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NOW OPEN IN DUBUQUE!!!

Comfort Care Chatter

July Birthdays
Happy Birthday to you!

Candace N.	HCA	CF	7.1
Jodi S.	RN	CF	7.2
Kelly R.	HCA	CR	7.3
Pamela M.	HCA	CF	7.3
Kiara L.	HCA	CR	7.5
Mary K.	LPN	CF	7.6
Laura L.	LPN	CF	7.9
Catherine R.	LPN	CF	7.10
Amy C.	HCA	CR	7.13
Kristy S.	HCA	CR	7.19
Jane B.	HCA	CO	7.20
Theresa M.	RN	CR	7.20
Catrina J.	HCA	CO	7.21
Pam S.	Clin. Sup.	CR	7.21
Amber N.	Sched./HCA	DB	7.22
Connie A.	HCA	CR	7.23
Amani E.	HCA	CO	7.24
Dawn S.	HCA	CF	7.25
Kristin F.	RN	CR	7.26
Korri W.	RN	CO	7.26
Sandra W.	HCA	DV	7.26

July 2017

Also available online at
www.comfortcareia.com



Above: Comfort Care's summer interns, Mackenzie & Matt, worked hard on this beautiful planter for the flower pot challenge at Brown Deer Place in Coralville!



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EVENT SCHEDULE

Mon	Tue	Wed	Thu	Fri	Sat
					1
3 Mallard Point BP @ 9-10 CF BP @Luther Knoll, 9:30am DV	4 Happy 4 th of July!	5 Thunder Ridge BP @ 10:00 CF BP @Legacy @ 2:30 CF BP @Cumberland, 10am DV BP @Oakhill Jackson, 10:30am CR	6 CF Senior Center @9:30 CF Nazareth Lutheran @ 12:00 CF BP @Lowe Park, 11:30am CR BP @Ecumenical Towers, 2:30am CO	7 Mallard BP 9-10 CF Waterloo Senior Center @ 11:45 CF BP @Taylor Renaissance, 10am BP @Jackson Renaissance, 11:30am DV "Staying Social as you Age" @Walden Place, 2:30pm	8
10 Legacy @ 2:30 CF BP @Luther Knoll, 9:30am DV BP @Thomas Place, 10am BP @Walden Place, 9:30am CO	11 CF Senior Center @ 9:30 Fox Meadows @ 10:30 CF Washburn @ 11:30 CF BP @Spruce Hills, 10am DV BP @Ely, 9:30am CR BP @North Liberty Living Center, 2pm CO	12 Senior Connections @ 8:30 CF Thunder Ridge @ 10:00 CF BP @Cumberland, 10am DV Ice Cream Social @Walden Place, 2:30pm	13 CF Senior Center @ 9:30 Evansdale BP @ 11:00 CF	14 Bingo CF Senior Center @ 10:00 BP @Taylor Renaissance, 10am BP @Jackson Renaissance, 11:30am DV Bingo @Hershey Manor, 1pm DV	15 Bingo Mallard Point @ 2:00
17 Bingo Evansdale Senior Residences @ 1:00 CF Legacy @ 2:30 CF BP @Luther Knoll, 9:30am DV	18 CF Senior Center @ 9:30 BP @Spruce Hills, 10am DV BP @Arbor Trail, 10am	19 Thunder Ridge @ 10:00 CF Village Coop @ 10:45 CF BP @Cumberland, 10am DV Craft @Village Place, 2:30pm CR Stories of Nursing @Walden Place, 2:30pm CO	20 CF Senior Center @ 9:30 Dunkerton @ 11:00 CF Renaissance @ 2:00 CF BP @Legacy CR, 10am CR BP @Ecumenical Towers, 2:30pm CO Craft @Arbor Trail, 2:30pm CR	21 BP @Taylor Renaissance, 10am BP @Jackson Renaissance, 11:30am DV Bingo @North Liberty Living Center, 1pm CO Bingo @Ecumenical Towers, 2:30pm	22
24 Walnut Court @ 10:00 CF Legacy @ 2:30 CF BP @Luther Knoll, 9:30am DV BP @Thomas Place, 10am BP @Walden Place, 9:30am CO	25 CF Senior Center @ 9:30 BP @Spruce Hills, 10am DV Bingo @Luther Knoll DV BP @Hawatha Community Center, 11am CR Craft @Legacy Pointe, 2:30pm CO	26 Thunder Ridge @ 10:00 CF BP @Cumberland, 10am DV	27 CF Senior Center @ 9:30 Bingo @Spruce Hills DV	28 BP @Taylor Renaissance, 10am BP @Jackson Renaissance, 11:30am DV Ice Cream Social @Legacy Manor, 2:30pm CR Brain Teasers @Walden Place, 2:30pm	29
31 Legacy @ 2:30 CF					

