



"Excellence in Home Care"

www.BethanyHealthcare.com

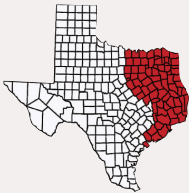


Bethany Bulletin

WINTER 2011

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.

When Love is Not Enough to Keep you Warm...



Senior adults are susceptible to hypothermia. Wearing a head covering can help the body retain heat.

Irving Berlin wrote *I've Got My Love to Keep Me Warm* in 1937 and it became a popular hit song that year. It is a nice sentiment. Of course, love alone won't keep the cold away. Senior adults, especially, need to know the signs of hypothermia and what simple measures they can take to avoid it. Because they often make less body heat due to a slower metabolism and less physical activity, seniors are particularly at risk for hypothermia when out-of-doors or in an inadequately heated home.

What is hypothermia?

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.

Hypothermia occurs most commonly at very cold environmental temperatures, but can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

What are the warning signs for hypothermia in adults?

- shivering/exhaustion
- confusion/fumbling hands

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- memory loss/slurred speech
- drowsiness

If you notice signs of hypothermia, take the person's temperature. If it is below 95°, the situation is an emergency—get medical attention immediately.

If medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room or shelter.
- If the victim has on any wet clothing, remove it.
- Warm the center of the body first—chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.

The skilled nurses at Bethany HomeHealth Services are trained in caring for victims of stroke and Parkinson's disease, diabetes, heart disease, and other conditions. Some seniors may suffer from these chronic health issues in addition to dementia and may not recognize when their homes are inadequately heated or when their body temperature drops below 95°. Bethany HomeHealth nurses are trained to monitor a patient's body temperature and can teach family caregivers to recognize signs of hypothermia or other symptoms of distress that necessitate medical intervention.

Protecting Your Heart in Winter

According to a 1998 Journal of the American College of Cardiology study, more than 50% of heart attacks occur in the winter months. In 2004, the journal, *Circulation*, published research which also confirmed this rise showing that deaths from cardiac arrest are highest during the months of December and January. The scientific explanation is this: cold air can cause blood vessels to narrow or constrict. When exertion happens in a quick burst (after being sedentary) a heart attack can occur.

There are some simple measures you can take to put less strain on your heart during winter:

- Dress warmly when you go outside or avoid extreme cold altogether.
- Do stretching exercises before doing any strenuous work out-of-doors.
- Make sure to take your cholesterol medicine to avoid plaque buildup in your arteries, as they may constrict due to cold temperatures.



Winter Weather Safety

- ❄ Try to limit your time outdoors, especially if you are in a high-risk group.
- ❄ If you are forced to be outside during cold weather, wear warm, layered clothing made of natural fibers. You should wear a hat, warm socks and gloves to reduce heat loss.
- ❄ Stay indoors on windy days. Even if the temperature appears to be moderate, wind chill can substantially increase your risk of hypothermia.
- ❄ When indoors, keep your thermostat set at a comfortable level. Wear warm clothing, and use enough blankets at night to keep warm while sleeping.
- ❄ Choose hot, nourishing meals and drink warm beverages to keep your body temperature up.

A Stew To Warm Your Insides

Irish Stew

A classic beef stew that combines beef with hearty vegetables in a rich beef stock.



Ingredients

1 1/2 Pounds Lamb or Beef (cubed)
 3 Medium Carrots
 2 Medium Potato
 1 Onion
 1/2 Small Can Stewed Tomatoes
 1/3 Cup Flour
 1 Ounces Beef Fat
 1 Cup Beef Stock
 1/2 Cup Water
 1 Ounce Fresh Thyme
 1 Bay Leaf
 Salt and Fresh Cracked Black Pepper, to taste
 Red Wine

Preparation

1. Coat beef or lamb with flour.
2. Add Salt, fresh cracked black pepper to taste.
3. Add oil in a large pot and brown the mixture.
4. Add sliced vegetables and thyme.
5. Add the beef stock and water.
6. Add the bay leaf for taste.
7. Simmer the beef or lamb mixture for 2 to 3 hours or until meat and veggies are tender and look tasty.
8. You can add extra water if necessary for moisture.
9. Add salt, pepper and wine to taste.