



Product of the Month:
Intelex Cozy Plush Bunny



To Your Good Health:
No-Bake Cookies



FOCUS ON...
Advocacy

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HOMECARE NURSING & THERAPY **WESTARM**

Services offered:

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

Employee Highlight



Luke Ladouceur, MS, PT is an experienced physical therapist who serves as the Facility Director for our outpatient facility in Leechburg. He also provides his clinical services to patients in their homes throughout the Allegheny Kiski Valley.

He earned his Bachelor and Masters degree in physical therapy from D'Youville College in New York. He is originally from New York but relocated to Western PA to be with his wife and her family who are from this area. Coincidentally, she also works for WESTARM as an occupational therapist in our School-Based Rehab Program. They currently reside in Freeport with their three young children. Luke enjoys spending time outdoors including hiking, kayaking, hunting, and coaching soccer with his kids.

health & home

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

Spring 2017

When a child needs care

Communication and education can help the entire family cope

When a child is diagnosed with a chronic health condition or disability, parents may find that they are facing their worst fears. But knowledge and communication can help make living with the diagnosis more manageable.



Experts at the University of Michigan say there are several things parents can do to help the child and the entire family cope with an illness.

One of the biggest things parents can do is make sure the child stays involved and informed. Explain to her at her age level what her illness means and what will happen during treatment. Failing to do so can cause unnecessary stress and anxiety. Give children plenty of time to prepare in advance of any procedures. Take time to listen to their concerns and feelings.

When possible, give children choices relating to their illness. This could be as simple as which medicine he prefers to take first.

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The rate of chronic health conditions among U.S. children increased from 12.8% in 1994 to 26.6% in 2006, especially for asthma, obesity, and behavior and learning problems.

Source: The Journal of the American Medical Association.

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Having an illness means the child has lost control over many things and these small choices over treatment or any part of life can help them cope.

Parents also should encourage children to continue friendships and activities with their peers, as well as help them find new ways to make connections. This could include special camps or programs.

Parents should get organized and educated. Keeping all of a child's medical records, appointment notes and other information in a single location such as a binder is both empowering and can lead to reduced stress.

Finally, make sure to schedule fun activities as a family because these easily can get lost in the stress of dealing with a chronic illness. Parents should take care to tend to their own needs and relationships as well, and make sure other children get at least a few minutes of undivided attention each day. Failing to prioritize these final recommendations can turn an already stressful and difficult situation into an impossible one. Ask your doctor about support groups or mental health professionals who can help the whole family cope with the child's illness. **h&h**

FOOD FOCUS

Honey

One of nature's sweetest contributions to cooking also has some unexpected health benefits. Honey can ease a sore throat and other symptoms of a cold. It's an all-natural sweetener that can provide a quick energy boost. And studies have shown that it even helps soothe skin and promote wound healing. Children under 1 should not have honey. **h&h**



Easy Sudoku



	6		7					
			2				3	
3		7	9	4		1	8	
	3		6		9	8		5
6				1				7
1		5	8		4		2	
	4	3		2	6	9		8
	8				7			
					8		5	

3	5	2	8	6	4	9	1	7
1	9	4	7	5	3	2	8	6
8	7	6	9	2	1	3	5	4
5	4	3	1	2	8	6	7	9
7	2	8	5	3	4	6	9	1
1	7	3	8	6	5	4	2	9
4	7	3	2	1	5	8	6	9
2	3	4	7	9	8	6	1	5
6	8	1	5	4	2	7	9	3
9	2	6	1	7	3	4	8	5
5	9	2	8	3	5	1	7	4

Fill in the empty cells, one number in each, so that each column, row, and region contains the numerals 1–9 exactly once.

Product of the Month: Intalex Cozy Plush Bunny

Both children and adults can cozy up to this micro-wavable plush bunny. Its

cuddly exterior and millet grain/lavender filling make it a soothing heat source on cold nights. Use it as a bed warmer or just for a comforting cuddle. The plush also can be used as a cold pack if chilled in the freezer.

To order, visit www.amazon.com

Cost: \$14.45. **h&h**



FOCUS ON...Advocacy

Protect your child, your family and yourself through advocacy.

The Jonah & The Whale Foundation, an organization that helps families of disabled and chronically ill children, offers the following tips to help be an effective advocate through your child's illness.

- ⚙ Get educated about your child's illness and stay organized. Keep all medical records, notes and materials in one place.
- ⚙ Never go to a doctor appointment alone. Have the person joining you take notes on what is being discussed and who is present.
- ⚙ Do not tell the physician about what a previous doctor has said. Instead, ask that the doctor contact the previous physician to discuss the events of the previous appointment.
- ⚙ Encourage your child to talk to the doctor about what he is experiencing.
- ⚙ If your child is hospitalized, try to have others stay with your child from time to time, taking notes on everything that happens during their time there.
- ⚙ If your child's diagnosis/condition is in question, always refer to it as suspected and refer the doctor to the physician that brought it to your attention.
- ⚙ Do not make major medical decisions about your child without your spouse, family member or trusted friend present.
- ⚙ Get copies of any written report. Review and make any necessary corrections, asking that the office make any necessary corrections to the report immediately.
- ⚙ Never be the only one caring for your child. Make sure your spouse, friends, family members, church members or others are involved.

h&h



Did You Know?

Siblings of children who are chronically ill often feel left out. Help siblings cope:

- ★ Keep them informed
- ★ Give them special one-on-one attention regularly — even 15 minutes will help
- ★ Listen to their concerns, fears and frustrations
- ★ Inform their teacher about the situation
- ★ Prevent jealousy by asking others not to buy gifts for the sick child other than small tokens

Source: www.growingupgreat.com

To Your Good Health

AMOUNT PER SERVING

Calories 313

Fat 13 g (2 g sat,
0 g mono)

Cholesterol 0 mg

Carbohydrates 46 g

Protein 7 g

Fiber 4 g

Sodium 284 mg

Potassium 82 mg



No-Bake Cookies

4 Serving size: 2 cookies

8 whole-wheat graham cracker squares, finely crushed
1/4 cup raisins
1/4 cup smooth natural peanut butter
2T plus 2t honey
4t unsweetened coconut

1. Combine ground graham crackers, raisins, peanut butter and honey in a small bowl
2. Pat mixture into 8 cookies
3. Press lightly in coconut

Source: www.eatingwell.com

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WESTARM Homecare Nursing & Therapy
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Lower Burrell, PA 15068

WHAT'S INSIDE?

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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 can you help a child cope with a chronic illness?
2. What natural food can soothe a sore throat and help heal a wound?
3. Do American kids have more or fewer chronic health conditions than before?

**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

