

# Newsletter

**Our Services May include**

**But are not limited to:**

In-Home Care Services

Homemaker Services

Personal Care

Respite Care

Transportation

Alzheimer's/Dementia Care

Concierge/Companionship

Medical Social Worker

## 3 STEPS TO FIGHT THE FLU SEASON THIS YEAR

It is that time of year again! The Center For disease Control and Prevention has three steps which will help prevent you from contracting the flu this year.

**1. The CDC recommends a yearly flu vaccine as the first most important step in protecting against the flu viruses.**

A: Studies show there are many different flu viruses and the flu vaccine will protect you against the three viruses that were studied to be the most prevalent.

B: The CDC recommends that people with chronic health conditions and people 65 years and older get vaccinated.

**2. It is important to take daily preventative actions to stop the spread of germs.**

A: If you are sick with flu like symptoms the CDC recommends that you stay home for at least 24 hours after you're fever is gone except to get medical care.

B: Cover nose and mouth when you sneeze or cough.

C: Wash your hands with soap and water frequently.

D: Avoid touching your eyes, nose mouth-germs are spread this way.

E: Clean disinfect surfaces, objects that may be contaminated with germs like the flu.

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*"The CDC recommends that people with chronic health conditions and people 65 years and older get vaccinated." – The Center for Disease Control and Prevention*

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If you need help finding answers to your important home care questions, contact us:

Phone: 1-866-297-6962

[www.carepointinhome.com](http://www.carepointinhome.com)

**3. If you get the flu antiviral drugs can treat your**

A: Antiviral drugs are not antibiotics, they are prescription medicine and are not available over the counter.

B: If your Doctor does prescribe you an antiviral drug while you have the flu I can make the illness milder, shorter and prevent serious complications.

## A FEW COPING SKILLS FOR STRESS MANAGEMENT

Over time Chronic stress and anxiety can sometimes wreak havoc on aging adults; weakening the immune system and causing other serious health problems if left untreated. At Carepoint In-Home the medical social worker understands one of the best ways to manage your stress is to learn healthy coping strategies. She has some great tips for you to begin practicing today!

1. Write 10 minutes a day using words to describe your feelings and action steps to describe how you would like to solve the stressful situation. This writing format will begin to give you a sense of empowerment over your problems because you not only explore the emotions behind the stress you also formulate a plan of action to cope with the stressful situation for the future and manage the physiological response you have when you become stressed.
  2. Find someone who will keep your information confidential and talk with them about your feelings. You can pick a social worker, Care Aide, family member, clergy member, counselor and friend. Express why you are stressed what you are feeling and do not forget to tell them what coping skills you will use to help reduce your stress!
  3. Meditate: close your eyes for 3 minutes each day and focus on your breathing. Use guided imagery (which means you imagine your self in any setting that helps you feel calm/relaxed) like a forest or ocean.
- These are just a few coping skills you can practice daily which will relieve stress and help your immune system.

### FOOD FOCUS OF THE MONTH



Spinach helps keep your immune system healthy! It is a good source of Vitamin A, Vitamin C, Vitamin E, and Zinc. The Academy of Nutrition and Dietetics recommends that you get the most out of spinach by buying it fresh or frozen.

### STEWED CHICKEN SOUP RECIPE



1 2 ½ to 3 pound broiler-fryer chicken cut up

3 stalks celery cut up

2 carrots cut up

1 large onion quartered

2 sprigs parsley

1 teaspoon salt

½ teaspoon dried thyme, sage, or basil crushed

2 bay leaves

1 teaspoon instant chicken bouillon granules

6 cups water

Put all ingredients in crock pot with 6 cups water and put on high heat for 6 hours. Add noodles

### HOW TO WASH YOUR HANDS TO AVOID GETTING THE FLU



1. Wet your hands with warm running water.
2. Lather with soap and scrub between fingers, back of hands, and under nails.
3. Wash hands for 20 seconds.
4. Dry hands with clean towel
5. Turn off tap with clean towel.