

Leaves should fall, not you.

Each year millions of people 65 and older fall. One out of three older adults fall each year and most do not confide in their doctor. Falling once doubles your chances of falling again!

Falls can be serious and costly. One out of five falls causes broken bones or a head injury. Each year 2.5 million older people make a trip to the emergency room for falls and over 700,000 patients are hospitalized as a result of a head injury or a hip fracture. These are especially serious if the person is taking an anticoagulant. Adjusted for inflation, the direct, annual medical costs for fall related injuries are \$34 billion with hospital costs accounting for two - thirds of the total.

Most falls are caused by a combination of risk factors. The more risk factors, the greater the chances of falling. Many conditions contribute to falling including but not limited to:

- Lower body weakness
- Vitamin deficiency
- Difficulty with walking and balance
- Use of medications such tranquilizers, sedatives and antidepressants. Some over – the – counter medicines can also affect balance
- Vision problems
- Foot pain or poor footwear
- Home hazards such as broken or uneven stairs, throw rugs or clutter that can be tripped over and missing handrails along stairs or in the bathroom

The good news is that falls can be prevented by implementing some simple strategies.

First, make an appointment with your physician. Take a list of your prescriptions and over the counter medications and supplements. If you have fallen before, write down the details including when and how you fell. Include instances when you almost fell but were caught by someone or grabbed something before you fell. In addition you should review your health conditions with you physician as certain eye and ear problems can increase your risk of falls. Be sure to tell your doctor if you feel dizzy, have joint pain, numbness or shortness of breath when you walk.

Physical activity can go a long way towards fall prevention. Consider walking and water workouts as such activities reduce the risk of falls by improving strength, balance, coordination and flexibility. A physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.

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Cold Weather Notes or How to make it through the Iowa Winter!

It is the time of year when the outside thermostat can plunge below zero! As we shiver with the cold and fondly reminisce about warm summer days, a little planning can make winter tolerable even for those Iowans that are the less than enthusiastic about the winter season!

- Be sure to keep extra blankets and flashlights within reach in case of a power outage in the home.
- Take time to winterize your home with attention to windows and doors that may need to be reinforced with caulking or plastic.
- Your car should be equipped with an emergency kit for winter driving. Include salt, sand or kitty litter to help with slick surfaces, a flashlight, bottled water and snack bars such as granola, a shovel, windshield scraper, blanket, and jumper cables. Replace worn out windshield wipers. Make sure that your tires are in good condition for winter driving and replace if needed. Keep your gas tank at least 1/2 full in case of traffic jams or getting stalled. Have cell phones charged and ready to use.
- Keep track of impending weather by listening to the radio or TV.
- Always wear boots or insulated socks if going outside for long periods of time. Wearing gloves and hats with warm coats is essential as skin exposed to below zero temps can be frostbitten in 5-10 minutes especially if you have any circulation problems.
- Take frequent breaks when doing any snow removal. If using a snow blower, NEVER put your hand or foot near the blades. Every year hundreds of people make a trip to the emergency room with missing fingers and toes.

- If weather is extremely bad, STAY HOME unless it is absolutely necessary to go out.

So plan to winterize yourself, your home, and your car and have a safe, happy, and healthy winter season.

Nurse Force will be closed:

Thursday, November 26th
Thursday, December 24th at 3:00pm
Friday, December 25th

Happy Holidays!

Best Breakfast Casserole Ever

- 1 lb. of ground maple pork sausage
- 6 slices of hearty white bread
- 1 8 oz. package of shredded triple cheddar cheese
- 8 large eggs
- 2 cups of whole milk
- 1 tsp of dry mustard
- 1/4 tsp of salt
- 1/2 tsp of seasoned pepper

Preheat oven to 350 degrees. Spray a 9x13 baking dish with nonstick cooking spray. Cook the sausage in a large skillet over medium heat, stirring frequently, until brown and crumbly, about 10 minutes. Drain well on paper towels. Cut and discard the crusts from the bread. Cut the slices in half and arrange in a single layer on the prepared baking dish, cutting pieces to fit as necessary to cover the bottom of the dish. Sprinkle the sausage and cheese over the bread. In a large bowl, whisk together the eggs, milk, mustard, salt and seasoned pepper; carefully pour the mixture over the cheese. Bake casserole until set and golden, about 40 minutes. Let stand 10 minutes before serving. Serves 8-10.

