

Comfort Care Chatter



April Birthdays

Happy Birthday to YOU!

Fawn W.	Clin. Sup.	DV	4/1
Jan C.	LPN	CF	4/6
Mamie B.	HCA	CF	4/6
Megan D.	HCA	CF	4/12
Sandra J.	HCA	CF	4/18
Brenda S.	HCA	CR	4/22
Melody H.	LPN	CF	4/22
Kelly B.	HCA	CF	4/23
Pen A.	HCA	CO	4/25
Micaela E.	HCA	CR	4/26
Jennifer S.	HCA	CF	4/29
Jessica B.	HCA	CR	4/30

April 2017

Also available online at
www.comfortcareia.com

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Why Choose Home Care?

It is a difficult question that can be summed up with a simple answer: People would rather be treated at home than in a hospital or long-term care facility. And just like hospital care or long-term care, home care is generally covered by insurance.

What type of services can be provided in the home?

There are two types of services that are provided in home care: medical and private duty. Medical care is care which is directed by a health professional and is generally covered by Medicare and private health insurance. In many cases, medical care must be ordered by a doctor and receive an authorization from the insurance provider in advance. The other type of home care is private duty. These are the non-medical services that are necessary for people to stay in their homes and are generally not covered by health insurance.

- Keeps families together
- Supports independence
- More efficient than other forms of health care
- Prevents or postpones institutionalization
- Involves the individual and family in services that are delivered
- Is significantly less expensive

Source: <https://www.iahc.org/For-Consumers/Why-Choose-Home-Care>



Event Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 BP Clinic @ Legacy 2:30 {CF} BP @Luther Knoll {DV}	4 BP Clinic @ CF Senior Center 9:30 {CF} BP Clinic @ Washburn 11:30 {CF} BP @Hiawatha Community Center, 11:00 {CR} BP @NLLC, 2:00 {CR}	5 BP Clinic @Thunder Ridge 10:00 {CF} BP @Spruce Hills 9:00 {DV} BP @Cumberland 10:00 {DV}	6 BP Clinic @ CF Senior Center 9:30 {CF} BP Clinic @ Nazareth Lutheran Church 12:00 {CF} BP @Lowe Park, 11:30 {CR} BP @Ecumenical Towers, 2:30 {CR}	7 BP Clinic @ Waterloo Senior Center 11:45 {CF} BP @Taylor Renaissance 10:00 {DV} BP @Jackson Renaissance 11:30 {DV}	8
9	10 BP @Walden, 9:30 {CR} BP Clinic @ Legacy 2:30 {CF} BP @Luther Knoll {DV} BP @Thomas Place 1:00 {DV}	11 BP Clinic @ CF Senior Center 9:30 {CF} BP @Ely 9:30 {CR} Stories of Nursing @Walden 2:30 {CR}	12 Senior Connections meeting @ 8:30 {CF} BP Clinic @Thunder Ridge 10:00 {CF} BP @Oakhill 10:30 {CR} BP @Spruce Hills 9:00 {DV} BP @Cumberland 10:00 {DV}	13 BP Clinic @ CF Senior Center 9:30 {CF} BP Clinic @ Evansdale 11:00 {CF}	14 BP @Arbor Trail 10:00 {CR} Easter Craft @Walden 2:00 {CR} BP @Taylor Renaissance 10:00 {DV} BP @Jackson Renaissance 11:30 {DV} Bingo @Hershey Manor 1:00 {DV}	15 Bingo @ Mallard Point 2:00 {CF}
16	17 Bingo @ Evansdale Senior Residences 1:00 {CF} BP Clinic @ Legacy 2:30 {CF} BP @Luther Knoll {DV}	18 BP Clinic @ CF Senior Center 9:30 {CF}	19 BP Clinic @Thunder Ridge 10:00 {CF} BP Clinic @ Village Coop 10:45 {CF} Craft @Village Place 2:30 {CR} Scott Community College Career Fair {DV} BP @Cumberland 10:00 {DV} Spruce Hills Bingo {DV}	20 BP Clinic @ CF Senior Center 9:30 {CF} BP @ Dunkerton 11:00 {CF} BP @ Renaissance 2:00 {CF} BP @Ecumenical Towers 2:30 {CR}	21 Bingo @ CF Senior Center 10:00 {CF} BP @ Legacy Manor 10:00 {CR} Bingo @NLLC 1:00 {CR} BP @Taylor Renaissance 10:00 {DV} BP @Jackson Renaissance 11:30 {DV}	22
23	24 BP Clinic @ Walnut Court 10:00 {CF} BP Clinic @ Legacy 2:30 {CF} BP @Walden 9:30 {CR} Craft @Legacy Points 1:30 {CR} BP @Thomas Place 1:00 {DV} Bingo @Palmer Hills 2:00 {DV}	25 BP Clinic @ CF Senior Center 9:30 {CF} Bingo @ Manor Care 2:30 {CF} BP @Hiawatha 11:00 {CR} Craft @Arbor Trail 2:00 {CR}	26 BP Clinic @Thunder Ridge 10:00 {CF} BP @Spruce Hills 9:00 {DV} BP @Cumberland 10:00 {DV} Bingo @Luther Knoll	27 BP Clinic @ CF Senior Center 9:30 {CF}	28 Brain Teasers @Walden 2:30 {CR} BP @Taylor Renaissance 10:00 {DV} BP @Jackson Renaissance 11:30 {DV}	29
30						

