



October 2019

Let's Talk Prevention to Help Reduce the Spread of the Flu

Flu season is here and it is time to start taking precautions to help reduce the spread of the flu. It is important for every individual to be proactive with helping to reduce the spread of the viruses that can cause the flu. According to the Center for Disease Control and Prevention (CDC) approximately 49 million people will be affected by the flu.

The first and most important step in preventing flu is to get vaccinated. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications. Complications of flu can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma/COPD, or diabetes.

PACE Central Michigan's clinic will be providing flu shots to all of our participants and staff. You can also help to prevent the spread of the flu by staying away from people who are sick, use the elbow cough when coughing and sneezes and frequent handwashing.

For our participants: please be sure to notify the PACE Clinic immediately if you are having flu-like symptoms. Flu-like symptoms include fever, chills, cough, sore throat, runny nose, muscle or body aches, headaches, fatigue, vomiting, or diarrhea. Our 24/7 on-call number is 989-953-5800. We want to be able to treat you as soon as possible in the Clinic if you are experiencing these symptoms.

For our families and visitors: please refrain from visiting the PACE Day Center if you are having flu-like symptoms. We love to have visitors but please wait to visit until you are free from any flu like symptoms so we can prevent the spread of the flu. You may be able to pass on the flu to someone else before you know you are sick, and you are most contagious in the first 3-4 days after illness begins.

If you have any questions about the flu or the flu vaccine, please contact our PACE Clinic at 989-953-5800

Please use the links below which contains more information from the Centers for Disease Control that might be helpful.

<file:///H:/FLU%20Season/every%20day%20preventative%20actions%20to%20prevent%20the%20flu.pdf>

<file:///H:/FLU%20Season/cleaning%20to%20prevent%20the%20flu.pdf>

Keeping seniors healthy, engaged and happy at home.



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Reduce Your Risk of Having a Fall this Autumn

Here are few tips and tricks to help you **reduce your risks of having a fall**:

- 🎃 **Wear Good Shoes**- shoes that are the right size and fit all the way around your foot. Heavy boots, high heels or backless shoes are not recommended as they can decrease your balance.
- 🎃 **Use your recommended Durable Medical Equipment**- make sure to use your walker, cane, or wheelchair to make moving around easier and safer. Oh- and make sure to lock your brakes! 😊
- 🎃 **Ensure Good Lighting**- it gets dark early in the fall. Make sure your lights in your home and outside (such as a front porch) are all in working order and ask a caregiver, a staff member at PACE, or a friend to help change the bulbs or add more lights if needed.
- 🎃 **Have your PERs or Cellphone with you**- this will increase your safety by having someone to contact if you feel unsafe, need help, or have a fall.
- 🎃 **Good Medication Management**- make sure you are taking your medications correctly and in a timely manner. If you feel dizzy or light headed after taking a certain medication make sure to contact your PACE nurse.
- 🎃 **Take your Time**- Life isn't a race so remind yourself to slow down during your day to day activities. It's ok to take breaks. If you stand up and don't feel stable, sit back down, take a rest and try it again in a few minutes. If you continue to feel unstable- call for help.
- 🎃 **Ask for HELP** – if you have trouble getting up and down independently, make sure you ask and wait for help from your caregiver or PACE staff. We love to help you and we don't want you falling!
- 🎃 **Check the Weather** - knowing what the weather is like can help you prepare for moving around outside. Wearing appropriate clothing for the weather makes it easier to get around safely.
- 🎃 **Feel free to ask your PACE occupational and physical therapy staff about any questions or concerns you have about falls and how to prevent them!**

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