

SHC is guided by our passionate commitment to help seniors achieve the highest quality of life.

Discover Peace of Mind

LOCALLY OWNED AND OPERATED



Dear SHC Clients,

As the year comes to an end, I enjoy looking back on our accomplishments and looking forward to those yet to come. This year was a busy one. We were thrilled to learn that, once again, we made Inc. magazine's Inc. 5000 list of fastest growing privately held businesses in the country.

To accommodate our continued growth, we moved our office to a larger location. It was wonderful to see so many familiar faces stop by the open house we hosted in August. We love our new space!

In June, we had a great time walking in the Susan G. Komen Race for the Cure and were delighted to raise more than \$1,200 for that great cause. If you'd like to participate in our holiday season charity efforts, make sure to read the back side of this newsletter.

I feel very fortunate to have a fulfilling job, where I work with, and serve, such amazing people. It's rewarding to know that the care we provide brings joy to others lives.

There always seems to be a little extra cheer in the air at this time of the year. Make sure to stay warm and enjoy the cozy weather, good food and time with loved ones.

I wish everyone a safe and happy holiday season and look forward to sharing new experiences together in 2014!

Sincerely,

Kit Whittington
 R.N. B.S.N., Founder, SHC

Healthy New Year's Resolutions for Seniors



The New Year means new starts, and that typically involves making New Year's resolutions. While the old-faithful standbys still exist, adults over the age of 65 can greatly benefit from making healthy resolutions – especially those that help prevent illness and injury.

Here are five resolutions that we recommend for seniors entering the New Year:

Participate in cognitive health activities.....

Mental health is an important aspect of health that we tend to overlook as we extol the benefits of staying physically fit. Keep your mind engaged and stimulated through a language class, book club or by playing brain games and trivia on the computer.

Exercise or start a new physical activity.....

Exercise doesn't have to be exhausting, and it certainly doesn't have to feel like work. Older adults are increasingly looking to classes such as yoga and tai chi to not only increase physical health, but to meet people and widen their social circles. Other activities like local walking clubs can be found at many senior organizations and community centers. Always consult your doctor before starting an exercise program.

Eat more fresh foods.....

Processed foods are easy to throw together for a meal, but they come with a host of health issues and concerns, and frankly, they're not worth the hassle. Make a promise to eat more fresh, healthy fruits and vegetables and you'll see a noticeable difference in the way you look and feel – and it takes very little work on your end.

Make your home safer.....

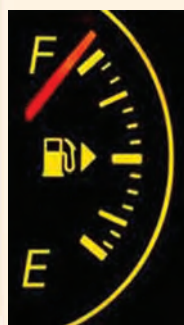
According to the Centers for Disease Control, one in three adults over the age of 65 fall each year. Many of these falls are preventable, especially if home safety tips are implemented. Tips like moving cords out of walkways, having good lighting near beds and taping down edges of carpets and rugs can help tremendously to decrease the number and severity of falls for seniors.

Schedule regular checkups

Unfortunately, with age comes an increased risk of illness and other complications, such as high blood pressure, osteoporosis and other medical conditions. Making sure that you schedule a regular annual checkup can help in early detection and prevention.

Not only will these New Year's resolutions improve your mental and physical health, they'll provide social opportunities and benefit your life in multiple ways. What are some of your goals and resolutions for the upcoming year?

Source: NYC Senior Care



Keep your gas tank full!

Did you know that your gas tank accumulates a 'sludge' build-up in the bottom? To avoid this sludge from clogging your fuel pump, or causing problems with the carburetor, keep a full tank of gas. When your gas gauge shows half empty (or half full), fill up the tank. This also helps when you have a travel emergency arise; you won't have to worry about running out of gas at night or in the middle of a snow storm! When you drive with your tank 1/4 full or below, the sludge is sucked into your pump and/or carburetor, eventually causing expensive repairs.

Source: seniortips.com



DECEMBER

Jean L. Susan L.
 Jennie B. Frances N.
 Margaret M. Fay G.
 Loretta S. Marshall Y.
 Marguerite C. Thomas Q.
 Leona J. Mary K.
 Mary K. John S.

JANUARY

Joe B. Mary R.
 James O. Erika W.
 Ed H. Genevieve T.
 Mary C. Louis G.
 Howard S. Barbara B.
 Howard W. Dorothy S.
 Melba R.

Notes from our office...

FROM ACCOUNTING.....

If you would like a report of all payments made to SHC in 2013 please let Rebecca Pavelca in the office know.

FROM NURSING.....

It's cold and flu season! Prevent the spread of unwanted germs by practicing good hand washing technique. Use warm water and soap, lathering and scrubbing for two minutes (sing your ABC's two times) then rinse the germs away.

FROM CARE SERVICES.....

All gifts, including cash, given to a caregiver by a client must be reported to SHC office.

FROM SCHEDULING.....

Don't forget to call in schedule changes 48 hours in advance to avoid being billed.