The Importance of Physical Activity as You Age

By Brock Daniels



As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow strong allowing you to continue with your everyday activities without becoming dependent on others.

Neglecting to do physical activity can have an adverse effect, no matter your age or health condition. Remember some physical activity is better than none at all. The more physical activity one does increases the benefits received.

* Older adults need at least 2 hours and 30 minutes of moderate-intensity aerobic activity every week (brisk walking) and incorporate muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, abdomen, chest, shoulders, and arms).

Or

* 1 hours and 15 minutes of vigorous-intensity aerobic activity (jogging or running) every week and muscle-strengthening activities again for all major muscle groups.

*An older adult can also combine both moderate-intensity and vigorous-intensity workouts to experience health results.

Aerobic activity means "cardio." Its purpose is to get you breathing heavier and heart to beat faster. From walking the dog, riding a bike, or a dance class; all types of activities count as long as you are doing them for at least 10 minutes at a time.

Besides aerobic activity, you need to do things to make your muscles stronger at least 2 days a week. These activities will help prevent muscle loss as you get older. To gain benefits, muscle-strengthening activities need to be done to the point where it's hard for you to complete another repetition without help.

Physical activity will help you live independently, reduce the risk of falling and fracturing of bones. Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes. It can also help reduce blood pressure in some with hypertension.

Celebrate in April!
4/7 World Health Day
Donate Life Month
Occupational Therapy Month

What is Occupational Therapy?

Occupational therapy practitioners address all aspects of aging, from wellness strategies to treatment. With a focus on function, occupational therapy practitioners help keep older adults independent and safe, reducing health care costs associated with hospitalization and institutional care.

How can it help me?

Stroke: A stroke can cause temporary or permanent paralysis on one side of the body. It can also affect balance, vision, memory, speech, and cognition, and cause other complications such as muscle spasm and pain. For these reasons, people who have experienced a stroke may have difficulty with daily activities (occupations) such as bathing, dressing, and managing a household, and with performing familiar roles (e.g., parent, spouse, employee). Occupational therapy practitioners address the physical, cognitive, and emotional challenges brought on by a stroke, and they can help stroke survivors engage in the things they want and need to do.

Arthritis: Occupational therapy practitioners help people with arthritis live life to its fullest by maximizing their ability to participate in activities (occupations), promoting safety, and enhancing quality of life.

Diabetes: Occupational therapy practitioners can fill diverse roles when working with clients to prevent and manage diabetes, including those who have developed a disability. They can incorporate general diabetes information into their instruction or they can specialize by adapting information to a particular population (e.g., persons with vision loss or amputations) or to a particular topic (carbohydrate counting or physical exercise). Occupational therapy focuses on lifestyle modification, health promotion, remediation of physical and visual impairments, and maximizing self-care independence, all of which are directly and adversely affected by diabetes and its complications. Occupational therapy practitioners focus on helping clients take charge of their diabetes as opposed to being controlled by it, so they can participate in everyday activities.

Source: <http://www.aota.org/>

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

