

Comfort Care Chatter

May Birthdays

Happy Birthday to YOU!

Kathleen S.	HCA	DV	5.3
Jill E.	HCA	CF	5.5
Cindy C.	RN Case Mngr.	CR	5.6
Jeanette H.	HCA	CO	5.11
Geri S.	HCA	CR	5.13
Kristin B.	Clin. Rec. Mngr.	DV	5.18
Lindsey B.	Director of HR	CR	5.19
Darcy M.	HCA	DV	5.23
Elizabeth W.	LPN	CF	5.23
LaTesa B.	Off. Mngr.	DV	5.23
Lynne J.	HCA	DV	5.23
Crystal T.	HCA	CR	5.24
Syleena G.	HCA	CO	5.24
Marissa H.	Social Work	DV	5.27

May 2017

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With summer approaching, ditch the dehydration

From “Caregivers Quarterly” Spring 2017, Iowa Health Care Association

As summer temperatures settle in, it's important to put hydration concerns at the top of your watch list. Older adults are more susceptible and often have certain diseases or conditions that contribute to dehydration. Residents also tend to eat less, sometimes forgetting to eat or drink altogether. Here are several dehydration risk factors:

- Swallowing disorders caused by stroke, Parkinson's disease of dementia;
- Obesity;
- Being over 85 years old;
- Being bedridden;
- Having five or more chronic diseases;
- Taking five or more prescription medications;
- Diminished drinking due to fear of incontinence.
- Fatigue,
- Dizziness,
- Mental confusion,
- Dark urine,
- Headaches,
- Dry mouth/nose,
- Dry skin, and
- Cramping.

Encourage seniors in your care to drink small amounts of fluids throughout the day and encourage foods high in water, such as fresh fruits and vegetables. Everyone's needs are different, however studies show elderly adults who drink five glasses of water daily experience lower rates of coronary heart disease.

If you see any one experiencing symptoms of dehydration, get them to a cool area and rehydrate with water. Carbonated sodas increase thirst and should be avoided. If symptoms do not improve or continue to worsen, seek medical help immediately.



EVENT SCHEDULE

Mon	Tue	Wed	Thu	Fri	Sat
1 BP Clinic Legacy @ 2:30{CF} BP @Luther Knoll 8:30{DV}	2 Ask the Expert on WMT Radio 11:00 CF Senior Center @ 8:30 BP Clinic{CF} BP Clinic Washburn @ 11:30{CF} BP @NLLC 2:00 {CO}	3 BP Clinic Thunder Ridge @ 10{CF} BP @Spruce Hills 9:00 {DV} BP @Cumberland 10:00 {DV} BP @Oakhill 10:30 {CR}	4 CF Senior Center @ 8:30 BP Clinic{CF} Lutheran Church @ 12{CF} BP @Lowe Park 11:30 {CR} BP @Ecumenical Towers 2:30{CO}	5 BP Clinic Waterloo Senior Center @ 11:45{CF} BP @Taylor Renaissance 10:00{DV} BP @Jackson Renaissance 11:30 {DV}	6
8 BP Clinic Legacy @ 2:30{CF} BP @Luther Knoll 8:30{DV} BP @Thomas Place 1:00 {DV} BP @Walden 9:30 {CO}	9 CF Senior Center @ 8:30 BP Clinic{CF} BP Clinic Fox Meadows @ 10:30{CF}	10 Senior Connections Meeting @ 8:30{CF} BP Clinic Thunder Ridge @ 10{CF} BP @Spruce Hills 9:00 {DV} BP @Cumberland 10:00 {DV}	11 CF Senior Center @ 8:30 BP Clinic{CF} BP Clinic Evansdale @ 11:00{CF}	12 Bingo CF Senior Center @ 10{CF} BP @Taylor Renaissance 10:00{DV} BP @Jackson Renaissance 11:30 {DV} Bingo @Hershey Manor 1:00{DV} Stories of Nursing @Walden 2:00 {CO}	13
15 Bingo Evansdale Senior Residences @ 1:00{CF} BP Clinic Legacy @ 2:30{CF} BP @Luther Knoll 9:30{DV}	16 Ask the Expert on WMT Radio 11:00 CF Senior Center @ 8:30 BP Clinic{CF}	17 BP Clinic Thunder Ridge @ 10{CF} BP Clinic Village Coop @ 10:45{CF} BP @Spruce Hills 9:00 {DV} BP @Cumberland 10:00 {DV} Craft @Village Place 2:30 {CR}	18 CF Senior Center @ 8:30 BP Clinic{CF} Dunkerton @ 11:00{CF} Renaissance @ 2:00{CF} BP @Ecumenical Towers 2:30{CO}	19 BP @Taylor Renaissance 10:00{DV} BP @Jackson Renaissance 11:30 {DV}	20 Bingo Mallard Point @ 2:00{CF}
22 BP Clinic Walnut Court @ 10{CF} BP Clinic Legacy @ 2:30{CF} BP @Luther Knoll 9:30{DV} BP @Thomas Place 1:00 {DV} BP @Walden 9:30 {CO} Bingo @Ecumenical Towers 2:00 {CO}	23 CF Senior Center @ 8:30 BP Clinic{CF}	24 BP Clinic Thunder Ridge @ 10{CF} BP @Spruce Hills 9:00 {DV} BP @Cumberland 10:00 {DV} Bingo @Luther Knoll 1:00 {DV} Craft @Arbor Trail 2:30 {CR}	25 CF Senior Center @ 8:30 BP Clinic{CF} Bingo @Spruce Hills 1:00 {DV} Craft @Legacy Pointe 2:30 {CO}	26 BP @Taylor Renaissance 10:00{DV} BP @Jackson Renaissance 11:30 {DV} Let's Talk Healthy Eating @Walden 2:00{CO}	27
29 Memorial Day	30 CF Senior Center @ 8:30 BP Clinic{CF} Bingo Manor Care @ 2:30{CF}	31 BP Clinic Thunder Ridge @ 10{CF} BP @Spruce Hills 9:00 {DV} BP @Cumberland 10:00 {DV} Brain Teasers @Walden 2:30 {CO}			

