

ABSOLUTE HOMECARE

ANOTHER POLAR VORTEX? WHAT WE NEED TO DO TO PREPARE

By Mandy Shorter, AHMS Clinical Supervisor

Although, right now, the weather outside is typical for this time of year, it's the perfect time to plan for the best and prepare for the worst winter weather.

One suggestion on how to make the most of the cold weather is to continue exercising. If you are used to walking outside, start walking inside. If you (or your client) live in an apartment complex, walk the halls or maybe go to the mall.

Anyone with a heart condition should take extra caution when shoveling. If you must shovel, use a light weight shovel, lift only small amounts of snow at a time and take frequent breaks. ANYTIME you feel dizzy or heavy in the chest, STOP shoveling and seek medical attention.

Winter is a good time to take a vitamin if you don't already and add some Vitamin D to your medication regimen. Keep a minimum of a 3 day

supply of non-perishable food and water, including extra food in the freezer, canned soups, and fruit in the cupboard or canned fruit juices. Eggs, cheese and yogurt are also a great option and will keep well in the refrigerator for a longer duration. In addition, it is recommended to keep a 7 day supply of medicine at all times.

If you must go outside, cover as much skin as possible. Wear layers of lightweight clothing, mittens (better than gloves), scarves and hats to prevent body heat from escaping.

Keep your thermostat set no lower than 65-68 degrees to prevent hypothermia in the home and to keep pipes from freezing. DO NOT use space heaters as they are the leading cause of home fires in the colder weather. Make sure smoke and carbon monoxide detectors are functioning properly and keep plenty of batteries and flash lights available.

LIVING YOUR LIFE AT HOME WITH ABSOLUTE HOMECARE

Client Testimonial: Kim Skelding, Tim & Kelly Mayo

"My brother and I cannot express the gratitude we have for Absolute and staff. It was a very trying and emotional experience and unfortunately difficult because my father had a difficult time understanding the level of care he needed. Your staff pursued. Thank you again and much appreciation."

NON-MEDICAL & PRIVATE NURSING SERVICES

Absolute Homecare and Medical Staffing provides both non-medical and private nursing services to allow individuals the opportunity to age in place. Services range from custodial care to skilled nursing, including personal care, transportation, companionship, medication set-up, lab draws and Coumadin Monitoring. Respite Care is also a great option, offering caregivers the opportunity for relief and recharge.

LOVE WHERE YOU LIVE & LIVE YOUR LIFE AT HOME

Absolute Homecare Partners with The Lori Moore Show

Absolute Homecare & Medical Staffing is pleased to announce its partnership with The Lori Moore Show on Newschannel 3 and the CW7.

AHMS has been featured on shows in both September and October, offering resources for the aging population and insight to the home care industry.

Becky Bigelow, Co-Owner, also shared personal experiences and presented options for individuals that desire the ability maintain their home life and age in place.

To view an archived show or to learn more, check out our events page at: absolutehomecare.info/events/.



Host Lori Moore and Co-Owner Becky Bigelow

AHMS PARTICIPATES IN THE WALK TO END ALZHEIMER



On September 21, AHMS joined the local Alzheimer's Association Chapter to raise awareness and funds for Alzheimer's care, support and research.

Over 500 participants and 50 teams gathered at the Celery Flats in Portage for the event, raising nearly \$60,000.

To learn more about the Alzheimer's Association or upcoming events and programs visit: www.alz.org/mglc.

TO LEARN MORE ABOUT ABSOLUTE HOMECARE AND MEDICAL STAFFING PLEASE VISIT OUR WEBSITE: ABSOLUTEHOMECARE.INFO OR CALL 269.324.8080



8080 Moorsbridge Road
Portage, MI 49024