

September 2020

CARE NEWSLETTER

JO DAVIESS COUNTY | DUBUQUE COUNTY | PARTS OF JACKSON, JONES, DELAWARE COUNTIES IN IA | PARTS OF STEPHENSON AND CARROLL COUNTIES IN IL

Why should I be concerned about falling?

- More than one third of adults 65 or over fall each year
- Among older adults, falls are the leading cause of injury and of hospital admissions for trauma and death
- 35% of people who fall become less active as a result

September 22, 2020 is Fall Prevention Day. As you age, Eyesight becomes poorer, muscles deteriorate as does coordination. It is important to know that there are resources in Jo Daviess county and Dubuque county to help you, in case of a fall.

Jo Carroll Energy offers a service called FirstCall. For \$28/month and a one time connection fee of \$10, you can gain a sense of independence back. With the touch of a button, you will have immediate access to emergency services (if needed) or a trusted caregiver. For more information or to schedule installation, call Jo-Carroll Energy at 800-858-5522.

MercyOne in Dubuque also offers LifeLine services. For more information on this service please call **563- 589-8791**.

VA Services do provide a button for patients as well. Contact your social worker to find out more information.

Fall Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



Dementia Caregivers support group is on the last Friday of every month. During Covid it is held virtually. For more information please call 815-777-2424 and ask for Nicole.



EVERY 19 MINUTES, AN OLDER ADULT DIES FROM A FALL.



ONE IN FOUR AMERICANS AGED 65+ FALLS EACH YEAR.



EVERY 11 SECONDS, AN OLDER ADULT IS TREATED IN THE EMERGENCY ROOM FOR A FALL.



Gretchen is our employee of the month. She has over 30 years of nursing knowledge! Gretchen is patient and thorough in her cares. We are very proud to have her on our team! Thank you for always being a leader and taking on any task given to you! You are appreciated!

WE THOUGHT YOU SAID



IT WAS LABRADOR WEEKEND

Birch Leaf Wreath

Create an eye-catching wreath for your wall or front door. Trace leaf cookie cutters on the backs of birch bark strips, then use an X-Acto knife to cut out. (You'll need about 75 total.) Hot glue half the birch leaves around a 20" foam wreath form. Hot glue 5/8" wooden cubes on the backs of the remaining leaves, then layer them on to the wreath to create a 3-D display.



Why do seagulls fly over the sea?

Because if they flew over a bay, they would be bagels.

24-Hour Care's after hours service is for emergency's only, please.



Please make sure to have a back up plan in case our staff is unable to make it. We will contact you ASAP to let you know of any scheduling changes.

BLT Stuffed Tomatoes

- 8 ounces sour cream (light works great!)
- 4 slices bacon, cooked and crumbled
- 1 tbsp parmesan cheese (the powdery kind is fine)
- 2 tsp fresh parsley, chopped (you can substitute dried parsley)
- green onions, for garnish
- salt and pepper, to taste
- about 20 cherry tomatoes



Wash cherry tomatoes and slice them in half. Use a paring knife or spoon to scrape out the insides. Dab the inside of each tomato with a paper towel to dry it and then sprinkle with salt. Mix together the sour cream, bacon pieces, parmesan, parsley, and salt and pepper. Spoon or pipe the filling into each tomato and sprinkle the tops with chopped green onions (or more parsley, if you're an onion hater).

SENIOR SECTION



BALANCE FACTS

1/3 OF THE POPULATION Over 65 FALLS Each YEAR

IN PATIENTS OVER 75, IMBALANCE IS THE #1 REASON FOR A DOCTOR VISIT

1 OUT OF 5 HIP FRACTURE PATIENTS DIES WITHIN ONE YEAR AFTER INJURY



FALLS ARE THE LEADING CAUSE OF DEATH DUE TO INJURY AMONG THE ELDERLY



FALLS ACCOUNT FOR **25%** OF ALL HOSPITAL ADMISSIONS

AND **40%** OF ALL NURSING HOME ADMISSIONS

FALLS ARE THE #1 CAUSE OF FRACTURES

At FYZICAL, our therapists realize how important balance and walking is for independent living, as well as for work activities, exercise, sports and enjoying life in general.

That's why we provide a range of programs and therapies to evaluate and treat balance disorders.

- ✓ Assessment and Evaluation Programs
- ✓ Difficulty Walking
- ✓ Gait Training and Balance Programs
- ✓ Fall Prevention and Balance Retraining
- ✓ Manual and Massage Therapy
- ✓ Fitness and Wellness Programs
- ✓ Vestibular Rehab
- ✓ Functional Training

www.FYZICAL.com