“Beat the Heat; Tips for a Healthier, Safer Summer”

By: Connor Collins

According to the Centers for Disease Control and Prevention (CDC), extreme heat has caused 7,415 heat-related deaths in the United States since 1999. Those most at risk for heat illnesses and death are the elderly, children, the poor and those with pre-existing medical conditions.

While people of all ages face specific health risks, seniors have particular health risks that need to be understood and monitored, especially in the heat of the summer. As we age, we should be more aware of the potential health risks that are uniquely associated with both our age and the changing seasons. Hot weather is more likely to cause health problems for older adults for a variety of reasons. These reasons include aging-related physical changes in the body, chronic health conditions, and even side effects of taking some medications.

Every summer, nearly 200 Americans die of health problems caused by high heat and humidity. Most of these individuals happen to be age 50 or older. When the temperature climbs above 90°F, older adults need to be proactive and take precautions.

Here are some tips on how to “Beat the Heat” this summer:

- **Drink plenty of liquids.** Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.
- **Avoid caffeinated and alcoholic beverages.** Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.
- **Dress appropriately.** Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.
- **Sunblock.** When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.
- **Stay indoors during extreme heat.** In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
- **Air conditioning.** If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall a friend or relative’s home or a community senior center are all good options.
- **Avoid extreme outdoor heat.** If you need to get out of the house and don’t drive, call a taxi, a friend or a transportation service. Do NOT wait outside for the bus in extreme heat.
- **Take a cool shower or bath.** If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.
- **Keep your home cool.** Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.
- **Signs of heat stroke.** Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.

For many, summer is the most enjoyable season of the year and everyone, including seniors, should reap the benefits of getting outdoors and enjoying the summer sun. It is of utmost importance however to “Beat the Heat” especially if you are over the age of 50. Following the above tips will lead you to a happy, healthy, and safe summer season.

Healthy Eating As You Age

By: Matt Marconi

As we age, our bodies change not just in how they look, but how they work. Your digestion is not as efficient. You may not drink enough water because you don't feel as thirsty as you used to. Food may lose some of its taste for all sorts of reasons, including the medications you may be taking so you simply might not be interested in eating. When these things cause you not to eat well, your once well-oiled machine starts to sputter.

Good nutrition is linked to healthy aging on many levels: It can keep you energized and active as well as fight against slowing metabolism and digestion and the gradual loss of muscle mass and healthy bone as you age. Making healthy diet choices can help you prevent or better manage chronic conditions such as high blood pressure, high cholesterol, and diabetes. Eating a variety of foods from all food groups can help supply the nutrients a person needs as they age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat-free dairy; includes lean meat, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, salt and added sugars.

Here are some recommendations from the Dietary Guidelines for Americans:

Eat fruits and vegetables.

Eat more dark green vegetables such as leafy greens or broccoli, and orange vegetables such as carrots and sweet potatoes.

Vary protein choices with more fish, beans and peas.

Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Have three servings of low-fat or fat-free dairy milk, yogurt or cheese that are fortified with vitamin D to help keep your bones healthy.

Balancing physical activity and a healthful diet is the best recipe for health and fitness.

Some strategies for healthy eating as you age:

Eat every three or four hours. "This keeps energy levels high and keeps appetite hormones in check to avoid overeating," says Kim Larson, RD, of Total Health in Seattle.

Eat protein at each meal. Aim for 20 to 30 grams to help maintain muscle mass.

Choose fish at least twice a week as a source of high quality protein. Other good sources of protein include lean meat and poultry, eggs, beans, nuts, and seeds.

