



CareAtHome & CareAtHome Preferred

# The Care Giver News

May / June 2018

## National Nurse's Day – May 6th

National Nurses Day is celebrated annually on May 6 to raise awareness of the important role nurses play in society. It marks the beginning of National Nurses Week, which ends on May 12, the birthday of Florence Nightingale.

National Nurses Day and National Nurses Week are observances but they not public holidays in the United States.

### Background

May 12, the final day of National Nurses Week, is the birthday of Florence Nightingale (1820-1910). The English nurse became known as the founder of professional nursing, especially due to her pioneering work during the Crimean War (1853-1856). Due to her habit of making rounds at night, Nightingale became known as "The Lady with the Lamp". National Nurses Week was first observed in October 1954, the 100th anniversary of Nightingale's mission to Crimea. May 6 was introduced as the date for the observance in 1982.

We can all take pride in the fact that the public has rated nursing as the most honest and ethical profession for the past 16 years. Their commitment to protecting, promoting, and improving health care for all is well recognized, and they serve the public in a wide range of roles and work settings. It is only fitting that we take one week each year to celebrate the nursing profession and the vital roles nurses play in health care.



## What's Happening

### MAY:

- 1: CPR/First Aid 1-4pm (Arnold)
- 3: Nat'l Day of Prayer
- 5: Cinco de Mayo
- 6: Nurse's Day
- 13: Mother's Day
- 19: Hole-In-The-Wall FUND RAISER  
Armed Forces Day
- 24: CPR/First Aid 4-7pm (Arnold)
- 28: Memorial Day

### JUNE:

- 1: National Donut Day
- 5: CPR/First Aid 3:30-6:30p (FoxChapel)
- 6: D Day Observance
- 14: Flag Day  
CPR/First Aid 9:30a-12:30p (Arnold)
- 17: Father's Day
- 18: International Picnic Day
- 21: Summer Solstice
- 28: CPR/First Aid 1-4pm (Arnold)

*There are special people in our lives who never leave us,  
Even after they are gone." -- D. Morgan*

### **In Memoriam:**

Richard Boulden  
Raymond DeMichiei  
Terry Hartford  
Robert Ramser

Raymond Damico  
Richard Garboden  
Clarence Miller

**STATE MANDATED SKILLED CAREGIVER TRAINING & ANNUAL CAREGIVER MEETINGS** were held in March and make up sessions were held on April 18.

If you did not participate in any of these sessions, you **MUST** contact the office as soon as possible.

All caregivers **MUST** complete / pass an annual competency exam in order to remain working on the registry.



### 3 Ingredient Peanut Butter Cookies!



*In honor of National Peanut Butter Cookie Day (June 12), we thought you may enjoy a simple recipe!*

#### **Ingredients:**

1 Egg                      1 Cup of Peanut Butter                      1 Cup of Sugar

#### **Directions:**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix peanut butter, sugar, and egg together in a bowl using an electric mixer until smooth and creamy. Roll mixture into small balls and arrange on a baking sheet; flatten each with a fork, making a criss-cross pattern.
3. Bake in the preheated oven for 10 minutes. Cool cookies on the baking sheet for 2 minutes before moving to a plate.

### CONGRATULATIONS TO CAREATHOME!

CareAtHome was recently awarded the 2017 Bronze "Reader's Choice" award by the Tribune Review.



Thank you to all who voted for us and to our families for allowing us to come into your homes to care for your loved ones and to our caregivers for providing compassionate, quality care.

### BENEFITS OF PHYSICAL ACTIVITY – AT EVERY AGE!



As we age, our bodies take a little longer to repair themselves, but moderate physical activity is good for people of all ages and ability levels. In fact, for most people, the benefits of exercising regularly far outweigh the risks. Even older individuals with chronic illnesses can find ways to work out safely. Many medical conditions can be improved through physical exercise, including Alzheimer's disease, other forms of dementia, heart disease, diabetes, constipation, high blood pressure and obesity.

Regular exercise provides a myriad of health benefits, including improvements in blood pressure and blood sugar management, reduced amounts of lipids in the blood, better bone and joint health, and long-term preservation of neuro-cognitive function.

#### ***Other positive effects of physical activity include:***

- A Boosted Immune Function
- Better Respiratory and Cardiovascular Function
- Strong Bones
- Improved Gastrointestinal Function
- Protection Against Chronic Conditions. Exercise is vital for helping individuals with conditions like dementia and Parkinson's disease to maintain their balance and coordination and extend their functional independence.

#### ***What Exercises Can Seniors Do?***

- **Aerobic and Endurance Exercises** (e.g., Walking, stationary cycling and swimming are all examples of cardio/endurance exercises. If tiring easily is an issue, break down your exercise into a couple of 10 minute periods throughout the day).
- **Strength and Resistance Training** (Bodyweight exercises or calisthenics; e.g., lunges, sit-ups, leg raises, etc.). Strength training helps prevent the loss of bone mass and improves balance.
- **Stretching and Flexibility Exercises** Help muscles warm up and cool down gradually, improves and maintains flexibility, prevents injury, and reduces muscle soreness and stiffness.

