



Product of the Month:
Wireless Rollup Keyboard



To Your Good Health:
Goat Cheese Pesto



FOCUS ON...
Rehospitalizations

See page 2

See page 3

See page 3

HOMECARE NURSING & THERAPY **WESTARM**

Services offered:

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

Employee Highlight



Tara Sovitski recently joined us as our Homecare Coordinator. She accepts all new patient referrals and coordinates the start of care with appropriate staff. She brings excellent customer service and efficient computer skills to this position. She has previously worked for WESTARM as an Office Assistant in our New Kensington outpatient facility and has transitioned over to Homecare. She is likely to be the friendly voice greeting you any time you call our office. Ms. Sovitski lives in Brackenridge with her husband and Penny, a Beagle Blue Heeler puppy. In her spare time you can catch her in the gym 4-5 times per week and Boating on the Allegheny River.

health & home

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

Summer 2017

Older Americans say they feel decades younger

If you talk to many of America's seniors, they'll tell you that age really is just a number. Both centenarians and Baby Boomers report feeling younger than the number of candles on their birthday cake, according to a 2014 survey by UnitedHealthcare.

In its annual UnitedHealthcare 100@100 survey, researchers polled 104 U.S. residents who were at least 100 years old or would turn 100 in 2014, and 302 Baby Boomers — those who were 65 or would turn 65 in 2014.



When asked what the age they feel, centenarians on average said they felt just 83 years old, while Baby Boomers said they felt 55 years old.

"This ... 100@100 survey paints an encouraging and exciting view of longevity in the United States, which is especially significant since the number of centenarians in this country is expected to swell in the coming years," Rhonda Randall, chief medical officer of UnitedHealthcare Retiree Solutions, said in a news release. "This is a good reminder for all Americans to take charge of their health now so that they can enjoy life for many years to come."

continued on page 2



continued from page 1

According to the U.S. Census Bureau, there are about 55,000 centenarians in the United States, and the number is expected to grow to about 442,000 in 2050.

USA Today reporter Michelle Healy spoke with Fordham University psychologist Daniela Jopp, who was not involved with the 100@100 study, about the results in April 2014.

FOOD FOCUS

Parsley

This humble herb is often overlooked as just a pretty dinner plate garnish, but its health benefits are nothing to brush aside. Just one cup of parsley has more than 1,200 percent of the recommended daily value of vitamin K, which helps your body make proteins for healthy bones and tissues. It also provides all the vitamins A and C you need in a day and is a great source of folate and iron. At only 3 calories per 2-tablespoon serving, parsley can help you whittle your waistline by adding lots of flavor for not a lot of calories. **h&h**



Product of the Month: Wireless Rollup Keyboard

The Wireless Rollup Keyboard makes typing with your iPad easy and efficient. You no longer have to struggle while completing emails or getting work done away from your desktop computer. Along with your iPad, the Wireless Keyboard can be used with your iPhone, tablet, laptop and more. With up to 30 feet of wireless range, this water resistant wireless keyboard will be great to unroll whenever you need it. The included retractable cable allows you to keep the Wireless Keyboard always charged and ready-to-go.

Order online at amazon.com for \$12.98.

h&h

Jopp said people may be surprised that although older people have many experiences of loss, such as the death of a spouse or failing health, they are not necessarily depressed.

“We younger people think about all of those instances (and) think we would no longer want to live, whereas a centenarian says, ‘I may not be able to walk as well as I did before, but I’m still alive and that’s a very good thing.’”

While more than half of the centenarians interviewed (53 percent) said they have accomplished everything they wanted in life, nearly a third said 100 years wasn’t nearly enough.

Other features of the survey include:

- ⚙ Centenarians’ top three keys to healthy aging are staying close to friends and family (91 percent), maintaining a sense of independence (88 percent) and eating right (86 percent).
- ⚙ Baby Boomers’ top three keys to healthy aging are maintaining a sense of independence (87 percent), laughing/having a sense of humor (87 percent) and staying close to family and friends (84 percent).
- ⚙ Nearly 90 percent of both groups report seeing their primary care physician for an annual exam.
- ⚙ About 70 percent of both groups say they keep up with vaccines such as flu shots.
- ⚙ Exercise is an important part of the lives of both groups surveyed. Among centenarians, 56 percent said they walk or hike at least once a week, while 74 percent of Baby Boomers do so. About one-third of both groups said they do strength-training exercises every week.
- ⚙ What age do both groups remember most fondly? Their 30s. However, 9 percent of centenarians said the best part of life was age 70 and up. **h&h**

FOCUS ON... Rehospitalization



As part of the Affordable Care Act, the nation's hospitals were tasked with reducing their rates of readmission within 30 days after discharge. The Centers for Medicare and Medicaid Services reported in December 2013 that the efforts are working. It said that during the first 8 months of 2013, fewer than 18 percent of discharged Medicare patients were readmitted within 30 days. That's significantly lower than the 18.5 percent reported in 2012 — or about 130,000 fewer admissions. Rates were even higher in previous years and held steady at 19 percent from 2007 to 2011. [h&h](#)



All About Gardens

BRAIN BOOSTERS

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

achene
butterflies
elegant
lark
arboretum
prune
barefoot
campanulata
espalier

lawn
bud
mulch
beautiful
cardinal
flowers
phlox
evergreen
soil

bees
daffodil
foliage
shrubs
fiddlehead
root
bobolink
design
hollyhock

tanager
herb
heirloom
bract
dragonflies
landscape
autumnal
hip

To Your Good Health



Goat Cheese Pesto

- 4 oz** soft goat cheese, crumbled
- 1 C** packed flat-leaf parsley leaves (1–2 bunches)
- ½ C** packed fresh oregano leaves (1 bunch)
- 2 T** water
- 1 †** Dijon mustard
- ½ †** freshly ground pepper
- ¼ †** salt

Place all ingredients in a food processor; pulse a few times, then process until fairly smooth, or to the desired consistency, scraping down the sides occasionally.

Source: EatingWell



health & home

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

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

WHAT'S INSIDE?

- Older Americans say they feel decades younger
- FOCUS ON...Rehospitalizations
- Product: Wireless Rollup Keyboard
- How to Make Goat Cheese Pesto
- Take the Brain Booster Quiz

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 old does the average 100-year-old say he or she feels?
2. What is a must-have accessory if you own an iPad?
3. What dinner plate garnish deserves a starring role in your meals?

**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

