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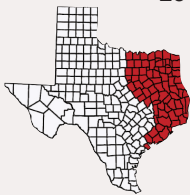


Bethany Bulletin

FALL 2010

Bethany HomeHealth Locations

Bay City	979-244-5265
Carthage	903-690-9669
Clear Lake	832-932-5311
Corsicana	903-872-0642
Dallas Corporate	972-248-2441
DFW	817-589-8811
Lake Jackson	979-297-1414
Livingston	936-329-0400
Longview	903-553-0056
Lufkin	936-699-2744
Nacogdoches	936-569-2949
Nacogdoches Specialty	936-559-8555
Tyler	903-593-1234
Waco	254-741-6451



A licensed Medicare and Medicaid agency by the State of Texas, **Bethany HomeHealth** is one of the largest home health agencies in the state and serves thousands of patients in more than 100 counties.

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Bethany Bulletin is published quarterly. If you would like to subscribe to this newsletter, please send an email to jlebeau@BethanyHealthcare.com. You may also submit stories (in MS Word format) to this email.

While we can't print every story submitted, we do appreciate receiving original copy about health-related topics.



Falls at home account for serious injuries to the elderly – 1.6 million admissions to emergency departments occurred in 2002.

Life-threatening Falls Can Be Avoided

By: Stacy Mason, RN, BSN

Falls are all too common in older adults and they can lead to devastating complications like hip and pelvic fractures and even head trauma. In fact, falls are the most common cause of traumatic brain injuries. The statistics are sobering. According to the Center for Disease Control:

- One out of three adults age 65 and older falls each year.^{1,2}
- Among those age 65 and older, falls are the leading cause of injury death. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.³
- In 2007, over 18,000 older adults died from unintentional fall injuries.³
- The death rates from falls among older men and women have risen sharply over the past decade.⁴
- In 2008, 2.1 million nonfatal fall injuries among older adults were treated in emergency departments and more than 559,000 of these patients were hospitalized.³
- In 2000, direct medical costs of falls totaled a little over \$19 billion—\$179 million for fatal falls and \$19 billion for nonfatal fall injuries.⁵

Falls are more prevalent in women than in men. This may be due, in part, to osteoporosis, a condition of the skeletal system that is characterized by low bone mass and deterioration of bone tissue.

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Happy Holidays



Article by: Stacy Mason is an RN, BSN with Bethany HomeHealth Services

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Increased calcium intake and daily physical exercise are two things that older adults can do to prevent decreased bone mass. Stronger bones give better stability and can lessen the chances of falling.

Bethany HomeHealth staff work with patients recovering from bone fractures and joint replacement surgeries by providing skilled nursing and physical therapy services that promote healing and increase range of motion. Occupational therapists educate patients on carrying out the activities of daily living more efficiently while home health aides assist with these tasks.

PREVENTING FALLS

Falls are often due to hazards that are easy to overlook but easy to fix. If you, or someone you know, can benefit from these fall prevention tips, please share this information with them.

Exercise is an important way to reduce the chances of falling. Lack of exercise leads to weakness. Discuss an exercise program with your physician before beginning one because some exercises can put further stress on already weakened bones.

Make your home safer

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small rugs or use double-sided tape to keep rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars installed near your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and shower floors.
- Improve the lighting in your home. Lamp shades or frosted bulbs can reduce glare.
- Have handrails and lights installed in all staircases.
- Wear shoes that give good support and have thin non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.

Food File: Cranberry Holiday Muffins



Muffins are the perfect after-holiday healthy treat. These oat cranberry muffins come from chef Michael Harr of Butterfield 9 in Washington, D.C.

Procedures

Heat oven to 400°F. Line muffin tin with paper baking cups. In a large bowl, combine regular flour, whole-grain wheat flour, oats, brown sugar, baking powder, cinnamon, baking soda and salt; mix well. In medium bowl, combine milk, oil, cranberry sauce and egg; blend well. Fold into dry ingredients all at once; stir until dry ingredients are moistened.

Fill muffin cups about three-quarters full. Bake 20 to 22 minutes or until golden brown. Break off that seductive muffin top, then inhale the rest!

- 1 cup flour
- 1/2 cup whole-grain wheat flour
- 1 cup oats
- 1/3 cup brown sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups of leftover cranberry sauce
- 1/2 cup skim milk
- 1/3 cup vegetable oil
- 1 egg

Holiday Health and Safety Tips

Wash Your Hands Often

Keeping hands clean is one of the most important steps you can take to avoid getting sick.



The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.

Stay Warm

Cold temperatures can cause serious health problems. Stay dry and dress warmly in layers.



Manage Stress

Holidays are stressful but you can stay relaxed by managing your time efficiently and enlisting support from family and friends.



1. Hausdorff JM, Rios DA, Edelber HK. Gait variability and fall risk in community-living older adults: a 1-year prospective study. *Archives of Physical Medicine and Rehabilitation* 2001;82(8):1050-6.
 2. Hombrook MC, Stevens VJ, Wingfield DJ, Hollis JF, Greenlick MR, Ory MG. Preventing falls among community-dwelling older persons: results from a randomized trial. *The Gerontologist* 1994;34(1):16-23.
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 4. Stevens JA. Fatalities and injuries from falls among older adults - United States, 1993-2003 and 2001-2005. *MMWR* 2006a;55(45).
 5. Stevens JA, Corso PS, Finkelstein EA, Miller TR. The costs of fatal and nonfatal falls among older adults. *Injury Prevention* 2006b;12:290-5.