Before beginning or resuming an exercise regimen, it's always advisable to discuss it with a physician first. Your doctor will make recommendations regarding appropriate physical activities and those that should be avoided.

## Top 10 Travel Tips for Seniors:

Most seniors in today's world enjoy traveling to almost any destination. Accordingly, here are a few extra safety precautions to help avoid potential misfortunes. Planning a fun, safe, and comfortable trip is simple and easy to do!



**1. Select an Aisle Seat:** Whether it's a short or long flight, you don't want to have to negotiate with your seatmates when you need to stretch, use the restroom, or ask the flight attendant a question. The freedom to move about is less restricted from an aisle seat. If you are traveling with another person, choose seats that are across the aisle from each other, so you can be nearby and still have equal mobility.

**2. Keep Medicines Handy:** Travelers should always have several days' worth of their important medications in their carry-on and keep them handy, in their seat (to avoid

having to get up and dig in your bag in the overhead bin).

**3. Print and Share Your Travel Documents:** Print and/or have your travel documents handy. (If you have a smart phone, take photos of the documents to avoid the extra paper!) Share information with family members you will be visiting. Have copies of your travel insurance, your passport ID page, your visas, emergency contacts, and medical information with you. If your flight is canceled, your passport is stolen, or your prescriptions are lost, you can refer back to your copies/photos.

**4. Know What to Expect on Your Trip:** Get as much information as you can about your travel, including flight information, etc. to avoid unexpected surprises.

**5. Navigate the Airport with Ease:** Get to the airport with time to spare so that you aren't rushed as you find your way to the right terminal/gate. Try to avoid walking very long distances and if you need help, arrange for a wheelchair or assistance ahead of time.

**6. Skip the Alcohol and Drink Lots of Water:** Flying at high altitudes can cause dehydration. Have a water bottle with you and fill it at one of the airport cafes after you pass through security. Keep sipping the water throughout your flight. Drinking water has the added benefit of getting you up and moving too – even if it's just to the restroom!

**7. Don't Be Afraid to Ask Crew Members for Help:** While flying don't hesitate to ask for help lifting your bag into place, requesting a blanket or getting a cup of water.

**8. Have Healthy Snacks On Hand:** Have a few healthy snacks on hand (e.g., nuts, sliced fruit, or energy bars). Pack your snacks in plastic zippered bags, so they don't leak in your bag, and be sure they are handy so you don't have to retrieve your bag from the overhead bin.

**9. Stand Up and Stretch Often:** One of the most critical risks for senior travelers is DVT or deep vein thrombosis – it can cause death during and after a long flight simply because a person did not move about or stretch often. When you are cramped in an airplane flying for many hours, it's critical to wriggle, stretch, stand, and even move about when you can.

**10. Get Help with Your Luggage:** Unless you are traveling very light, get help with your luggage. Take it easy on yourself. Ask another passenger to grab your bag and if you don't have family at the luggage point, get a porter to load your bags into the taxi or hotel van.

## Most Frequent Items People Forget to Pack!

- 1) Money Belt (yes, they are back in style!)
- 2) Chargers for phones, computers, cameras, iPads, etc.
- 3) Maps/Language Books (if traveling outside the U.S.)
- 4) Voltage converter (if traveling outside the U.S.)
- 5) Glasses and/or contact lens (and don't forget the cases)
- 6) Universal plug adapter
- 7) Drivers License
- 8) Camera & Memory Card(s)
- 9) Printouts of reservations (or take photos with your phone)
- 10) Copies of travel documents (hotel/car reservations, etc.)



**June is National Aquarium and Zoo Month!** Summer is coming and it's a great time to get out and visit the Pittsburgh Zoo & PPG Aquarium.

Did you know that 175 million people visit U.S. Zoos and Aquariums each year and their popularity is growing as more and more people are coming to appreciate the real value these facilities add to conservation and education. For most of us, this is the only opportunity we get to view animals up close. That's why many Zoos and Aquariums offer excellent teaching resources for students and educators.



Next to education, conservation is a key mission for Zoos and Aquariums. Noted naturalist and animal enthusiast Jack Hanna recently wrote a column discussing their critical role in protecting species and conservation efforts. We've been covering and will continue to cover facilities' conservation projects, like, SeaWorld's ongoing efforts to rescue and rehabilitate sea lions along the California coast.

From May 26 to September 3, the Pittsburgh Zoo & Aquarium is bringing back the Dinosaur Exhibit. You can visit the replica dinosaurs tucked away in the old train area in the Zoo daily between 9:30am-5:00pm. The dinosaur experience features life-sized, realistic dinosaurs among exotic and native foliage. The stunning backdrop of forest and jungle plant life instills a sense of wonderment of a very different planet of the past.

Beyond the dinosaurs, you can see, touch, and feel replica artifacts that represent the archetypes by which our world now knows the lost giants. There's also a hands-on fossil dig for kids (both big & small).

All ages will enjoy! **SPOILER ALERT** – If you are bringing children, there are gift shops at the end of the trail!

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