

Comfort Keepers-Macomb County

COMFORT CHRONICLES

HYDRATION IN THE ELDERLY

Hydration is key to staying and feeling healthy. Your body has an intricate system of keeping fluids and electrolytes balanced, and proper hydration is a main component of this process. If this system is not functioning properly, you may suffer the dangerous consequences of dehydration. In the elderly, this regulation system may no longer function properly on its own, making dehydration more common -- making adequate hydration even more important.

The Importance of Hydration

Dehydration is a risk factor for increased morbidity and mortality, especially in the elderly. This condition can lead to hospitalization, infection, loss of cognitive function, and even death if not treated immediately. Due to changes in the body during aging, such as a decrease in



total body water as well as a decrease in being able to sense thirst, dehydration can happen quickly in the elderly. Staying hydrated every day is the best way to prevent this.

Hydration cont'd on pg 3



Krista Kuligowski
Owner

KRISTA'S KORNER

Welcome to our first edition of the Comfort Chronicles. We have recently attained our five year anniversary, and are thrilled to announce new additions and programs to our Comfort Keeper family. Our goal is to provide specialized care, options, and education to our caregiving staff and families. We hope that you find this issue of the Comfort Chronicles to be in-

formative and helpful. I believe that everything we do and everyone we meet is put in our path for a purpose. We are all teachers and need to pay attention to lessons learned, trust our positive instincts, and not be afraid to take risks and wait for miracles to happen.

Comfort Keepers is hiring caregivers in your area!

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CAREGIVERS OF THE QUARTER



Sherry is a full-time caregiver who has come to Comfort Keepers with 23 years hands-on experience in the healthcare industry. She is a dedicated and compassionate team player who always goes above and beyond. Sherry's favorite part about her job is being able to interact with her clients. When Sherry is not working, she loves spending time with her family. Comfort Keepers is pleased to have such an outstanding employee. Congratulations Sherry for being a Caregiver of the Quarter!



Stephanie is a newer Comfort Keeper employee. Before coming to Comfort Keepers, Stephanie took care of family members and has worked in rehab. She has been empathetic and devoted to all her clients. Being able to make her clients happy is Stephanie's favorite part about her job. When she's not working, Stephanie enjoys crafting and making jewelry. Comfort Keepers recognizes Stephanie as a Caregiver of the Quarter. Congratulations!

MEET OUR NURSE



Marcia C. Arnold
Registered Nurse

Marcia comes to Comfort Keepers with 20 years of experience working with the elderly. She holds an Associate Degree in Nursing from Macomb Community College, and Bachelor's Degree in Sociology and Communications from the University of Michigan. Marcia's

nursing career includes medical/surgical and physical rehabilitation along with five years in an adult daycare. Marcia handled dementia clients, mobility issues, and chronic health conditions. She was also a committee chairperson for the Alzheimer's Association

Annual Walk. Marcia has been married for 24 years and has 2 children. She enjoys traveling, gardening, all U of M sports, and watching her children in competitive dance.

Hydration—cont'd from pg 1

Symptoms of Dehydration

Symptoms of dehydration include dry mouth, no urine or very concentrated urine, sunken eyes, lethargy, low blood pressure, rapid heart rate and dry skin. Symptoms of dehydration should not be overlooked. If you suspect that you are dehydrated, try drinking small, frequent amounts of

fluids such as water. If your symptoms do not improve, call your doctor or go to the hospital, as severe dehydration may require medical attention.

Daily Hydration Requirements

Water needs vary from day to day and from person to person.

However, the general recommendation for fluids is at least 6-8 cups, or 48-64 fluid ounces daily. Your fluid needs may be increased if you are losing excess water through sweat or urine. As a rule of thumb, you should drink 4 ounces of water every 15 to 20 minutes during periods of excess loss.



Because the thirst mechanism in the elderly may be dysfunctional, focus on drinking *small*, frequent amounts of fluid throughout the day rather than waiting to feel thirsty.

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Look inside for

Hydration in the Elderly
Caregiver of the Quarter
Private Duty Nursing

We're on the Web!

www.clintontownship-799.comfortkeepers.com

RECIPE OF THE QUARTER

Spinach Florentine Omelet

Ingredients:

1/4 cup plus 2 tablespoon Egg Beaters® or similar egg substitute
1 tablespoon shredded cheddar cheese
1/4 cup low-fat cottage cheese
1 teaspoon Parmesan cheese, grated
1/4 cup spinach, chopped
1/4 cup tomato, diced

Directions:

Apply cooking spray to a sauté pan and set over medium heat. Cook the tomatoes for 2-3 minutes, then add the spinach. Stir the vegetables until

the spinach is wilted. Spoon the vegetables onto a plate and set aside. Spray the pan again, return to the heat and pour the eggs evenly over the bottom. Shake the pan periodically, and when the egg starts to slide freely, the bottom side is done. If the omelet looks like it is cooking but not sliding from the pan, use a spatula to loosen the bottom as needed. As the top begins to become firm, place cheese in the center and allow to

melt. Then add the vegetables over the cheese and fold the egg over to form the omelet. Slide the omelet from the pan onto a serving plate.

