

June 2017

St. Johnland Nursing Center

ADHS Newsletter

14th - Flag Day

18th - Happy Father's Day

21st - Summer Begins

**HAPPY
FATHER'S
DAY!**



Registrant Education
with Nurse Barbara
June 15th:
Allergies

Dear Registrants and Caregivers,

It is hard to believe June is here. In this newsletter we are going to share some hot weather tips, fall prevention strategies and information about aphasia. If you are scared of falling or know someone who could benefit from Lifeline Medical Alert Service, please ask us for more information.

I hope this summer will be nice comfortable for all!

Happy Father's Day,

Annika



June

"Far up in the deep blue sky, Great white clouds are floating by; All the world is dressed in green; Many happy birds are seen, Roses bright and sunshine clear Show that lovely June is here."

F.G. Sanders

Last month we talked about what things to check in a suspected stroke victim and to act FAST. Some of you are aware of how stroke can affect an individual's speech. This language impairment is called aphasia.

Aphasia affects the production or comprehension of speech and the ability to read and write. It may affect mainly a single aspect of language use such as the ability to retrieve the names of objects, or the ability to put words together into sentences, or the ability to read. More commonly however, multiple aspects of communication are impaired, while some channels remain accessible for a limited exchange of information.

Aphasia can be very frustrating to an individual affected by it. Treatments are most successful if begun early. The ultimate goal for the speech therapist is to use an approach that best meets the individual's needs. Melodic Intonation Therapy (MIT) uses the musical elements of speech to improve expressive language. At program our recreation therapist uses music as part of our activities. For more information visit the National Aphasia Association www.aphasia.org.

June is National Safety Month

FALL PREVENTION: Reducing Risks Can Make a Difference! Risk Factors for falls include difficulty walking, taking four or more medications, foot problems, unsafe footwear, dizziness or orthostatic hypotension, visual problems, and an unsafe home environment.

Fall prevention includes being aware of one's abilities and behaviors, such as balance, concentration and rushing as well as providing a clutter-free environment. Pay attention to difficulty walking; it may be a time to utilize some form of aid, such as cane, walker or a wheelchair. Make a list of your medications and have your doctor review them for side effects and interactions that may increase your risk of falling. Wear proper fitting supportive shoes with nonskid soles. Make an appointment with a podiatrist for proper foot care. Avoid dizzy spells by sitting on the side of the bed for a few minutes before standing up. After standing, pause and take one slow, deep breath before you take a step. Gradually increase your physical activity to increase strength. Schedule a yearly eye exam to keep your eyes healthy. Pause and give your eyes time to adapt to changes in light when entering or leaving a room. The goal is to make sure that your environment matches to your abilities indoors and outdoors. Some of the indoor hazards include loose carpets, slippery/wet floors, clutter, pets around feet. When outdoors, watch out for uneven ground, wet leaves, snow, cracked sidewalks. Solutions for fall prevention can be simple but sometimes life-saving.

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Entertainment Corner:

8th-Entertainment Special with
Randy Berliant
16th- Entertainment Special with
Anita Bloomfield
30th- Entertainment Special with
Johnny Whimple

The Staff at St. Johnland wishes a
Happy Birthday to Norma A., Robert C.,
Carmen L., Eugene M. and Lillian S.

When did Father's Day become official?

Individuals, organizations, and states lobbied Congress to declare Father's Day a national event.

President Woodrow Wilson approved a special Father's Day in 1916, but it didn't become an official annual event until 1924, when President Calvin Coolidge signed a resolution to "establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations." Since that time, the third Sunday in June has been set aside to honor fathers throughout the United States.

Join in on the fun and see what creative art project Roberta has planned for us on June 19th

Don't miss Pet Therapy Day June 21st!

We will have our 1st BBQ!

Friday June 2nd. Hotdogs, baked beans, sauerkraut, macaroni salad, potato chips and ice cream will be served!



Recreation Corner:

Something Old, Something New, Something Borrowed and Something Red, White and Blue. June is here and so are our new themes and programs. Our "Famous Ladies" theme will include a bulletin board featuring staff and registrants' wedding pictures and a wishing well raffle. We will explore the world of "Ripley's Believe It or Not", National Doughnut Day; on Flag Day we will have Patriotic Karaoke. Saturdays now feature a "Body, Mind and Spirit" program and a Superhero theme. Our "Bald Eagle" fledglings have now left us with an empty nest!



CDC recommends easy options for protection from UV radiation:

- Seek shade, especially during midday hours
- Wear clothing to protect exposed skin
- Wear a hat with a wide brim to shade face, head ears and neck
- Wear sunglasses that wrap around and block both UVA and UVB rays
- Use sunscreen with sun protective factor (SPF) 15 or higher, with both UVA and UVB protect.



Caregiver Tips:

Heat Disorder Symptoms

SUNBURN: Redness and pain. In severe cases swelling of skin, blisters, fever, headaches. First Aid: Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.

HEAT CRAMPS: Painful spasms usually in the muscles of legs and abdomen with heavy sweating. First Aid: Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue water.

HEAT EXHAUSTION: Heavy sweating; weakness; cold, pale, clammy skin; thready pulse; fainting and vomiting but may have normal temperature. First Aid: Get victim out of sun. Once inside, the person should lie down and loosen his or her clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.

HEAT STROKE (or sunstroke): High body temperature (106° F or higher), hot dry skin, rapid and strong pulse, possible unconsciousness. First Aid: HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL. While waiting for emergency assistance, move the victim to a cooler environment reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. DO NOT give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

Reminder:

The air-conditioning is on: Please bring in a sweater, sweatshirt or light jacket labeled with your name.