



The Hot Summer SUN!

Skin Care Advice and Protection for Seniors

With summer now in full swing, it can be tempting to step outside and enjoy the warm weather without first putting on sunscreen. However, without the proper skin and eye protection, the sun's harmful ultraviolet (UV) rays can lead to melanoma or other types of skin cancer, and permanent eye damage.

As we embrace summer, maintain and pinch our fresh herbs from our gardens, attend family and friends cookouts in our yards, and plan our outings use the following tips to protect yourself, especially during these summer months.

Stay Out of Direct Sunlight

Beware of exposing your skin to direct sunlight for prolonged periods of time. The sun is strongest during the middle of the day, between 10 a.m. and 4 p.m.

During these hours, the sun can be the most harmful.

Always Use Sunscreen

Use a sunscreen or sunblock with a sun protection factor (SPF) of at least 15, even on cloudy days. Use a lot of sunscreen and rub it in well. It is most effective if applied 30 minutes before you go into the sun. Apply sunscreen everywhere the sun's rays might touch you, even on your ears and the back of your neck. Men should also apply to any

balding areas on their head.

Protect Your Eyes

Sunglasses and a wide-brimmed hat are the best defenses for your eyes against sunlight and harmful UV rays. To be effective, both must be worn every time you're outside for prolonged periods of time, even when it's overcast.

But what type of sunglasses should you use? The ability to block UV

continued on pg. 2 - 'Hot Summer'

The Dangers of Dehydration and Extreme Heat

We often think of dehydration from fever, illness or heavy exertion. However, hot and humid summer days or overheated rooms in the winter can be dangerous. Overexposure to heat can raise the body temperature and result in dehydration.

According to CMS (Center for Medicare and Medicaid Services), dehydration is one of the ten most frequent reasons for hospital admissions. People over 85-years-old are six times more likely to be hospitalized for dehydration than younger persons. Dehydration can lead to serious complications. Therefore, it

is very important to recognize the signs and symptoms of dehydration as well as things to do to prevent it.

The Importance of Water – Water is vital for life

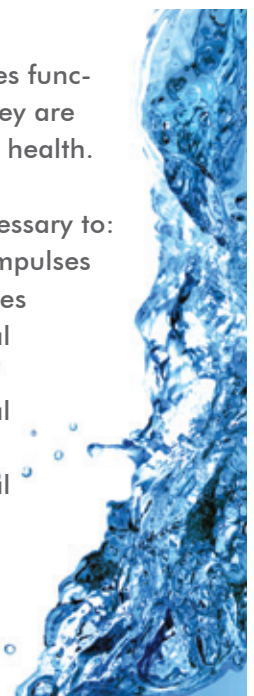
Water and body fluids are necessary for survival. A normal healthy adult can only survive 6 days or less without water. Water is distributed to every cell in the body through different kinds of body fluids. Water is necessary for a proper balance of electrolytes in the body. Electrolytes (sometimes called body salts) are chemical compounds that control bodily functions. Electro-

lytes keep our bodies functioning properly. They are essential to life and health.

Electrolytes are necessary to:

- Control nerve impulses
- Stimulate muscles
- Maintain normal brain function
- Maintain normal kidney function
- Maintain normal heart activity

continued on pg. 3 – 'Heat Dangers'



Recipe of the Month

Pumpkin Chocolate Chip Cookies

Ingredients:

- 1c. Cooked pumpkin
- 1c. Sugar
- ½c. Oil
- 1 egg
- 1 tsp baking soda
- ½ c. nuts
- 2 c. Flour
- 2 tsp baking powder
- 1 tsp cinnamon
- ½ tsp salt
- 1 c chocolate chips
- 1 tsp vanilla

Directions:

1. Combine pumpkin, sugar, oil, and egg. Stir together flour, baking powder, cinnamon, and salt. Add pumpkin mixture with soda and mix well. Stir in chocolate chips, nuts, and vanilla
2. Drop by teaspoonful onto cookie sheet. Bake at 375° for 10 to 12 minutes.

by **Stella Wilhite**

Submit a recipe and be entered in to win a \$25 gift card if your recipe is chosen for the newsletter!

If you have a recipe that you would like featured in our newsletter, please send it to:

Care One Home Care Services
Attn: Jana Hiestand – "Recipe"
3301 W. Bethel Ave.
Muncie, IN 47304

Or submit it via email to:
jana.hiestand@careonehomecare.com
Subject line: "Recipe"

We can put only one recipe in each newsletter, if it's not in the upcoming newsletter; it could possibly be in the next issue. Thank you!

Easy, Clip & Save Recipe!

From your Administrator...

Happy Summer!

I am writing to thank all of you for allowing CareOne Homecare to come into your homes and provide you with services, whether it is nursing or therapy. I would also like to give some tips for those of you that have not been able to experience our wonderful services.

Did you know?

1. Homecare is paid for 100% by Medicare if you have a skilled need and it is a taxing effort when you leave your home for short infrequent durations.
2. You have the Right to Choose the Homecare agency that you want.
3. No Hospital stay is needed to qualify for homecare
4. CareOne will contact your physician and get the order to evaluate and treat you
5. Our Speech Therapist performs a cognitive test to help differentiate between dementia and Alzheimer's
6. We are serving 11 Central Indiana counties, and plan on expanding in 2012.

Again thank you for your loyalty to CareOne Homecare. Please consider us for any future needs that may arise.

Sincerely,

Kathy Smith

Administrator

Hot Summer *continued from pg. 1*

light is not dependent on the darkness of the lens. UV protection can come from adding chemicals to the lens material during manufacturing or from a chemical coating applied to the lens surface.

