

# SarahCare®

*Experienced Care, Delivered with Love*

Wow, where did the year 2010 go? It is hard to believe that 2011 has arrived! Usually this time of year we committ to living a healthier life.

As a caregiver, the best way to care for your loved one is to take care of you! Make your health a priority — and know when it's time to take a break from caregiving.

- Set aside personal time to do things you enjoy and things you need to get done.
- Eat a nutritious diet that is low in saturated fat and includes plenty of fresh fruits, vegetables and whole grains.
- Get enough sleep.
- Get regular exercise.
- Take a break.

To maintain your physical and mental health, it is essential to periodically take time off from caregiving responsibilities. Respite care programs are available to provide temporary care.

We are here to help. So if you would like to find respite care, our staff will help coordinate this for you and your loved one. SarahCare has teamed up with some partners that will provide a discount to our families.

So reach out and let us help!

**HAPPY NEW YEAR FROM ALL OF US AT SARAHCARE!**

*Deborah*



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# Newsletter

## *staff corner*

Colleen Wold Hiebeler, the singer/guitar player who visited SarahCare last month was fantastic! Our loved one's had a fabulous time singing along with Colleen.

Colleen's show is a great show filled with songs and laughter--pure fun and entertainment for young and old alike! The show includes upbeat songs for singing and moving. Sing-long songs like: Shine on Harvest Moon, The Gambler, Blue Suede Shoes, I Believe, Beer Barrel Polka and The Tennessee Waltz. You can even dance sitting down!

She has over 12 yrs experience in recreational therapy. Also, she was the opening act for Wayne Newton, Rich Little and Loretta Lynn. Back home in MN, she would love to entertain you! For information call: 612-770-9089



*Brooke Hansen*  
LPN

### **Topic: Pneumonia in the Elderly**

Here at the center and in the community, pneumonia occurrences have been increasing. Please be aware! Prevention is key and shouldn't be taken lightly. Pneumonia is caused by bacteria, viruses, fungi, and other organisms. When a person has pneumonia, blood flow decreases to one or both lungs, meaning oxygen levels in the blood decrease. When oxygen levels decrease, the effects of it are felt all throughout the body not just the lungs, and many complications can occur.

## *nurse brooke's health tips*

Low blood pressure, kidney problems and other infections can spread throughout the body. Since pneumonia is caused by over 30 different types of organisms and different strains, signs and symptoms may vary from person to person. Symptoms may be malaise, weakness, cough, green or yellow sputum, pain in the chest, confusion, fever, chills, and shortness of breath. Some signs and symptoms are not specific in the elderly. They may not have a fever; they may just be more tired and sleep more often than usual. They may lose their appetite, experience dizziness, and fall as well. Depending if pneumonia is viral or bacterial will determine treatment by the doctor. Prevention is key. Prevent by getting adequate rest, eating healthy, drinking adequate fluids, hand washing, getting vaccinated for both flu and pneumonia, and good dental hygiene.

## *program manager highlights*

Here we are, another new year to look forward to! I hope everyone had a wonderful holiday, as we sure did here at SarahCare, with lots of fun holiday activities. Now we look forward to the coming of Spring with anticipation, after having all this snow!

With January comes cold weather, not to mention possibly more snow....so we scheduled several "In Center" visits to supplement our outings.

### **At SarahCare:**

- 6<sup>th</sup> - Men's Club - Todd from the Scotty County VA
- 7<sup>th</sup> - Music with Mary
- 12<sup>th</sup> - Laurie's Daycare
- 13<sup>th</sup> - Jim Roth - Accordion Player (Accordion Day!)
- 20<sup>th</sup> - Men's Club - American Legion Newsletter Folding
- 21<sup>st</sup> - Primrose Preschool
- 25<sup>th</sup> - Music with Mary
- 27<sup>th</sup> - Don Carlson Magic Show

### **Outings:**

- 11<sup>th</sup> - Lunch and Bowling
- 28<sup>th</sup> - Lunch at Perkins

### **January Birthdays:**

- 1<sup>st</sup> - Pat L.
- 10<sup>th</sup> - Cyril H. and Kathryn H.
- 12<sup>th</sup> - Deb Delaney
- 14<sup>th</sup> - Herb L.
- 26<sup>th</sup> - Bob H.

Joanne



*Joanne Musick*

### *Why is Brain Fitness Important?*

There has been increasing evidence that brain fitness programs and activities can have a tremendous, positive impact on different aspects of cognition.

That is why we incorporate brain fitness principles into our activity program.

## *Center news*

We were so proud of our SarahCare Holiday Choir. Not only did our loved ones enjoy their signing, the choir went to Emerald Crest in Shakopee and sang for their residents! Thanks to Diane Stang for organizing this wonderful group!

Starting January 11<sup>th</sup> at 10:30am, and the second Tuesday of every month following, a local eye clinic will be at our center to adjust our participants' eye glasses as needed.



## *healthcare industry news*

The National Alliance for Caregiving and its funder, United Health Foundation, have led a first-of-its kind effort to assess the needs of caregivers of veterans from combat eras dating from World War II to the wars in Iraq and Afghanistan. While some of the challenges they face are shared by family caregivers in general, others are unique. The distinct nature of the veterans' illnesses and injuries drives different caregiving needs, and the array of governmental and community resources that serve veterans and their caregivers also distinguish their situations from those of other caregivers. Read the report:[http://www.nadsa.org/assets/129\\_2010caregiversofveteransf.pdf](http://www.nadsa.org/assets/129_2010caregiversofveteransf.pdf)