Probiotics

by Brock D.

There's one form of bacteria that can actually benefit your health for the better; especially if you are a senior. What I'm talking about here is probiotics, the so-called 'friendly' bacteria that is found in your stomach and helps counterbalance other unhealthy and dangerous bacteria.

Currently, there's been a call by some medical professionals for further awareness about probiotics, especially among seniors, as people over the age of 60 tend to have less of the bacteria in their gut. This is a fact that opens you up for a lot of health problems.

Why are probiotics so important to maintaining good health as we age? Simply put, probiotics could help you ward off a whole slew of gastrointestinal infections and bowel conditions, such as irritable bowel syndrome, poor nutrition absorbency, constipation, and a declined ability of your immune system to fight off and resist infection.

So how do probiotics work? In your digestive tract, your body maintains a healthy balance between good and potentially bad microorganisms. The healthy bacteria, or "microflora" found in your digestive tract play an important protective role in your body.

As you grow older, you lose the amount of healthy microflora in your body due to such factors as corticosteroids, antibiotics, travel, eating meat, and digestive disorders; this means less of the bacteria are present in your system, leaving you susceptible to the various health concerns mentioned above.

On top of the protective ability of microflora, they also help to synthesize crucial vitamins, enzymes, and nutrients; for example, the lactase that's needed to digest the lactose found in milk and dairy products.

Probiotics are basically the supplemental form of these microflora and they've been used for many years to help increase the amount of the protective bacteria in the gut. The most common two forms of probiotics that you are probably familiar with is yogurt, cheese, and other fermented foods, which include two specific helpers: lactobacilli and bifidobacteria.

By eating foods that contain these two forms of probiotics on a daily basis, you can expect to see such benefits as relief from constipation; an improvement in digestion absorption of dietary nutrients and minerals; lowered blood cholesterol levels; better protection from tumor development; and, in some cases, even allergy protection.

Along with all these benefits, probiotics can also take on antibiotic abilities, killing off unhealthy bacteria in the gut. Plus, bifidobacterium has been shown to help boost your immune system's functioning by enhancing the production of the cells that are known to have protective abilities against viral infections.

In any event, if you are over 60, you may want to consider supplementing with probiotics or adding foods rich in healthy lactobacilli and bifidobacteria to help treat and prevent the conditions noted in this article. Speak to your doctor to see what amount of probiotics would be best suited for your needs.

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“Cold, Flu, or Allergy?”



You’re feeling pretty lousy. You’ve got sniffles, sneezing, and a sore throat. Is it a cold, flu, or allergies? It can be hard to tell them apart because they share so many symptoms. But understanding the differences will help you choose the best treatment.

“If you know what you have, you won’t take medications that you don’t need, that aren’t effective, or that might even make your symptoms worse,” says NIH’s Dr. Teresa Hauguel, an expert on infectious diseases that affect breathing.

Cold, flu, and allergy all affect your respiratory system which can make it hard to breathe. Each condition has key symptoms that set them apart.

Source:

<https://newsinhealth.nih.gov/issue/oct2014/fature2>

Symptoms	Cold	Flu	Airborne Allergy
Fever	Rare	Usual, high (100-102 °F), sometimes higher, especially in young children); lasts 3-4 days	Never
Headache	Uncommon	Common	Uncommon
General Aches, Pains	Slight	Usual; often severe	Never
Fatigue, Weakness	Sometimes	Usual, can last up to 3 weeks	Sometimes
Extreme Exhaustion	Never	Usual, at the beginning of the illness	Never
Stuffy, Runny Nose	Common	Sometimes	Common
Sneezing	Usual	Sometimes	Usual
Sore Throat	Common	Sometimes	Sometimes
Cough	Common	Common, can become severe	Sometimes
Chest Discomfort	Mild to moderate	Common	Rare, except for those with allergic asthma
Treatment	Get plenty of rest. Stay hydrated. (Drink plenty of fluids.) Decongestants. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches and pains	Get plenty of rest. Stay hydrated. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches, pains, and fever Antiviral medicines (see your doctor)	Avoid allergens (things that you’re allergic to) Antihistamines Nasal steroids Decongestants
Prevention	Wash your hands often. Avoid close contact with anyone who has a cold.	Get the flu vaccine each year. Wash your hands often. Avoid close contact with anyone who has the flu.	Avoid allergens, such as pollen, house dust mites, mold, pet dander, cockroaches.
Complications	Sinus infection middle ear infection, asthma	Bronchitis, pneumonia; can be life-threatening	Sinus infection, middle ear infection, asthma

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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