



Tips To Prevent Common Health Issues Like Arthritis, Diabetes & More In Elderly



It's common knowledge that your internal organs lose some functions as you age. Older people often face a variety of physical and cognitive health problems that can interfere with their everyday life. As per the National Council on Aging, nearly 92% of the elderly suffer from at least one chronic disease and 77%

suffer from at least two. Being aware of the common health problems faced by the elderly can help them take prevention measures and stay prepared for any medical emergencies that might come their way. So, here is a list of some of the common health issues affecting seniors and the ways to prevent them.

1. Diabetes

Diabetes is an extremely common lifestyle-related disease that occurs when the cells of your body lose the ability to utilize sugar, resulting in consistently high blood sugar levels. The risk of becoming diabetic increases as you age. In fact, those over the age of 65 are at a much higher risk of developing this disease than others. High blood sugar levels can lead to some serious long-term complications like heart disease, vision loss, and kidney problems.

How to Prevent Diabetes in Elderly?

- Practice moderate-intensity exercises such as *brisk walking or cycling every day*.
- *Reduce the intake of processed foods* as they may result in insulin resistance.
- Keep an eye on your *blood sugar levels with regular testing*. Strictly adhere to the medications as prescribed by your doctor.

2. Heart Disease

Ageing leads to changes in your heart and the surrounding blood vessels, increasing the risk of developing heart disease. Heart disease is even more concerning in old age as its symptoms may not be visible and thus are most likely to get ignored.

How to Prevent Heart Diseases in Elderly?

- Cut down on foods loaded with unhealthy fats like saturated and trans fats, as they increase the cholesterol levels significantly.
- *Reduce or avoid the intake of alcohol*
- Quit smoking completely as it causes the blood vessels to shrink
- Limit the daily salt intake to decrease sodium levels in the body (high levels can increase blood pressure)

3. Joint and Bone Related Problems

Conditions like osteoarthritis, muscle ache, and osteoporosis are very common in older people. In fact, more than half of those over the age of 65 suffer from arthritis. These problems can have a considerable adverse effect on the quality of life and affect their ability to perform everyday tasks.

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How to Prevent Joint & Bone Problems in Elderly?

- Include food items rich in Vitamin D and Calcium in your every day diet
- Indulge in regular physical activity such as walking and swimming.
- Get enough sun exposure or vitamin D supplements
- Add anti-inflammatory foods like seeds, nuts and salmon to your diet
- Get tested for arthritis.

4. Alzheimer's Disease

Alzheimer's Disease (AD) is a degenerative neurological condition that causes brain cells to die. It is one of the most common causes of dementia, which causes a steady deterioration of cognitive, social, and behavioral abilities. The disease progresses gradually, beginning with mild memory loss and potentially growing into loss of environmental awareness and communication. AD affects the regions of the brain responsible for memory, language, and cognition, impairing an individual's ability to carry out day-to-day activities.

How to Prevent Alzheimer's Disease in Elderly?

While AD cannot be prevented completely, the risk factors can be eliminated by:

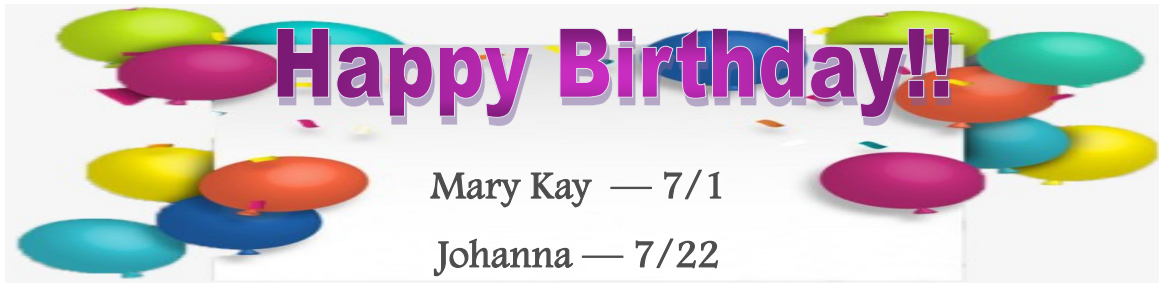
- Quitting Smoking Completely
- Keep alcohol consumption to a minimum
- Avoiding substance abuse
- Consuming a healthy and well-balanced diet



July Resident Right

The Right to Make Independent Choices

- Make personal decisions, such as what to wear and how to spend free time
- Reasonable accommodation of one's needs and preferences
- Choose a physician
- Participate in community activities, both inside and outside the nursing home
- Organize and participate in a Resident Council