Learn about portion sizes. You may need to scale back on the serving sizes of foods to control your weight.

Cut down on salt. If you're over 51, national recommendations are to eat less than 1,500 milligrams of salt per day. Look for low-sodium foods and season your meals with herbs and spices rather than salt.

Stay hydrated. "Dehydration can cause irritability, fatigue, confusion, and urinary tract infections," Larson says. Be sure to drink plenty of water and other non-caffeinated liquids throughout the day.

And lastly eat a rainbow of foods. Choosing fruits and vegetables of different colors provides your body with a wide range of nutrients.

“Move it, Work it...or Lose it”

By: MacKenzie Crist

The old saying is true, if you don't move it, you'll lose it. Studies have shown there is a significant correlation to the mind-body connection. Our thoughts, feelings, attitudes, and beliefs affect the health of our bodies, and vice versa, what we eat and how we exercise our bodies can impact our mental state and how we ultimately feel about ourselves. Generally, inactivity increases with age. As a result, a loss of strength and stamina can prevent one from their full potential. The good news is exercises come in all sorts of dimensions. Start small and simple- practice stretching or take a walk and gradually build up your endurance. Once you become comfortable, exercises worth trying may include: swimming, light weight lifting, gardening, brisk walking, wall sits, wall push ups, taking the stairs, etc. The possibilities are endless! According to *CDC.gov* “regular physical activity is one of the most important things you can do for your health.” It can:

- Control your weight
- Give you more energy and self confidence
- Reduce your risk of cardiovascular disease
- Reduce your risk of type two diabetes
- Strengthen your bones and muscles
- Improve you mental health and mood
- Improve your ability to do daily activities and prevent falls

Anyone and everyone can benefit from physical fitness, whether you are male, female, 10 years old or 70+ years old. There is always an activity that keeps your body moving while stimulating and strengthening not only your joints and muscles, but also your mind. According to *Better Health.gov* “memory loss can be improved by 30 to 50 percent simply by doing mental exercises. The brain is like a muscle- if you don't give it regular workouts, its functions will decline.” Suggestions to improve your mental fitness include:

- Playing word games, crossword puzzles, scrabble, and cards
- Engage in stimulating conversations
- Read newspapers, magazines, and books
- Keep stress under control with meditation, deep breathing and regular relaxation

As we age it becomes more important to stay in control of our own health. By caring for your mental and physical health, you are not only increasing your longevity, but you are increasing your quality of life.



<p>MAN BOARD</p> <p>man over board</p>	<p>STAND I</p> <p>i understand</p>	<p>READING</p> <p>reading between the lines</p>	<p>MIND MATTER</p> <p>mind over matter</p>	<p>ECNALG</p> <p>backward glance</p>
<p>TOUCH V</p> <p>touch down</p>	<p>DEATH LIFE</p> <p>life after death</p>	<p>GOING DIET</p> <p>going on a diet</p>	<p>LE VEL</p> <p>bi level</p>	<p>CYCLE CYCLE CYCLE</p> <p>tricycle</p>
<p>BAN ANA</p> <p>banana split</p>	<p>NOON LAZY</p> <p>lazy afternoon</p>	<p>R ROAD A D</p> <p>road crossing</p>	<p>PAS</p> <p>incomplete pass</p>	<p>BJAOCKX</p> <p>jack in the box</p>
<p>++</p> <p>double cross</p>	<p>XQQQME</p> <p>excuse me</p>	<p>NAFISH NAFISH</p> <p>tunafish</p>	<p>TIME ABDEF</p> <p>long time no see</p>	<p>YOUR REST</p> <p>your under arrest</p>
<p>DEAL</p> <p>big deal</p>	<p>GESG</p> <p>scrambled eggs</p>	<p>III III O O</p> <p>circles under the eyes</p>	<p>CLOSE CLOSE CLOSE CLOSE</p> <p>foreclose</p>	<p>GROUND</p> <p>6 feet under ground</p>

DID YOU CATCH LAST MONTH'S BRAIN TEASER?
 Here are the answers!
 If you would like to access last month's Chatter, you still can, visit our website at www.comfortcareia.com and click on the "Newsletter" tab to check it out!

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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