



Product of the Month:  
Chiroflow Waterbase  
Pillow



To Your Good Health:  
Split Pea and  
Ham Soup



FOCUS ON...  
Healthy, Happier  
Lives for Seniors

See page 2

See page 3

See page 3

## HOMECARE NURSING & THERAPY **WESTARM**

### Services offered:

- Skilled Nursing
- Telehealth monitoring
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home Health Aides
- Medical Social Work

### Employee Highlight



Nicole Pizzica recently joined us as Homecare Coordinator. She accepts all new patient referrals and coordinates the start of care with appropriate staff. She has extensive experience in medical transcription and most recently worked as a medical secretary. Nicole lives in New Kensington with her husband and son. She is likely to be the friendly voice greeting you any time you call our office and she is eager to speak with you! As always, we hope that your experience with Westarm Homecare Nursing & Therapy is a positive one.

# health & home

A **FREE** health care newsletter from your friends at  
**WESTARM Homecare Nursing & Therapy**

Issue Fall 2015

## Therapy Services for Better Living

If you are recovering from surgery, have an injury or a long-term health problem, you may benefit from outpatient therapy, such as physical and occupational therapy. These therapies promote independence, allowing seniors to age successfully in their own homes and communities for a longer period of time.



**Physical therapy** improves mobility, as well as strength, balance, and overall fitness, helping you maintain independence for a longer period of time. Treatments make it easier to move around and do everyday tasks, such as climbing stairs, getting in and out of bed, and walking. Physical therapy is likely to help you avoid falling, which is one of the biggest health threats facing the elderly. Among seniors over the age of 65, falling is the leading cause of injury death and hospital admissions for trauma.

Your doctor may suggest physical therapy for:

- Back pain
- Asthma
- Disease or injuries affecting muscles, bones, tendons, and ligaments
- Stroke recovery care
- Diseases like arthritis, COPD, Parkinson's, Alzheimer's, multiple sclerosis, and ALS
- Hip/knee replacement
- Cancer
- Balance problems.

*continued on page 2*

Roughly 40 percent of nursing home admissions are preceded by a fall

— PARKINSON'S DISEASE FOUNDATION





continued from page 1

A physical therapist will examine you and create a treatment plan. Depending on your health problems, your physical therapist will help you with flexibility, strength, endurance, coordination and/or balance.

## How is occupational therapy different from physical therapy?

While physical therapy focuses on improving your physical mobility — and consequently your independence — occupational therapy focuses on using various aids, education and rehabilitation to help you achieve that independence. For instance, in treating a hip fracture, a physical therapist aims to have you walk and use the stairs. An occupational therapist, on the other hand, may

recommend bathtub grab bars and a raised toilet seat to increase your safety and independence during self-care activities.

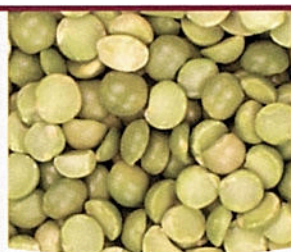
Your doctor may suggest occupational therapy for:

- Mental and physical impairments
- Sudden serious health conditions such as a stroke, heart attack, brain injury or amputation
- Chronic conditions such as arthritis, multiple sclerosis or chronic pulmonary disease
- Learning or developmental disabilities
- Mental health or behavioral issues such as Alzheimer's disease, post-traumatic stress, substance abuse and eating disorders
- Inability to perform personal care tasks and activities of daily living. **h&h**

## FOOD FOCUS

### Dried peas

Dried peas are a tasty, good-for-you snack. High in protein, this member of legume family is low in saturated fat, cholesterol and sodium. They're also a great source of thiamin, folate, manganese and dietary fiber. **h&h**



## Remember the Alamo!

The leftover letters form the famous battle cry.



Army  
Battle  
Calvary  
Cannon  
Courier  
Defender  
Fannin  
Fortress  
Garrison  
Infantry  
Jim Bowie  
Kimbell  
Knife  
Mission  
Post

C	F	Y	D	C	A	L	V	A	R	Y	R
A	A	N	M	E	L	T	T	A	B	M	T
N	N	O	I	R	F	T	M	E	F	I	N
N	N	S	S	N	A	E	L	R	O	W	E
O	I	I	S	V	O	K	N	E	L	B	M
N	N	R	I	O	I	C	C	D	L	F	D
E	S	R	O	L	N	O	O	N	E	O	R
I	Y	A	N	U	O	R	U	A	B	R	A
W	E	G	N	N	T	C	R	R	M	T	B
O	R	E	R	T	N	Y	I	G	I	R	M
B	G	T	H	E	A	V	E	O	K	E	O
M	E	R	C	E	N	A	R	I	E	S	B
I	H	E	G	R	A	D	N	R	T	S	O
J	T	E	E	E	S	S	E	N	N	E	T
L	I	A	M	O	Y	R	T	N	A	F	N
S	S	E	H	C	N	E	R	T	E	X	A

