



**Product of the Month:**  
Vicks FilterFree Humidifier



**To Your Good Health:**  
Vegetable Lover's  
Chicken Soup



**FOCUS ON...**  
Vaccination

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## HOMECARE NURSING & THERAPY **WESTARM**

### Services offered:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Medical Social Work
- Skilled Nursing

### Employee Highlight



We are very pleased to announce the hiring of Kristi Schlicklin, RN as our new Director of Nursing (DON). Her previous experience as an RN Home Care Coordinator for Lutheran Senior Life and as a Clinical Nurse Manager with a large home health agency makes her an ideal candidate to assure efficient start of care for our patients and also provide qualified supervision of our nursing staff.

As a resident of the Kittanning area, she is conveniently located to serve this vicinity along with the Allegheny Valley. Please feel free to contact her directly if you would like to discuss any patient referral.

# health & home

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

Fall 2017

## Avoid being sidelined this cold and flu season

As the temperature begins to drop and thoughts turn to the holiday season, people should remember that fall also signals the start of another season: Cold and flu season. But you can protect yourself from contracting a virus that could leave you sneezing, aching and feeling awful.



Viruses cause both colds and the flu, and these viruses can easily spread from someone who is sick to another person. You can protect yourself by getting a flu shot and by practicing good health habits, including avoiding close contact with people who are sick; staying home when you are sick; avoiding touching your eyes, nose and mouth; and washing your hands often. You also should cover your nose and mouth when coughing or sneezing — use a tissue or the crook of your arm.

The flu can share many of the same symptoms as a cold, but you can tell the difference, according to [familydoctor.org](http://familydoctor.org). Cold symptoms develop suddenly and include: Fever up to 102 degrees, sore throat, cough, runny or stuffy nose, sneezing, fatigue, muscle aches, headache and watery eyes. Flu symptoms often appear suddenly and include: Fever over 102 degrees, stuffy nose, nausea, chills, sweating, fatigue, muscle aches, cough, headache and loss of appetite.

Call your doctor if you have a prolonged fever over 102 degrees with fatigue and body aches, symptoms that last longer than 10 days, trouble breathing, shortness of breath, pain or pressure in your chest,

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feeling faint, confusion, severe vomiting, severe sinus pain or very swollen glands of the neck or jaw.

You can help ease your symptoms by resting and drinking lots of fluids. Ease a sore throat by gargling with warm salt water or by using throat sprays or lozenges. Over-the-counter medicines also can help your symptoms. Analgesics (acetaminophen, ibuprofen) relieve aches and can lower a fever. Cough suppressants, expectorants and decongestants also can help. A doctor may prescribe medication for a severe case of the flu. **h&h**

## FOOD FOCUS

### Spinach

It worked for Popeye. Help keep your immune system healthy by bolstering your diet with spinach. It's a great source of vitamin A, vitamin C, vitamin E and zinc. The Academy of Nutrition and Dietetics recommends that you get the most out of spinach by buying it fresh or frozen. Add it to soups, sandwiches, tomato sauce or your salad. **h&h**



### Product of the Month: **V4500 Vicks FilterFree Humidifier**

If you come down with the flu or a cold, this cool mist humidifier can help ease your symptoms. Humidifiers add moisture to the air, relieving congestion and helping protect you from dry skin, chapped lips and nosebleeds.

To order, visit [www.soap.com](http://www.soap.com)  
Cost: \$58.49. **h&h**

## Name the Place



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

Anthony, Kan.	Florence, Ore.	Raymond, Maine
Arnold, Pa.	Gerald, Mo.	Rupert, W. Va.
Beatrice, Ala.	Harvey, N.D.	Scott, Ga.
Bethany, Conn.	Jerome, Ill.	Spencer, Iowa
Brandon, Fla.	Joanna, S.C.	Stanley, N.C.
Chelsea, Mass.	Leroy, Ind.	Taylor, Ariz.
Dolores, Colo.	Linda, Calif.	Theresa, Wis.
Douglas, Wyo.	Louisa, Va.	Victor, N.Y.
Elizabeth, N.J.	Martin, Ohio	Warren, R.I.
Emily, Minn.	Maud, Okla.	
Emmett, Idaho	Meredith, N.H.	
	Murray, Ky.	





## FOCUS ON...Vaccination

Getting a flu shot is one of the best things you can do to keep yourself healthy this flu season. The Centers for Disease Control and Prevention recommends that those age 50 or older be vaccinated every year. This is important because the vaccine changes each year to be effective against the most prevalent strains of the virus.

The vaccine works by delivering an inactive (killed) virus into a person's body so that antibodies develop and protect you from that virus. The shot's main side effect is soreness at the site of the injection. Since the vaccine uses inactive virus, it does not cause people to develop the flu.

You should get your flu shot as soon as it is available to get the most protection. Flu shots are covered by most insurance plans and by Medicare.

A high-dose flu shot also is approved for those ages 65 or older.

A flu vaccine also is available in the form of a nasal spray, but this is recommended only for healthy people between the ages of 2 and 49 who are not pregnant.

Find a flu shot provider at [flushot.healthmap.org](http://flushot.healthmap.org). **h&h**



## Did You Know?

- There are more than one billion colds in the United States every year.
- You can catch a cold at any time, but they're most common in the winter and during rainy seasons.
- You are most contagious for the first two or three days of your cold.
- Antibiotics should not be used to treat a common cold. They may actually make the situation worse.



## To Your Good Health

### Amount per serving

Calories	261
Fat	8 g (1 g sat, 5 g mono)
Cholesterol	72 mg
Carbohydrates	12 g
Added Sugars	0 g
Protein	31 g
Fiber	2 g
Sodium	335 mg
Potassium	483 mg



## Vegetable Lover's Chicken Soup

Servings: 2

- 1 T** extra-virgin olive oil
- 8 oz** chicken tenders, cut into bite-size chunks
- 1** small zucchini, finely diced
- 1** large shallot, finely chopped
- 1/2 t** Italian seasoning blend
- 1/8 t** salt
- 2** plum tomatoes, chopped
- 1 14-oz can** reduced-sodium chicken broth
- 1/4 C** dry white wine
- 2 T** orzo, or other tiny pasta, such as farfalline
- 1 1/2 C** packed baby spinach

- Heat oil in a large saucepan over medium-high heat. Add chicken and cook until browned. Set chicken aside.
- Add zucchini, shallot, Italian seasoning and salt and cook, stirring often, until the vegetables are slightly softened. Add tomatoes, broth, wine and orzo; increase heat to high and bring to a boil, stirring occasionally. Reduce heat to a simmer and cook until the pasta is tender, about 8 minutes, or according to package directions. Stir in spinach, cooked chicken and its accumulated juices; cook, stirring, until the chicken is heated through.

Source: [www.eatingwell.com](http://www.eatingwell.com)



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WESTARM Homecare Nursing & Therapy  
2757 Leechburg Road  
Lower Burrell, PA 15068

## WHAT'S INSIDE?

- Stay healthy this cold and flu season
- FOCUS ON...Vaccination
- Product: Vicks FilterFree Humidifier
- How to Make Chicken Soup
- Solve the Brain Booster Puzzle

WESTARM Homecare Nursing & Therapy complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-724-337-0420 (TTY: 7-1-1).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-724-337-0420 (TTY: 7-1-1).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-724-337-0420 (TTY: 7-1-1)。

*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. How do vaccines work?
2. How is a cold different from the flu?
3. What super food can help boost your immune system?

**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:

HEMOCARE NURSING & THERAPY  
**WESTARM**

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