In addition to the damage caused by repeated sun exposure overtime, you need to protect your eyes from acute damage caused by

a single day in the sun. Excessive exposure to ultraviolet light reflected off pavement can burn the eye's surface.

Similar to sunburns, eye surface burns usually disappear within a couple of days, but may lead to further complications later in life.

Information taken from www.aao.org and www.familydoctor.org.

7 Strategies to Preserve and Enhance Memory

1. Keeping your blood pressure below 120/80 mmHg. Avoiding hypertension (ie: over 140/90 mmHg) protects against ischemic attacks, the “silent strokes” that kill brain cells.

2. Regular aerobic exercise lowers blood pressure, seems to help grow fresh neurons, preserves the brain cells you have—all resulting in better cognitive function.

3. A balanced diet improves your alertness and energy. Eat low-fat dairy products and 9 daily servings of fruits and vegetables. Flaxseed, mackerel, wild salmon, sardines, trout, and walnuts are rich in brain-friendly omega-3 acids.

4. Alcohol in moderation translates to a daily limit of 4 ounces of wine, or 1 ounce of liquor or (not “and”) 10 ounces of beer, ideally taken with meals.

5. Question your prescriptions. Have you noticed any loss of memory? Are you regularly taking drugs for anxiety, pain or discomfort, high blood pressure, Parkinson’s, thyroid condition, or ulcers, ask your doctor about changing your dosage.

6. Enough sleep. Get about 45 minute’s sleep for every two hours you stay awake, to escape stressful sleep deprivation that can impair your concentration, learning and memory.

7. Regular mental challenges may strengthen synapses between cells in your hippocampus, where your brain distills short-term thoughts and experience into long-term memories. Learning a new language, playing chess, and practicing a musical instrument all keep your gray matter from turning old and rusty. Reading, studies show, is one of the most effective stimuli. Even if these activities don’t ward off dementia, they’ll definitely lower your risk of depression by boosting your enjoyment of everyday life!

From *The Johns Hopkins Memory Bulletin*, **Memory Boosters** by Peter V. Rabins, M.D., M.P.H.

Heat Dangers *continued from pg. 1*

Aging increases the risk of dehydration

Older people are at high risk for dehydration. Some conditions that increase the risk of dehydration include:

- The common cold
- Any viral or bacterial infection
- Urinary tract infections (UTIs)
- Pneumonia
- Bronchitis
- Wounds with drainage
- Pressure sores

Signs and Symptoms of Dehydration

The first symptom of potential dehydration is decreased fluid intake. It only takes a short time for an older person to become dehydrated once fluid intake is decreased. Signs and symptoms of actual dehydration include:

- Thirst
- Low urinary output
- Constipation
- Headache
- Increased agitation
- Lethargy and difficulty waking
- Increased confusion or restlessness
- Fever (*an especially serious danger sign*)
- Skin Turgor (*skin is slow to return to its normal shape if pinched*)
- Failure to void for eight hours
- Increased dryness of skin
- Cracked lips
- Flushing (redness) of skin
- Fatigue
- Dark urine

What Can You Do to Prevent Dehydration?

The number one preventative measure is to keep fluids accessible at all times. Seniors, youngsters and sick people should have easy access to clean fresh cold water. Keep a supply of water at arm’s reach at all times.

Know the Terms

Heat Wave: A long period of high heat, often with high humidity.

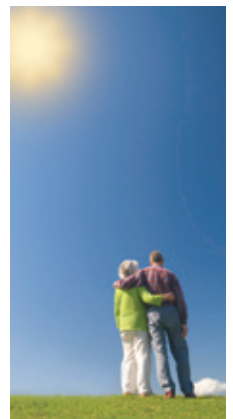
Heat Index: How hot it feels when humidity is added to the air temperature. *Note: being in full sunshine can increase the heat index by 15 degrees. Shade is a valuable tool to combat heat.*

Heat Cramps: Muscle pains and spasms from working too hard in the heat. They are often the first signal that the body is having trouble with the heat.

Heat Exhaustion: A serious illness caused by severe heat. It is more common than you might think. This condition can easily be corrected and symptoms relieved within 30 minutes if treated quickly with fluids, rest and cooling down. People with low endurance can get symptoms of heat exhaustion from even normal activities. Symptoms of heat exhaustion include:

- Heavy sweating, dizziness

- Muscle cramps
- Weakness
- Headaches
- Nausea, fatigue
- Anxiety, fainting
- Cold, pale, clammy skin
- Weak but rapid pulse
- Low blood pressure
- Disorientation



Heat Stroke: If fluids are not replaced soon enough, heat stroke can occur. This condition is not very common, but it is very serious. With heat stroke, the body’s cooling system is overwhelmed and body temperature rises quickly. The condition may result in tissue and brain cell damage. It can even lead to death if not treated quickly. Heat stroke can occur if heat exhaustion is ignored or not treated.

If you observe any of the signs and symptoms listed above, seek medical help as soon as possible. **The best defense against heat-related illness is prevention.** Staying cool, drinking plenty of fluids, wearing cool clothing and pacing activities are keys to staying healthy in hot weather.



Toll Free:

1.877.227.3150

Phone: 765.289.7531

Fax: 765.289.7533

Recover At Home With Us

We love hearing from you! Please contact us with your questions, comments, or feedback!

Please email any home healthcare questions to:

Jana Hiestand

Director of Business Development

Ph: **765.289.7531**

Fax: **765.289.7533**

Email: [jana.hiestand@](mailto:jana.hiestand@careonehomecare.com)

careonehomecare.com

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SUN BEAMS

SUNSHINE

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