



Product of the Month:
Portable Suction Grab Bar



To Your Good Health:
Quinoa Pilaf with
Pine Nuts



FOCUS ON...
The Easiest Exercise —
Walking

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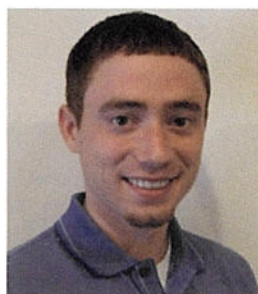
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Services offered:

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

Employee Highlight



Our featured employee is Physical Therapist, Will Jones, DPT, OCS. He earned his Doctorate in PT from Pitt and Bachelors degree in Athletic Training Summa Cum Laude from Slippery Rock. Dr. Jones is credentialed as an Orthopedic Certified Specialist. He serves as the outpatient Facility Director in Lower Burrell and will also treat patients in their homes to provide a great continuity of care. Will was a lifelong resident of Upper Burrell and now resides in Verona with his wife. He enjoys participating in competitive soccer and long distance running.

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

Issue Summer 2016

The Facts About Falling

Every 15 seconds, an older adult is seen in an emergency department for a fall-related injury. Falls are the leading cause of both fatal and nonfatal injuries for those ages 65 and older. The chances of falling and of being seriously injured in a fall increase with age.

"Falls are not a normal part of aging," (Bonita) Lynn Beattie, vice president of Injury Prevention with the National Council on Aging, said in a news release. "We encourage seniors and their families to take proactive steps to prevent falls and stay independent for as long as possible."

Taking steps to prevent a fall can mean for longer independence, better financial stability and better overall health. Ask your doctor if you are at risk for suffering a fall and ask what you can do to remain fall free.



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The most common health problems associated with falling are:



- * Problems walking or moving around
- * Blood pressure drops too much on standing up/dizzy
- * Four or more medications
- * Problems with seeing
- * Foot problems, unsafe footwear
- * Tripping hazards in the home

— fallprevention.org

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Studies show that a combination of interventions can significantly reduce falls among older adults. Experts recommend:

- ✱ A physical activity regimen with balance, strength training, and flexibility components
- ✱ Consulting with a health professional about getting a fall risk assessment
- ✱ Having medications reviewed periodically
- ✱ Getting eyes checked annually

✱ Making sure the home environment is safe and supportive

✱ New research also suggests hearing loss should be routinely assessed

At senior centers and other community-based organizations across the United States, programs like A Matter of Balance, tai chi, and Stepping On help older adults gain the strength, improved balance, and confidence to help them live healthier lives and preserve their independence. **h&h**

Source: National Council on Aging

FOOD FOCUS

Pine nuts

A single serving of pine nuts can satisfy your hunger pangs and give you a good dose of fiber and heart-healthy monounsaturated fat. Pine nuts are a good source of protein, calcium, phosphorus, zinc, copper, selenium, folate and vitamins E and A. They're a healthy addition to your diet, but eat them in moderation because of their high levels of carbohydrates and oils. **h&h**



Easy Sudoku



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

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

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

Product of the Month: Portable Suction Grab Bar

The Portable Suction Grab Bar provides safety and support throughout the bathroom, serving as a safety mechanism to grasp while using the bathtub, shower or toilet. It easily installs and uninstalls in seconds (no drilling required). Take it when you travel. The bar provides extremely strong support and can be installed on almost any shower wall within seconds.

Order online at activeforever.com. Cost: \$69.95.

h&h



FOCUS ON...

The Easiest Exercise — Walking

Walking is the simplest way to get fit, stay in shape, and strengthen your heart and bones. It's also one of the safest activities for improving cardiovascular fitness, according to the AARP.

For instance, a diabetes prevention program for people who are overweight showed that walking 150 minutes a week can reduce the risk of developing diabetes by nearly 60 percent.



Stay Safe While Walking

- * Choose a familiar route that is flat and free of obstacles.
- * Wear supportive footwear (low-heeled footwear with non-skid soles).
- * Dress appropriately for the weather and drink plenty of fluids.
- * Be extra careful in cold weather. Cold weather can cause numbness and make it difficult for you to feel any pain or an injury. When it's cold outside, consider walking in an indoor place, like a mall or fitness center.
- * Carry a cell phone in case of emergencies.
- * Keep your head level as you walk and look straight ahead.
- * Walk with friends or a walking club.
- * Walk at a brisk pace but avoid rushing. Rushing increases your risk of falling.

Always consult your health care provider before starting an exercise program. **h&h**

Did You Know?

Eating foods rich in vitamins and antioxidants may help prevent age-related macular degeneration. Macular degeneration is a leading cause of blindness in older adults. EyeCare America, the foundation of the American Academy of Ophthalmology, has teamed up with celebrity chefs to create a cookbook, filled with eye-healthy recipes. Download *Feast Your Eyes on This! Eye-Healthy Desserts for Two* by going to www.eyecareamerica.org.

To Your Good Health



Quinoa Pilaf with Pine Nuts

- 2 C** low-sodium chicken broth
 - 1 C** quinoa, rinsed
 - ¼ C** pine nuts
 - 1 T** olive oil
 - ½** large onion, chopped
 - ⅓ C** chopped fresh parsley leaves
 - Salt and pepper
1. Put the broth and quinoa in a medium sized saucepan and bring to a boil. Reduce heat to a simmer, cover and cook for 15 to 20 minutes, until liquid is absorbed and grain is tender.
 2. Meanwhile, toast the nuts in a large dry skillet over medium-high heat until golden brown and fragrant, about 2 minutes, stirring frequently. Remove nuts from pan and set aside.
 3. Heat the oil in the same skillet over a medium-high heat. Add the onions and cook stirring occasionally, until the onions soften and begin to brown, about 6 minutes.
 4. When the quinoa is done, fluff with a fork and transfer to a large serving bowl. Stir in the pine nuts, onions, and parsley. Season with salt and pepper and serve.

Source: FoodNetwork.com

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WESTARM Homecare Nursing & Therapy
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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 do experts recommend people do to reduce the risk of suffering a fall?
2. What easy activity strengthens your heart and bones?
3. What's one thing you can do to help prevent age-related macular degeneration?

**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:



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www.westarmhomecare.com