Mary Kay — 7/1

Johanna — 7/22

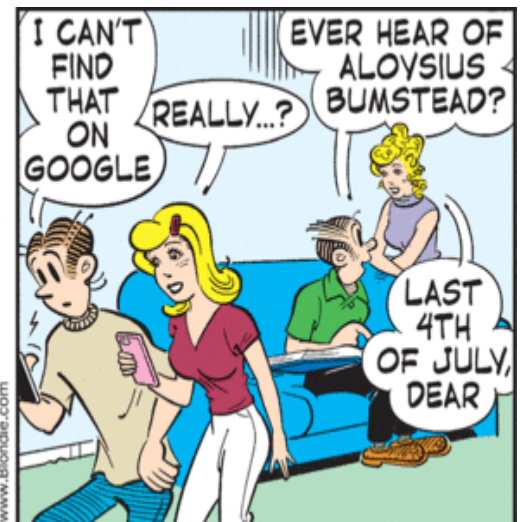
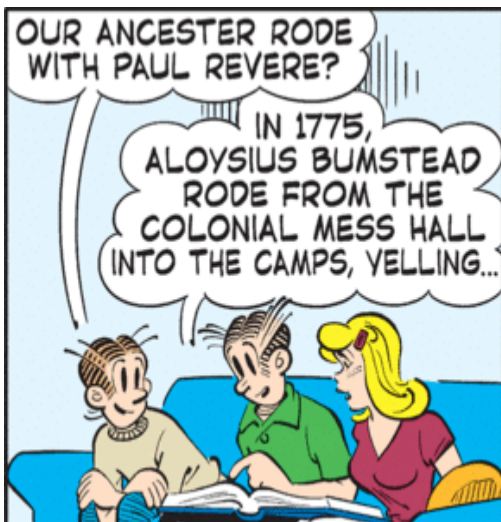
Mavis — 7/26

Fair time is coming July 31—August 3



We will be taking the residents on Thursday August 2nd
from 10 :00am to 3:00pm

If you would like to participate in this activity, let us know
and we will be happy to sing you up.





In the Spotlight

Stanley Lindblom

Where were you born?

Outlook, MT 1 mile away from the Canadian border.

What big events do you remember most from when you were growing up?

World War II

What is different about growing up today from when you were growing up?

Transportation, roads back then were very poor and at wintertime with lots of snow, we had horses to pull the sled bus that we built to transport us. Too many fancy cars now.

How did you meet your spouse?

I met her in a missionary trip to Bolivia

What was your first job?

I work at home with my parents growing up. Farming

If you won \$1 million dollars tomorrow what would you do with the money?

I will help and support families and individuals in need

If you could go back to any age, which age would it be and why?

I'll go back to my 14th, 15th and 16th years, when I was going to school, enjoying sports and all school activities

Do you have any hobbies or special interests?

I enjoy building things that people could use.

What advice did your parents/grandparents give you that you remember most?

Always be thankful for what other people do for you

Do you have a favorite Holiday?

Thanksgiving



Where did you grow up?

Sidney, MT

What is your favorite movie?

Ink heart

When you were little, what did you want to be when you grew up?

Artist

What was your first job?

Waitressing

If you could visit anywhere in the world you've never been, Where would you go and why?

Paris, Always wanted to go, place of Love

What are some of your pet peeves?

Chewing with mouth open

Do you have any secret talents?

I can draw

What are you passionate about?

