

COMFORT CARE CHATTER

November 2018 Issue

Also available online at
www.comfortcareia.com

November Birthdays

Happy Birthday to YOU!

Carol F.	CR	HCA	11/5
Angel H.	CF	HCA	11/7
Ruth W.	CF	HCA	11/16
Lisa D.	CR	HCA	11/18
Lisa T.	CF	HCA	11/19
Audrey K.	DV	HCA	11/22
Sara G.	CF	HCA	11/23
Susan S.	IP	Act. Crdntr.	11/23
Cindie F.	CF	HCA	11/24
Kathy H.	DV	HCA	11/25

COPD Awareness Month

Chronic obstructive pulmonary disease (COPD) is a progressive lung disease that over time makes it hard to breathe.

Key Points

- COPD is chronic. In other words, you live with it every day.
- It can cause serious long-term disability and early death.
- There is no cure for COPD, but it is often preventable and treatable.
- COPD is sometimes referred to as chronic bronchitis or emphysema.

With COPD, the airways in your lungs become inflamed and thicken, and the tissue where oxygen is exchanged is destroyed. The flow of air in and out of your lungs decreases. When that happens, less oxygen gets into your body tissues, and it becomes harder to get rid of the waste gas carbon dioxide. As the disease gets worse, shortness of breath makes it harder to remain active.

Sometimes referred to as either chronic bronchitis or emphysema, most people will have symptoms of both conditions, so health professionals prefer to call the disease COPD. However, some doctors think that chronic bronchitis may be present even though a person does not have the airway obstruction characteristic of COPD. Your doctor can explain your condition and the best way to treat it. It is important to remember that in many cases, COPD can be prevented and can be treated.


Source: <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/learn-about-copd/how-does-copd-affect-your.html>





**HAVE YOU
RECEIVED YOUR
FLU SHOT THIS
YEAR?** IF NOT, CHECK
OUT OUR OCTOBER
NEWSLETTER (AVAILABLE
ON OUR WEBSITE) TO FIND
OUT *WHY IT IS IMPORTANT*
THAT YOU DO!


National Family Caregivers Month – celebrated each November -- is a time to recognize and honor family caregivers across the country. At Comfort Care, we know how important it is to have these family caregivers, and, also, how important it is that family caregivers take time for themselves. Check out the 10 tips below to find ways to make your caregiving experience more manageable.


10 TIPS FOR FAMILY CAREGIVERS


- 


Seek support from other caregivers. You are not alone!
- 


Take care of your own health so that you can be strong enough to take care of your loved one.
- 


Accept offers of help and suggest specific things people can do to help you.
- 


Learn how to communicate effectively with doctors.
- 

Be open to new technologies that can help you care for your loved one.
- 

Watch out for signs of depression and don't delay getting professional help when you need it.
- 

Caregiving is hard work so take respite breaks often.
- 

Organize medical information so it's up to date and easy to find.
- 

Make sure legal documents are in order.
- 

Give yourself credit for doing the best you can in one of the toughest jobs there is!

CaregiverAction.org



FIND US ON FACEBOOK



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

REMINDER

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

Brain Teasers

This Month's Puzzle

Last Month's Answers

- 1) Max, Vampire, Reese's
- 2) Jane, Witch, Snickers
- 3) Andy, Skeleton, M&M's
- 4) Sam, Devil, Milky Way
- 5) Pam, Cat, Starburst

Ann, Mike, Lyn, and Bill, whose last names are Juarez, Newton, Myers, and Ken, each have a favorite Thanksgiving dish - turkey, dressing, cranberry sauce, and pumpkin pie. Sort out the clues and match up the first and last name and their favorite Thanksgiving dish!

1. Juarez has her favorite dish after the main meal.
2. Mike loves his favorite dish with lots of onion and celery in it.
3. Myers has her favorite dish served in slices (light and dark).
4. Ann hates sweets.
5. Newton is allergic to cranberries.

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!
tfeltes@comfortcareia.com

