

September 2021



# Newsletter



## Fall Prevention Tips

**Speak up.** Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines.

**Keep moving.** Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident.

**Have your eyes and feet checked.** At least once a year, check with your eye doctor, and update your eyeglasses, if needed.

**Make your home safer.** Keep floors clutter-free. Install grab bars in the bathroom and handrails in all staircases. Use automatic nightlights in hallways, bathrooms, and other frequently used areas. Source: [cdc.gov](https://www.cdc.gov)



## Grandparents Day: September 12

**One of the biggest blessings you can have in life is grandparents.**

For starters, think about the wealth of knowledge that your grandparents have to share. They are extraordinary people! They have lived many years, and have stories to tell that could expand our horizons. They have seen the world change in many ways. The next time you have a free afternoon ask them about their lives and the things they have learned. Ask if they have any “words of wisdom” for you. You’ll be amazed how much practical life advice comes from grandparents.

Having a relationship with your grandparents can be really fun. Many grandparents can be more relaxed than parents and will often spend more time, energy and money on things that parents would never agree to. Grandparents are usually happy to extend bedtime or allow an extra dessert on special occasion.

Many grandparents love to spend time with their grandchildren but are just unsure of how to initiate the relationship. Make an effort to go out of your way this Grandparents Day and get to know each other via in-person visit, text message, video chat or social media! But don’t forget everyone loves to get mail, so get creative and write a letter or create your very own card craft to brighten their day. **You’ll never regret the time and effort you put into spending quality time with your grandparents.**

# Sepsis Awareness Month: Protect Yourself and Loved Ones from Sepsis

Sepsis happens when an infection you already have—in your skin, lungs, urinary tract, or somewhere else—triggers a chain reaction throughout your body. Most sepsis is caused by bacterial infections, but it can be a complication of other infections, including viral infections, such as COVID-19 or influenza.

Anyone can get an infection, and almost any infection can lead to sepsis. Some people are at higher risk.

Know the signs and symptoms of sepsis may include:

- High heart rate or low blood pressure
- Fever, shivering, or feeling very cold
- Confusion or disorientation
- Shortness of breath
- Extreme pain or discomfort
- Clammy or sweaty skin

Sepsis is a medical emergency. If you or your loved one has an infection that's not getting better or is getting worse, act fast! Get medical care immediately either in-person, or at minimum, through telehealth services, if available. Ask your healthcare professional, "Could this infection be leading to sepsis?" and if you should go to the emergency room for medical assessment.

Source: [cdc.gov](https://www.cdc.gov)



## Emergency Preparedness Month

No one can prepare your family for a disaster like you can, because you know the personal health needs of your family best.

Get started by knowing the basics:

- Create an emergency water supply of at least one gallon of water per day for each person and pet. A two-week supply is better. Strongly consider storing even more water if you live in a hot climate, for pregnant women, and for family members who are sick.
- Your emergency supplies kit is not a dumping ground for all the forgotten things in your pantry. Take into consideration your family's dietary needs, likes and dislikes, and—of course—any food allergies and medical conditions when choosing foods for your kit.
- Are you one of the many millions of Americans who take a prescription medication as part of your daily routine? If so, be prepared with an ample supply of medications and the devices and supplies necessary to take or administer the prescription.
- Remember to update your supplies every six months and/or if the needs of your family change. Remove, use, and replace any food and store-bought water, prescription medications, and supplies before they expire.
- Invest in emergency lighting, safe heating alternatives, and backup power sources for your cellphone and home-use medical devices.
- Fully charge your cellphone, medical devices, and back-up power sources if you know a disaster, like a hurricane, is likely to strike your area.

Source: [cdc.gov](https://www.cdc.gov)

# The Power of Courtesy and Kindness



Do you want to become a kinder person?

Here is an affirmation that may help to create a new form of kindness mentality:

***"I am now courteous and kind to everyone I meet."***

Now, what if just seeing another person, automatically triggered this mantra? How would your actions change toward them? How much broader would you smile? How would it change your conversation?

This is simple, yet powerful affirmation and if you use it often enough, you may start to notice many wonderful things may start to happen to you and those around you.

And finally, if enough people start to think this way, ***someday the whole world may see a change.***



## National Healthcare Environmental Services & Housekeeping Week, September 12-18, 2021

Held every year during the second full week of September, Environmental Services Week/International Housekeepers Week is a week dedicated to recognizing the efforts of hard-working custodial staff members. True stars of any building's operation, custodial staff demonstrate the extraordinary teamwork and management required to care for complex healthcare environments around our country.

Cleaning employees have one of the toughest and most important jobs in a building. Buildings that aren't properly cared for can lead to illness and slow

productivity for those who live, work, and eat there. Take some time out of your day to celebrate, appreciate and recognize all the professionals working in your healthcare environmental services.



## A National Day of Service and Remembrance

Saturday, September 11, 2021 marks the 20th anniversary of the World Trade Center terrorist attacks in New York City. Also, known as Patriot Day, it is a tribute to nearly 3,000 lives lost or injured, as well as an opportunity to honor first responders and defenders of our nation's freedom.

An annual ceremony takes place at Ground Zero where the World Trade Center was rebuilt; now the tallest building in the Western hemisphere, with the largest man-made waterfall and two sunken pools, the footprints of the original Twin Towers. The commemoration includes a reading of names and six minutes of silence: two minutes for the moments each tower was hit, two minutes when each fell, one minute for the Pentagon crash and one minute for the crash of flight 93. The commemoration recognizes the hope, resilience and unity of the United States.





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## Centenarian Day

Centenarians are people who have celebrated their 100th birthday. While in the past this accomplishment was very rare, you may be surprised to learn that recent study estimates there are approximately 72,000 centenarians just in the United States!

On National Centenarian Day, September 22, take the time to recognize the history and experience held by our elders and be enriched by their wisdom and life stories. The 1920s represented an era of change, struggle, and growth.

Here is a window into a few memories from 100 years ago:

- Women's suffrage
- Prohibition
- Beginning of public radio
- Aviation
- Jazz and Flappers
- The Great Depression

Centenarians' stories of accomplishment and perseverance can aid and compliment what we already know about the world and its history. By listening to personal histories, we are able to learn of new perspectives not found in history books. We can benefit from every story they tell and every remembrance they share.



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## September – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



- |          |             |          |             |          |
|----------|-------------|----------|-------------|----------|
| BALANCE  | DISASTER    | EXERCISE | GRANDPARENT | PREPARED |
| CLEAN    | EMERGENCY   | FALLS    | HELPFUL     | PREVENT  |
| COURTESY | ENVIRONMENT | FAMILY   | MEMORIAL    | REMEMBER |