Thanksgiving Fun Facts

- In December 1620, the first Pilgrims landed at Plymouth Rock, Massachusetts. They built their community in the middle of the Wampanoag Indian settlement. Of the 102 Mayflower passengers, almost half died the first winter.
- The Pilgrims set sail across the Atlantic fleeing the corruption of the Church of England and searching for religious freedom.
- One baby was born while crossing the Atlantic. Elizabeth Hopkins delivered her son, Oceanus, on the Mayflower.
- The Pilgrims may have not survived without the help of the Patuxet Indian Squanto who became the Pilgrim's interpreter and guide. Squanto had traveled back and forth to England several times as a captured slave giving him knowledge of the English language. Legend has it that Squanto was poisoned by the Wampanoag.
- The Pilgrims Thanksgiving feast celebrated the plentiful harvest of 1621. It occurred between September 21 and November 1. It lasted 3 days and included 50 surviving Pilgrims and approximately 90 Wampanoag Indians as well as Chief Massasoit.
- Their Thanksgiving menu included berries, shellfish, boiled pumpkin and deer. cranberries, an American Thanksgiving staple, was actually used by Native Americans to treat wounds and to dye clothes.
- Although several American Presidents (including Washington and Lincoln) declared a national day of Thanksgiving, it wasn't until October 6, 1941 that congress declared that the last Thursday in November to be the legal national day of Thanksgiving.
- The country of Israel consumes the most turkey per year. A male turkey is called a tom, a female turkey is called a hen. Baby turkeys are poults. Only male turkeys gobble and therefore called gobblers.
- Thanksgiving football games began with Yale vs Princeton in 1876.
- In 2001, the U.S. Postal Service issued a Thanksgiving stamp to honor the tradition "Of being thankful for the abundance of good we enjoy in America".
- President George Washington issued the following proclamation in 1789:

"Now therefore, I do recommend and assign Thursday the 26th day of November next to be devoted by the People of these states to the service of that great and glorious Being who is the beneficent Author of all good that was, that is, or will be that we may then all unite in rendering unto Him our service and humble thanks for this kind care and protection of the people of this country..."

Praise the lord. Give thanks to the Lord, for He is good; His love endures forever.

*Psalms 106:1
King David*

Christmas Traditions around the World!

America

American Christmas traditions are actually variations of traditions from all over the world. Some include eating ham or turkey on Christmas and decorating our houses with lights.

Holland

The most important day in the Christmas season is December 5th. That is when Saint Nicholas brings the children their presents if they leave their clogs or shoes by a fireplace or a windowsill.

Russia

The official Christmas season in Russia lasts between December 31st and January 10th. Most children know the story of Babushka, the woman that met the three wise men and brings the children gifts.



France

A special dessert is made to celebrate Christmas in France. A buche is a chocolate sponge cake made to resemble a yule log and is a Christmas must. An actual yule log is also burned in the house.

Italy

Nativity scenes are a big part of Christmas in Italy. Almost every house has a Nativity scene inside the house and outside. No red meat or dairy is consumed on Christmas eve until the first star appears.

Australia

Christmas actually takes place during summer break in Australia. Most families go camping for the Christmas holiday. Each capital city has a city wide caroling hour on Christmas eve.

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Properly fitting, sturdy shoes with non-skid soles are a must. High heels, floppy slippers, shoes with slick soles and walking in your stocking feet can make you slip, stumble and fall.

Make your home safe by removing hazards and clutter. Remove boxes, cords from walkways and furniture from high traffic areas. Secure floor rugs with double faced tape or remove them. Don't forget to place non-slip mats in your bathtub or shower. Lastly, immediately clean spilled liquids, grease or food and repair loose or broken boards and carpeting.

Keep your home brightly lit to avoid tripping on objects that are hard to see. Place night lights in your bedroom, bathroom and hallway along with a lamp within easy reach of our bed. Turn on the lights before going up or down stairs and don't forget to store flashlights with extra batteries in easy to find places in case of a power outage.

Lastly, don't be bashful about using assistive devices. You may ask your physician for an occupational therapy evaluation. He or she may recommend handrails for both sides of the stairway, non-skid treads for bare-wood steps, raised toilet seats or one with armrests, grab bars for the tub or shower as well as a sturdy shower seat and a hand held nozzle for the shower or tub.

In conclusion, an ounce of prevention is worth a pound of cure and will help with maintaining your health and independence allowing you to enjoy living in the comforts of your own home.



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Employee of the Month October & November

Brianna has been a C.N.A with Nurse Force for almost two years. She enjoys spending time outdoors and cuddling with her cats. What she like the most about working for Nurse Force is learning about and spending time with her clients.



Marla has been a C.N.A with Nurse Force for four years. In her free time, Marla enjoys motorcycle rides and spending time with family, friends, and her pets. Marla enjoys helping her clients and developing personal relationships.

Tammy is an R.N. and has worked with Nurse Force for over sixteen years! She likes shopping, spending time with friends and family, and horseback riding. Her biggest dream is owning an acreage with horses. Tammy enjoys having the opportunity to enhance the quality of life for her clients.



WORD SEARCH

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

This month we have hidden 20 words associated with Christmas. They go every direction—up, down, diagonally. Good luck finding them all!

Tree	Poinsettia
Stockings	Jolly
Chimney	Sleigh
Snow	Candy Cane
Eggnog	Holly
Cookies	Star
Santa	Wreath
Ornaments	Reindeer
Sledding	Gift
Frosty	Mistletoe