



Connections

AN ONLINE NEWSLETTER FROM ELIZA JENNINGS

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FEATURED ARTICLES

SAIDO Learning™ Center: A New Adult Day Model

Traditionally, adult day centers provide care and companionship to older adults who need assistance or supervision during the day. Adult day centers offer relief to family caregivers, enabling them to work, handle personal business or enjoy a respite, knowing their relative is well cared for and safe.

Eliza Jennings is launching an alternative to the traditional adult day model. The SAIDO Learning™ Center in Cleveland is the first adult day program in the United States to offer SAIDO Learning™ in a community-based setting. SAIDO Learning™ transforms the adult day program from the traditional model to an innovative model that supports and fosters improvement in cognitive function along with any required supervision and assistance with ADLs (Activities of Daily Living).

Interactive programming incorporates the important role of the Supporters, the staff who provide SAIDO Learning™, and an interactive environment that offers ongoing opportunities for prefrontal cortex stimulation. Families receive education and support so they may provide continued opportunities in the home to sustain positive improvements achieved in the SAIDO Learning™ Center.

For more information about the SAIDO Learning™ Center, please call Executive Director Minni Nair at 216.226.6090.

WELLNESS SPOTLIGHT

HEALTH

What You Should Know and Do this Flu Season:

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults. It's estimated that 90 percent of seasonal flu-related deaths and more than 60 percent of seasonal flu-related hospitalizations in the United States each year occur in people 65 years and older. This is because human immune defenses become weaker with age. So influenza can be a very serious disease for people 65 and older.



Actions to Take This Flu Season:

1. Get Your Flu Shot

The best way to prevent the flu is with a flu vaccine. CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine as soon as it becomes available in your community. Vaccination is especially important for people 65 years and older because they are at increased risk for complications from flu.

10 Warning Signs Your Older Family Member May Need Help

Changes in physical and mental abilities that may occur with age can be difficult to detect—for older adults and their family members, friends, and caregivers too. To help in determining when an older adult may need assistance in the home, the Eldercare Locator has compiled a list of 10 warning signs. Any one of the following behaviors may indicate the need to take action. It is also important to inform the older adult's physician of these physical or psychological behavior changes.

Has your loved one:

- Changed eating habits, resulting in losing weight, having no appetite, or missing meals?
- Neglected personal hygiene, including wearing dirty clothes and having body odor, bad breath, neglected nails and teeth, or sores on the skin?
- Neglected their home, with a noticeable change in cleanliness and sanitation?
- Exhibited inappropriate behavior, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at all hours?
- Changed relationship patterns, causing friends and neighbors to express concerns?
- Had physical problems, such as burns or injury marks, which may result from general weakness, forgetfulness, or misuse of alcohol or prescribed medications?
- Decreased or stopped participating in activities that were once important to them, such as bridge or a book club, dining with friends, or attending religious services?
- Exhibited forgetfulness, resulting in unopened mail, piling of newspapers, not filling their prescriptions, or missing appointments?
- Mishandled finances, such as not paying bills, losing money, paying bills twice or more, or hiding money?
- Made unusual purchases, such as buying more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements?

For additional information on programs and services for older adults and their caregivers in your area, visit <http://eldercare.gov>.

http://eldercare.gov/ELDERCARE.NET/Public/Resources/Factsheets/Ten_Warning_Signs.aspx

A flu vaccine protects against flu viruses that research indicates will be most common during the season. (See Vaccine Virus Selection for this season's exact vaccine composition.) The vaccine has been updated for this season and immunity wanes over a year, so you should get vaccinated this year even if you were vaccinated last season. Immunity sets in about two weeks after vaccination.

People 65 years and older have two flu shots available to choose from - a regular dose flu vaccine and a newer flu vaccine designed for people 65 and older with a higher dose. The high dose vaccine is associated with a stronger immune response to vaccination. However, whether the stronger immune response results in greater protection against influenza illness in older adults is not yet known. The CDC and its Advisory Committee on Immunization Practices have not expressed a preference for either vaccine.

2. Practice good health habits including covering coughs, washing hands often, and avoiding people who are sick.
3. **Seek medical advice quickly if you develop flu symptoms** to see whether you might need medical evaluation or treatment with antiviral drugs. It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and have a greater chance of getting serious flu complications, like people 65 and older (see box for full list of high risk persons/conditions).

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

Content source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)