Rise with Ease LiftWalker

Even if you only occasionally need help rising, this walker provides assistance for both you and a caregiver. Telescoping poles snap securely in place, providing a sturdy lift-assist as you stand or sit. Brakes on front wheels hold the walker safely in place. Made of aluminum with rubber wheels. Folds for storage and easy transport.
www.goldviolin.com
1-877-648-8400

Seniors Home Care is collecting items for Lydia's House and Webster-Rock Hill Food Pantry

If you would like to help, please bring your items to the SHC office no later than Monday, 12/16

If you are not familiar with these wonderful organizations, please visit their websites:
Lydia's House - www.lydiashouse.org • *Webster Rock-Hill Pantry* - www.wrhm.org

.....Items Needed for Lydia's House.....

Toilet paper, standard size pillows, kitchen towels, dish rags, pot holders, 13 gallon trash cans, rag mops, cleaning supplies (i.e. Pine-Sol, bathroom cleaner, toilet bowl cleaner, NO Windex), dishwashing liquid (not for dishwashers), liquid laundry detergent

.....Items Needed for Webster-Rock Hill Pantry.....

Dry goods, canned meats, canned goods, cereal, pasta, peanut butter, jelly, macaroni & cheese, tuna, beef stew, ravioli/pasta, canned hams, canned fruit, canned peas, canned beans, canned mixed vegetables, hygiene and household products, deodorant for men and women, sanitary napkins, shaving cream, disposable razors, shampoo, bar soap, laundry detergent, facial tissue, toilet paper, baby products including baby wipes, disposable diapers, onesies, disposable baby bottles with liners, receiving blankets, baby shampoo, baby powder, baby cotton swabs, gift cards (McDonalds, Target, Wal-Mart), toys for ages 3 and under, clothing for boys or girls – sizes 12 months thru XL (18-20), Payless Shoe certificates.

No one who is Elderly should try to shovel snow

This year we will see a relentless number of snow storms across the United States. Snow removal crews will be out in full force, and many people will be out in the elements shoveling snow trying to clear their way to the nearest street. Unfortunately, many seniors believe they do not have anyone who can help them clear their sidewalks and driveways, and try to remove snow at great risk to their health. Not only are seniors at risk of a heart attack while shoveling snow, but they can also suffer severe injuries or illness such as pneumonia from trying to do too much in the freezing cold weather. This is also a time when many seniors fall on ice or slippery porch steps or sidewalks and break their hip or other bones in their body.

No one who is elderly, out of shape, or has a history of heart problems should try to shovel snow. Shoveling snow has caused an untold number of heart attacks over the years.

What can you do instead of shoveling snow?

1. Look for a local resource who will routinely remove snow when it reaches a certain height such as two or three inches.
2. Enlist younger family, friends, or neighbors to help.
3. Many communities now have volunteers who will help with snow removal. Contact city hall in your area to get on the list of those who need help.
4. Contact Seniors Home Care and we will make a referral.

Source: www.eldercarecafe.net

Therapeutic Shoes for Foot Pain & People with Diabetes

Therapeutic shoes are often used to accommodate cases involving diabetic foot issues. A therapeutic shoe protects and cushions the foot to reduce friction. To qualify as a therapeutic shoe, it must:

- Come in half and whole sizes
- Offer three different widths
- Have extra depth to allow for inserts (custom or over-the-counter)
- Have a form of adjustment, such as Velcro or laces (not be slip-on)

It's important to wear non-binding socks that won't cut off circulation to the foot. The feet may have no feeling so make sure that objects are not left in the shoe that could cause problems. Individuals with diabetic foot problems should inspect their feet daily.

For foot pain questions, contact SHC's registered nurses. Medical equipment companies, such as Medical West, have products to ease or heal foot ailments. In addition to finding the best suited product, their expert staff is knowledgeable of product coverage by Medicare or insurance.

Seniors Home Care offers our experiences only. Despite extensive medical knowledge, we are not doctors. Before making any decisions or forming an opinion, you should talk to your doctor about individual circumstances.

Mama Iuliucci's Famous Meat-A-Balls (Italian Meatballs)



Prep Time: 10 mins

Total Time: 30 mins

Yield: 36 meatballs

Directions

1. Mix all ingredients gently in a large bowl until well combined.
2. Roll meatballs 1 1/2" in diameter.
3. Heat about 1/4" of oil over medium heat in a large frying pan.
4. Fry meatballs in oil, rolling frequently, until evenly browned and juices run clear.
5. Drop meatballs in your favorite spaghetti sauce and simmer for a while to flavor sauce.

Ingredients

- 2 lbs lean ground beef
- 8-10 slices white bread, broken into small 1/2 inch pieces (or you can use rolls or any stale bread you have and want to use up)
- 2 eggs, slightly beaten
- 1/2 teaspoon garlic powder (or to taste)
- 1 teaspoon italian seasoning (or to taste)
- 2 teaspoons parsley flakes (or to taste)
- 1/4-1/2 cup grated parmesan cheese (or Locatelli)
- 1-2 teaspoon salt
- 1/4-1/2 teaspoon black pepper
- Olive oil or vegetable oil (for frying)

Source: food.com