

“Home Recipes” August 2014

It's Just Good to Be Home!

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9 Tips for Living with Pain

Teresa Dews, MD, a **Cleveland Clinic** pain management specialist, says that patients who expect passive miracles do not improve as much as patients who actively participate in their health and focus on healthy lifestyles. She offers these tips for managing chronic pain:

1. Discuss your pain concerns with your doctor.
2. Learn as much as you can about your diagnosis and condition.
3. Build in rest breaks, exercise and relaxation times into your daily schedule.
4. Learn how to relax through deep breathing and other stress management techniques.
5. Set achievable goals and don't overdo it on good days. Pace yourself.
6. Engage in positive self-talk (e.g., “I feel energetic and strong”).
7. Decrease or eliminate alcohol consumption. Pain often disrupts sleep, and alcohol can further disrupt the sleep cycle. Alcohol should not be taken with most medications prescribed for pain.
8. Join a chronic pain support group that focuses on education and advocacy.
9. Quit smoking. Cigarettes decrease circulation and can impede healing and are a risk factor in the development of many diseases that are associated with chronic pain.

“**Home Recipes**” is a quarterly newsletter published for customers of NC/SC/KY Home Care Agencies who provide Companion/Sitter services or other In-home services and are members of their state Home Care Association. The newsletter is provided for informational purposes only and is not intended to provide medical advice. © Copyright AHHC

Emergency Preparedness from the American Red Cross:

The Importance of a Personal Support Network

The American Red Cross recommends that senior citizens create a personal support network made up of several individuals who will check in on you in an emergency, to ensure your wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors. Ideally, a minimum of three people can be identified at each location where you regularly spend time, for example at work, home, school or volunteer site.

There are seven important items to discuss and implement with a personal support network:

1. Make arrangements, prior to an emergency, for your support network to immediately check on you after a disaster and, if needed, offer assistance.

2. Exchange important keys.

3. Show them where you keep emergency supplies.

4. Share copies of your relevant emergency documents, evacuation plans and emergency health information card.

5. Agree on and practice methods for contacting each other in an emergency. Do not count on the telephones working.

6. You and your personal support network should always notify each other when you are going out of town and when you will return.

7. The relationship should be mutual. You have a lot to contribute! Learn about each other's needs and how to help each other in an emergency. You might take responsibility for food supplies and preparation, organizing neighborhood watch meetings and interpreting, among other things.

Medicare is insurance for the elderly and disabled. There are several parts to Medicare and many choices to be made by the consumer. To assist in these decisions, the state of South Carolina and the Federal government have put together a program call the **State Health Insurance Program (SHIP)** or alternately known as the Insurance Counseling Assistance and Referrals for Elders program (I-CARE). What it means to consumers is there are people throughout the state who can provide health insurance counseling for Medicare, Medicare Supplement, Medicare Savings program, Medicare Prescription Drug Plans, Medicare Advantage Plans and Senior Medicare Fraud programs.

If you would like help with Medicare information and Part D enrollment, contact the [SHIP counselor for your area](#). For more information regarding the SHIP contact in your specific region you can call:

The Lieutenant Governor's Office
on Aging:

Phone: (803) 734-9900
Toll Free: (800) 868-9095

**"Live each season as it passes;
breathe the air, drink the drink,
taste the fruit, and resign
yourself to the influences of
each." ~Henry David Thoreau**

Nutrition Basics- From the Mayo Clinic Staff

Do you feel like you can't keep up with the latest nutrition news because it's always changing? While it's true that what is known about nutrition and diet is evolving, there are some nutrition basics that can help you sort through the latest research and advice.

Mastering nutrition basics comes down to understanding the roles that specific nutrients play in a healthy diet. Want to go beyond the nutrition basics? Talk to your doctor or a dietitian for personalized dietary advice that takes into account your health status, lifestyle, and food likes and dislikes.

Healthy Diets

Do you want to adopt a healthy diet but aren't sure where to start? As you consider the parade of healthy diets in magazines and cookbooks, make sure to look for one that:

- Includes a variety of foods from the major food groups: fruits, vegetables, whole grains, low-fat dairy products, and lean protein including beans and other legumes, nuts and seeds, and healthy fats
- Provides guidelines for how much food to choose from each group
- Includes foods you can find in your local grocery store — rather than specialty or gourmet store items
- Fits your tastes, lifestyle and budget

Also consider your health risks. For example, do you have high cholesterol or high blood pressure? If so, be sure to follow a diet that's low in salt, saturated fat and cholesterol, and high in fruits, vegetables, whole grains and healthy fats. For personalized advice, talk with your doctor or a dietitian.

“Home Recipes” – from the AHHC “Our Home to Yours” Cookbook!

Mandarin Orange Salad:

Ingredients:

1 small container cottage cheese
1 0.3 oz. package of sugar free orange jello
1 small carton cool whip
2 small cans mandarin oranges
½ cup chopped pecans

Mix the dry jello with cottage cheese. Drain the juice from the oranges. Mix all remaining ingredients together. Spread evenly in an 8x8 inch dish. Refrigerate at least 1 hour or overnight.



4 Ways To Be Smart and Safe with Medicines*

1. Tell Your Health Care Team Important Information



- **All medicines** you are taking including:
 - Prescriptions
 - Medicines you can buy without a prescription, such as aspirin, antacids, laxatives, allergy medicine, and cough medicine
 - Vitamins, herbals (such as St. John's Wort or Gingko Biloba), and diet aides
- **Any allergies** (such as medicines or foods) or **problems** when taking a medicine.
- **All medical problems** you have, like diabetes or high blood pressure.
- **Any issues with paying for medicines** because there may be other medicines that cost less and will work the same.

2. Get the Facts about Your Medicine



- **Ask questions** about your medications to your doctor or nurse.
- Ask your doctor to write down why you need the medicine... for example, not just "take once a day" but "take once a day for high blood sugar."
- Asking questions now may prevent problems later.



3. Stay with Your Treatment Plan

Now that you have the right medicine, you'll want to take the medications as they are ordered, but that is not always easy. Medicines may cause side effects. Or you may feel better and want to stop before finishing your medicines.

- **Take all the antibiotics** you were prescribed. If you stop taking them before finished, the infection could come back and be harder to treat.
- **Ask your doctor** if your prescription needs to be **refilled**. You may need your medicine for a long time.
- **Tell your doctor** if you are having **side effects or other concerns**.
- Your medicine was prescribed only for you. **Never give** your medicine to anyone else **or take** medicine that wasn't prescribed for you.
- **Ask if you need blood tests** to see if the medicine is working, if it is causing any problems, and if you need a different medicine. **Ask your doctor** to tell you what the tests showed.

4. Keep a Current List of Your Medicines

- **Ask your health team** to help you write a list.
- Keep the list up to date with all changes.
- **Include all:**
 - Prescriptions
 - Non-prescription medicines
 - Vitamins
 - Herbal and diet aides and/or supplements



More medication safety information for patients and caregivers and a wallet card:
<http://www.ahrq.gov/consumer/safemeds/yourmeds.pdf>

*Information adapted from: <http://www.ahrq.gov/consumer/safemeds/yourmeds.htm>