

Sierra Home Health Care

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"There's No Place Like Home"

Volunteers Needed

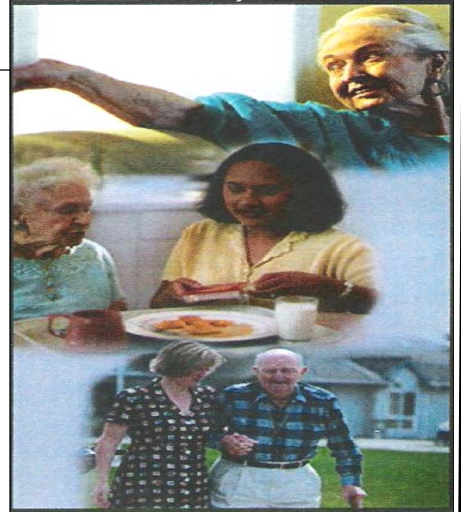
Special Advocates for Elders advocate for people ages 60 and older who might have suffered neglect, abuse or exploitation; who might be caught in family conflict; or who might not have family or friends available to help provide companionship, support and a better quality of life. Some elders are limited in mental skills or physical abilities, so volunteers interact with family members, care facility personnel and others for the elder's benefit. Contact SAFE for more information. Applications for training program are now being accepted.

Warning Signs of Stroke

Now doctors say any bystander can recognize a stroke by asking four simple questions:

- Ask the person to SMILE
- Ask the person to repeat a simple sentence
- Ask the person to raise both arms above their head
- Ask the person to stick out his tongue.

If the person cannot perform the first three immediately call 911. If the tongue lies to one side it is a sign of stroke. Call 911.



Cranberry Cooler

Mix 2 parts cranberry juice with 1 part club soda. Add a squeeze of lemon, ice cubes, and a mint leaf. Cranberries are good for your kidneys and bladder.

Urinary Tract Health

"People who feel positively think differently. They think better"
By Deborah Norville, author of *Thank You Power*

The urinary tract includes, kidneys, bladder, and urethra.

To avoid urinary tract infections:

- ° Drink lots of liquids
- ° urinate when you have the urge, don't hold it
- ° take showers instead of baths

° wipe from front to back so bacteria from anus doesn't enter urethra.

Symptoms of a UTI may include:

- ° the frequent urge to urinate
- ° painful and burning sensation when urinating
- ° feeling tired, shaky, or washed

- out
- ° a fever could mean the infection has reached the kidneys
- ° pain in the back or side below the ribs
- ° nausea and vomiting
- ° cloudy urine

This Month's Tip for Stimulating the "memory banks"

° Establish Routines

When one task is remembered, it triggers a series of memories that help recall the other things that also need to be done.

° **Written checklists** are also terrific for remembering tasks that have multiple steps. Make routine use of wipe-off boards, Post-its and calendars.

° **Carry a small notebook** for jotting down reminders.

° **Other helpful routines** include parking the car in the same basic location at the store on each visit and always returning items, such as car keys and eyeglasses, to the same place.