases associated within your age range. For those 60 years or older, shingles, also known as zoster is common; it is a painful skin rash caused by the same virus that triggers the chicken pox. It is known that one out of every three people 60 years old or older will get shingles. With age, the pain and discomfort of this disease is likely to become more severe. As a result, the only way to prevent and protect yourself against possible diseases, is to vaccinate! Immunizations are tested, monitored, and safe for most people. Talk to your doctor or a health care professional to make sure you are up to date with recommended vaccinations.

Why are immunizations important?

- Vaccines are updated and modified frequently as viruses change (such as the flu)
- Vaccines wear off, therefore boosters are necessary
- Job, lifestyle, health status, and travel influence recommended vaccinations
- Helps imitate an infection, which triggers the immune system to produce antibodies that will protect from illness in the future

Vaccines are one of our best defenses. The more people are vaccination, the less opportunities a disease has to spread, protecting not only yourself, but also those around you. To find a pharmacy, clinic, or health department near you, visit <https://vaccinefinder.org/>, a free, online service where users can search for locations that offer immunizations to keep you safe, healthy, and happy throughout all stages of life!

Vaccines to consider:

- **Seasonal flu vaccine-** protects against influenza viruses
- **Tdap vaccine-** protects against bacterial diseases such as tetanus, diphtheria, and pertussis (whooping cough)
- **Pneumococcal vaccines-** protects against infections in the lungs and bloodstream
- **Zoster vaccine-** protects against shingles





Above: This month, Comfort Care Davenport and Comfort Care Cedar Falls hosted the Davenport Elderly Consortium Monthly Meeting and the Cedar Falls Senior Connections Monthly Meeting. Ashley (CF Marketing) and Brock (DV Marketing) arranged and planned the events! In Davenport, we had Chrissy Watters, Hy-Vee dietician in Davenport talk about the benefits of probiotics. In Cedar Falls, We had Lindsay Stack, a treatment coordinator at Pathways, talk about the services and treatment available for those with mental illness and addictions.

THIS MONTH'S BRAIN TEASER

Four women, Louise, Lise, Carole and Lily are seated at a table. They are chatting about their holidays.

They went to California, Texas, Florida and Arizona riding a lion, tiger, zebra and a pony.

Hints : 1- The woman riding the zebra did not smoke.

2- Carole declared that she loved Miami.

3- The woman riding the tiger had a cigarette with Lily.

4- Louise said : " Buy your pony a new saddle, Carole. I saw some during our trip to California?"

5- The woman riding the tiger mentioned that she had seen the Alamo in Texas.

6- Lise was a chain-smoker.

Question : What are the holiday destination and method of transportation for each woman ?

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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