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**ELDERCARE RESOURCE SERVICES**



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**"HELPING YOU HELP YOUR LOVED ONES"**

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**A FREE PUBLICATION ON ELDER ISSUES**  
**TEL: 508-879-7008**

### **SUMMER INFECTIONS**

When we think of infections typically everyone thinks of a cold, coughing, and fever. With Seniors they may not exhibit similar symptoms. Some Seniors do not have a fever but can be diagnosed with pneumonia.

A urinary tract infection can present with changes in affect, stroke like symptoms, aggressive behaviors or changes in memory loss.

It is summertime and drinking fluids is important. When someone does not drink enough fluids they are at risk of dehydration.

Popsicles, fruit and Jello are ways to get extra fluids as well as keeping a tall glass of liquids next to a

favorite chair.

Dehydration can present itself with loss of appetite, increase in fatigue, increase in memory loss, etc.

When visiting your relative if you begin to notice changes, contact the primary care physician to tell him/her about what you are noticing. The earlier someone is treated the quicker the recovery.

After awhile family members will see patterns and recognize signs of an infection by small changes in affect .

Consider keeping a diary of medical events and what leads up to a certain medical event.

Keep the journal to update physicians on the last time your relative had an infection and how the symptoms presented. This information is very helpful to physicians when working someone up for a medical diagnoses.

Winter is when everyone thinks of the flu but the summertime should not be forgotten for infections. These medical situations can cause someone to be hospitalized which can be traumatic, especially for someone with memory loss.

### **ABOUT US**

**ElderCare Resource Services** is a certified aging care management company co-owned by Linda Sullivan RN, CMC, and Debbie Gitner LCSW, C-SWCM. Our unique Nurse/Social Worker team is able to provide both psychosocial and medical consultation to our clients. Linda and Debbie work together on each case. Families can consult with either of us. We are strong advocates for our clients giving them information to make them better consumers; getting their relative the best care. Together we are able to assist our clients and their families with information on Community Services, Home Care, Assisted Living, and Nursing Homes. Linda and Debbie have over 35 years working with the geriatric population. Now is the time to plan for the future. Call us if you have a question about our services. We'll be happy to chat. Look for our monthly column in the Metro West News 'Senior Questions and Answers'

### **COLORING WITH CRAYONS**

Recently there was an article in Parade Magazine about coloring. No longer is coloring just for children. It allows adults of all ages to find their creative side. For some people it allows them to disengage from life's stressors.

With coloring you are focusing on the colors,

the design and when you are finished with your coloring there is a beautiful picture to look at.

If someone did not enjoy coloring as a child they may not enjoy it as an adult.

For some people who truly enjoyed coloring, consider purchasing a

coloring book and crayons. Some seniors with memory loss may enjoy coloring if someone is coloring next to them.

There are new coloring books available designed for adults. Some focus on animals, some an English Garden, and some on other scenes.



Certified Members of:

**National and New England Associations of Professional Geriatric Care Managers**

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## **FREQUENTLY ASKED QUESTIONS**

**Q: My mother has Parkinson's disease and it is progressing. She has had Physical Therapy many times but I am wondering what else is good to keep my mother's tone?**

**A:** Other ideas to consider are ballroom dancing if she has a dance partner, Rock Steady Boxing, or some YMCA's have exercise programs specifically designed for Parkinson's disease. Rock Steady Boxing is a fairly new program offered at some Boxing Clubs focusing on leg work and hand coordination for people with Parkinson's disease. Do not worry there is no real boxing, it's just exercises.

**Q: My mother was diagnosed a number of years ago with brain cancer. She went through the course of treatments and did well for awhile. Now I notice she is pre-**

**ferring to stay home, spending more time watching television, her appetite is not as good, and overall it feels like she lost her drive. Is this depression or is there something else going on?**

**A:** It is important to have your mother seen by her primary care physician to see if there is something going on medically. At the same time it is possible to have a medical reason there could be a depression or it could be medical or depression. Medication can help with depression as well as talking with someone; a clinical Social Worker can be helpful. Medicare will cover for a Clinical Social Worker.