Reading

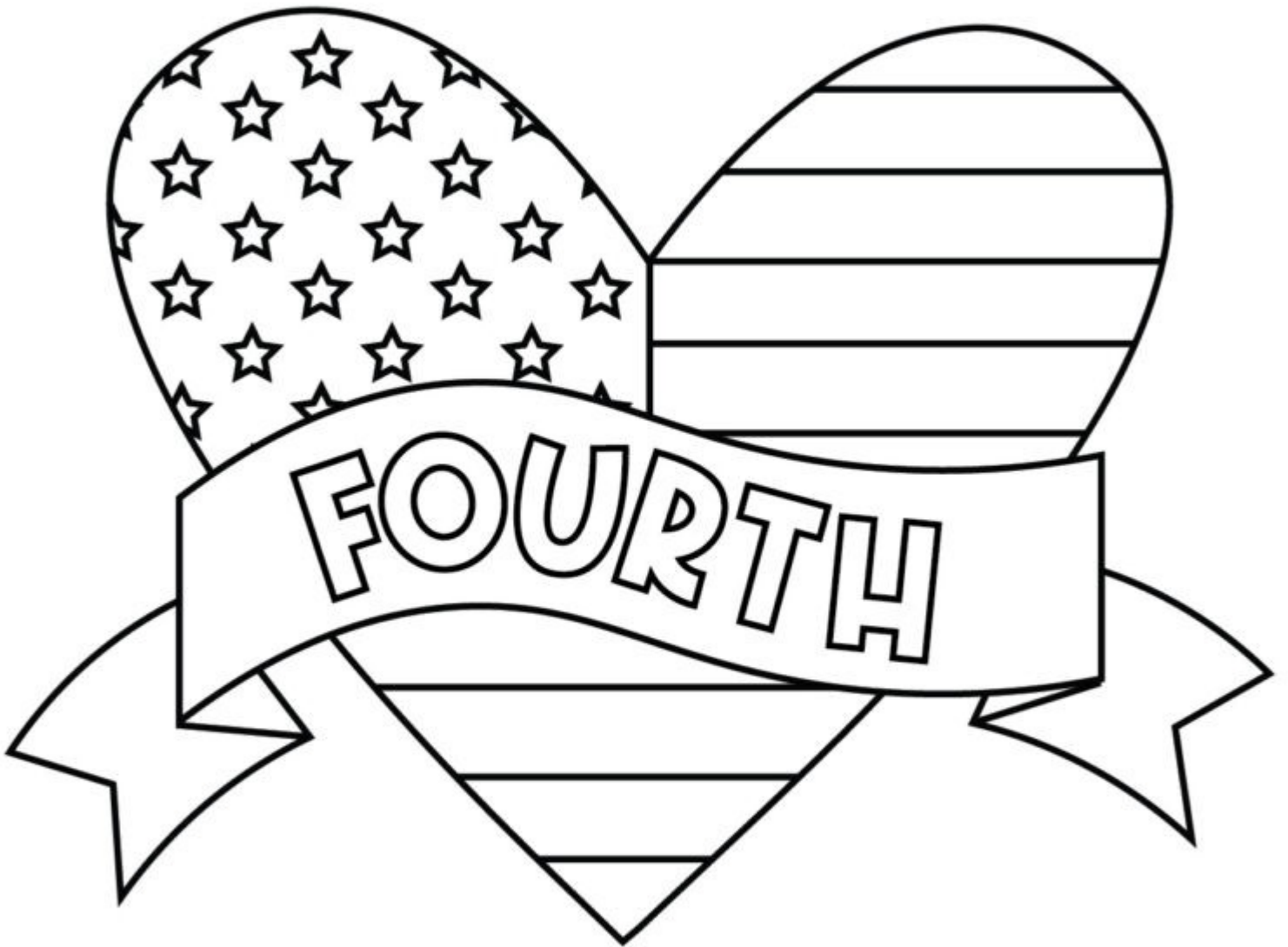
What advice did your parents/grandparents give you that you remember most?

Honesty is always the best

Do you have a favorite family tradition?

No

HAPPY



OF JULY!



Fourth of July

WORD SCRAMBLE

WFORRIESK

PEIEDDEENCNN

DAREPA

EFOMEDR

FGLA

NPCCII

URMSEM

EIBTLYR

ERACMA

NITEUD STTSEA

JUYL

SASTTE

RTILEVOONU









PTTOIARCI

RASTS

JULY

2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 7 2:00 Fingernails— Fireside 3:00 Coffee Time	1 Mary K Johnson 9:00 Chair Exercises	2 10:00am Walk W/ Staff 3:00 Coffee Time	3 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	4  2:00pm 4th of July Party Games & Snacks	5 9:00 Chair Exercises 3:00 Coffee Time	6 2:00 Bingo 3:00 Coffee Time & Speciality drinks
14 2:00 Movie/Series Time 3:00 Coffee Time	8 9:00 Chair Exercises 2:00 Bingo W/ Volunteer 3:00 Coffee Time 	9 9:00am Catholic Mass 12:45pm Staff Meeting 3:00pm Coffee Time	10 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	11 9:00 Caramel Rolls 2:00 Church Service Pastor Meehan	12 9:00 Chair Exercises 10:00 Game Time 3:00 Coffee Time	13 2:00 Bingo 3:00 Coffee Time & Speciality drinks 
21 3:00 Coffee Time/ Root Beer Floats 	15 9:00 Chair Exercises 2:00 Bingo W/ Volunteer 3:00 Coffee Time	16 2:00pm Wisdom & Coffee hour W/Sister Rita 3:00 Coffee Time	17 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time 	18 9:00 Caramel Rolls 2:00pm Craft W/Sam 3:00 Coffee Time	19 9:00 Chair Exercises 3:00 Coffee Time	20 2:00 Bingo 3:00 Coffee Time & Speciality drinks
28 2:00 Movie/Series Time 3:00 Coffee Time	22 Johanna Mann 9:00 Chair Exercises 2:00 Bingo W/ Volunteer 3:00 Coffee Time	23 10am GoodCents Re- cycling 3:00 Coffee Time 	24 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	25 9:00 Caramel Rolls 2:00 Church Service Pastor Meehan	26 Mavis Schledewitz 9:00 Chair Exercises 10:00 Game Time 3:00 Coffee Time	27 2:00 Bingo 3:00 Coffee Time & Speciality drinks
28 2:00 Movie/Series Time 3:00 Coffee Time	29 9:00 Chair Exercises 2:00 Bingo W/ Volunteer 3:00 Coffee Time	30 10:00am Walk W/ Staff 3:00 Coffee Time	31 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time		Self Directed + Puzzle Tables + Reading	Activities + Walking Paths + Puzzle Books



THE
LODGE

Managed by
SIDNEY HEALTH CENTER

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