Rebellion  
Siege  
Texas  
The Greys  
Trenches

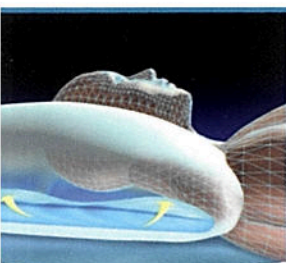
Volunteer  
Davy Crockett  
Bombardment  
Mercenaries  
New Orleans

San Antonio  
Santa Anna  
Rio Grande  
Tennessee

## Product of the Month: Chiroflow Waterbase Pillow

Chiroflow Waterbase Pillow is clinically proven to reduce

neck pain and improve sleep quality. A layer of super-soft, hypoallergenic polyester fiber floats over top of the water layer and provides comfort. It's easy to fill. Cost: \$34.99. Order at [www.scriphessco.com](http://www.scriphessco.com). **h&h**





## FOCUS ON...

### Healthy, Happier Lives for Seniors

Many seniors long to remain independent and free of disease and depression as they age. A new study suggests that with the proper training, they can.

The University of Southern California Well Elderly 2 study suggests that intervention programs, which include lifestyle-oriented occupational therapy intervention, may improve seniors' quality of life during their "golden years."

The study examined about 460 participants between the ages of 60 and 95. Half the group underwent lifestyle modification training and the other half was the control group. Occupational therapists taught seniors about energy conservation, physical and mental exercises, and home safety. The therapists encouraged small lifestyle changes that would incorporate more social activity resulting in an increased sense of well-being and purpose.

Although the two groups started out with similar challenges, after six months of training, the intervention group showed significant improvements in mental health and reported more life fulfillment and a sense of well-being. Encouraging the addition of more social activities helped seniors become more engaged and active. They also reported improvements in physical health. **h&h**



## Did You Know?

Many older adults have undiagnosed hearing problems. Almost half the respondents in an AARP/American Speech-Language-Hearing Association (ASHA) National Poll on Hearing Health reported having untreated hearing health issues, which can lead to depression and social isolation, strained relationships with family and friends, difficulties following conversations during family gatherings and more.

### Key findings of the poll include:

- 50 percent of said they would be more likely to seek hearing help if their grandchildren asked them to
- Nearly 70 percent would seek treatment if a loved one asked them to
- 57 percent of those with untreated hearing problems say their problems don't warrant treatment and are easy enough to "cover up"

To find a local certified audiologist to help with your hearing concerns, visit [www.asha.org/findpro](http://www.asha.org/findpro).

Source: American Speech-Language-Hearing Association

## To Your Good Health



### Split Pea and Ham Soup

Servings: 4

- |                              |   |
|------------------------------|---|
| <b>1 C</b> chopped onion     | <b>1 lb</b> ham bone                    |
| <b>1 t</b> vegetable oil     | <b>1 pinch</b> salt and pepper to taste |
| <b>1 lb</b> dried split peas |   |

1. In a medium pot, saute onions in oil. Add the split peas, ham bone, and enough water to cover ingredients; season with salt and pepper.
2. Cover, and cook until there are no peas left, just a green liquid, 2 hours. While it is cooking, check to see if water has evaporated. You may need to add more water as the soup continues to cook.
3. Once the soup is a green liquid remove from heat, and let stand so it will thicken. Once thickened you may need to heat through to serve.

Source: [allrecipes.com](http://allrecipes.com)



# health & home

A **FREE** health care newsletter from your friends at

WESTARM Homecare Nursing & Therapy  
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## WHAT'S INSIDE?

- Therapy Services for Better Living
- FOCUS ON...Healthy, Happier Lives for Seniors
- Product: Chiroflow Waterbase Pillow
- How to Make Split Pea and Ham Soup
- Take the Brain Booster Quiz

*This information is for educational purposes only and is not intended to replace the advice of your doctor or healthcare provider.*

## DO YOU KNOW THE ANSWER?

1. What is the difference between physical therapy and occupational therapy?
2. What therapy is found to improve a senior's quality of life during their golden years?
3. What common problem can lead to depression, social isolation, strained relationships and trouble following conversations?

**Confident in how you would respond to these questions?  
Open this newsletter to get the right information!**

If you need help finding answers to your important home care questions, contact us:

Tel: 724-337-0420 | Fax: 724-337-0630  
[www.westarmhomecare.com](http://www.westarmhomecare.com)

HEMOCARE NURSING & THERAPY  
**WESTARM**

