



Meals-On-Wheels Newsletter

Promoting optimal health, quality of life and independence through improved nutrition, quality of diet and socialization opportunities.

OCTOBER 2017

SEPTEMBER NUMBERS

DINING ROOMS

Meals served: 3548

New seniors : 13

Unduplicated YTD: 575

Average Donation: .74

HOME DELIVERY

Meals served: 5341

New seniors: 16

Unduplicated YTD: 384

Average Donation: 0.43

IT'S NOT "JUST THE FLU"

Influenza, or the "flu", is a contagious respiratory illness. Older adults and young children, and people with certain health conditions are at high risk for serious flu complications, including bacterial pneumonia, ear infections, sinus infections, and dehydration.

The best way to prevent the flu is by getting a flu shot every year. Other ways to help stop the spread of flu viruses are:

- Wash your hands with soap and water, especially after sneezing/coughing
- Cover your mouth and nose with a tissue when sneezing/coughing and throw the tissue in the garbage immediately
- Avoid close contact with people who appear to be sick
- Stay at home and avoid contact with others if you have flu-like symptoms

If you or someone you care for has:

- Fever
- Chills
- Body aches
- a sore throat
- Cough
- Other symptoms of the flu, contact your healthcare provider immediately.

A healthcare provider can prescribe medications known as "anti-virals" to help your body fight the virus. These anti-viral medications work differently than vaccines or antibiotics, and they need to be taken according to your healthcare provider's directions. They work best if they're taken early, so call your healthcare provider as soon as you have symptoms of the flu.

If you think you might have the flu, be sure to take these additional precautions:

- Stay home until it's been seven days since your symptoms began. This helps prevent the spread of the flu.
- Get enough sleep and drink plenty of fluids to help your body fight the virus.
- Look out for emergency warning signs and call 911 immediately if you have a prolonged fever, difficulty breathing, severe or persistent vomiting, and/or pain or pressure in your chest.

www.healthinaging.org/

Happy Veterans Day!



What are YOU
Thankful For?



We all have minor problems with memory and understanding as we get older, but some older adults develop more serious concerns like delirium. **Delirium** is a term meaning "sudden confusion," and it refers to an **abrupt, rapid change in mental function that goes well beyond the typical forgetfulness of aging**. Family members and friends can play a key role in recognizing and preventing delirium. Here's how...

Know How Delirium Starts

Some causes of delirium can be reversed. Sometimes, for example, delirium can result from:

- Starting **new medications or changing current medication** doses.
- **Stopping medications** that you may have been on for a long time.
- Stopping regular use of **alcohol or sleeping pills**.
- Experiencing **certain health concerns** that may impact our mental well-being, such as pain, constipation, thyroid problems, infections, dehydration, stroke, and some types of heart problems.

Know What Delirium Looks Like

Delirium can come and go, and symptoms can change quickly. Be sure to **report any of the following warning signs** right away:

- Confusion
- Frequent mood swings
- Memory loss
- Sudden changes in personality or emotional state
- Decreased attention/concentration
- Hallucinations
- Insomnia or changes in usual sleep patterns
- Slower or unusually restless movements
- Changes in speech (such as saying things that don't make sense)

Know What to Do to Manage & Prevent Delirium

In addition to watching for changes in behavior or alertness, you can take the following proactive steps to reduce the risk that you or someone you know might become delirious:

- **Stay with an older person as much as possible to offer comfort and familiarity**, especially if they are in a hospital or unfamiliar setting.
- **Keep eyeglasses, hearing aids, and dentures handy**. Not having these can leave an older person disoriented and less able to function.
- **Encourage physical activity, games, and conversation**. These pastimes can help us stay alert and relaxed.
- Health status and certain treatments can impact mental well-being, so **bring lists of your medications and health concerns** to appointments and hospital visits.



Happy Fall everyone! Just a reminder that we will be closed Friday Nov. 10th in observance of Veteran's Day, and Thursday Nov. 23rd and Friday Nov. 24th in observance of Thanksgiving. All of our dining rooms will be open on Wednesday Nov. 22nd and we will be serving a traditional Thanksgiving lunch, we will also be delivering meals to people on our home delivery program the same day. Happy Holidays!

