



BEAT THE HEAT THIS SUMMER!

Recognize dehydration before it strikes

Heat can be a silent and deadly adversary. On average, more than 100 people die in the US from extreme heat exposure annually, many of them seniors, and most of those in their own homes. According to the CDC, extreme heat now causes more deaths in US cities than all other weather events combined.

Understanding heat's impact, and what you can do to prepare, can stave off heart attacks, strokes, hospitalizations and yes, even death.

"By the time you feel thirsty, you are already dehydrated," said Nancy Bagwell, Vice President of Home Health Operations at Peninsula Home Care. "Dehydration often comes with a headache, fatigue, dizziness and confusion. It can push your heart rate up significantly and make people faint. It's crucial to prepare."

Many seniors know they are supposed to hydrate with water and low-sugar sports drinks but they don't always do so.

"For many people, being caught needing to 'go' is a real challenge," said Bagwell. "Planning drinking and bathroom breaks is critical. SO is making sure you carry a water bottle when you leave home. Dehydration can hit very quickly in a hot car, walking on the street or while getting exercise."

Bagwell also recommends asking the pharmacist how medications interact with heat and activity, as some may cause bloating, create a greater need to go to the bathroom and/or put you at risk for sunburn.

Also confirm that your air conditioner and/or fans are in working order before the next heat wave hits.

WANT TO KNOW MORE?

Visit www.peninsulahomecare.com and look for the **Beat the Heat Tip Sheet** in the Resources section.

How to Leave - and Stay Out of - the Hospital



Hospital discharge is exciting and stressful. Patients go home, where they are more comfortable, but there's no "call" button on the bedside table. Peninsula Home Care works with area hospitals to make the transition easier and safer through their commitment to "continuum of care."



Branch Directors Beverly White (Delaware), *left*, and Barbara Murray (Maryland), *right*, share insights on how this collaboration helps keep patients healing – and out of the hospital.

Q When does planning for home health care start and what is the process?

A **Barbara:** It starts when you're admitted. The hospitalist will identify what your need for services might be after discharge and contact your case manager, who will make the referral for home health care. Our liaison will visit you in your hospital room to discuss your physician's order and answer questions.

Q Can home care be preventative if used before having to go to the hospital?

A **Beverly:** Yes. The role of home health care has changed. Previously, skilled home care was used as a resource only after discharge. Today it has shifted to include preventative service. It can help you manage chronic illness, provide therapies and for other support, and it can reduce your risk for hospitalization. You can even self-refer without a doctor.

Q What can a patient do to prepare?

A **Barbara:** First, know that you can pick the agency that provides services. Next, take into consideration how long the agency has been in business, if it is Medicare certified and the services offered. Ask if it involves the patient and caregiver in the plan of care, whether it has 24/7 availability and if it accepts or participate in your insurance. Use Home Health Compare on Medicare.gov to learn as much as possible.

Q Some people decline services. What can a caregiver do to keep the patient from going back to the hospital, especially if you know they need extra care upon discharge?

A **Beverly:** Our office will follow up with the referring agency and the primary care physician to let them know the patient has declined services. We always leave the door open. The patient, family, and doctor can refer again if the need should present itself again.

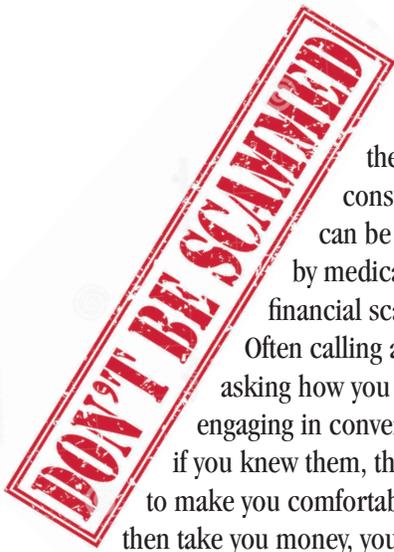


Brought Medical Info to Life

It was a day of learning and laughing. The 2019 Owl Summit speakers brought exciting and inspiring content to life, learning about advances in neurosurgery from Dr. Sophia Shakur of PRMC and orthopedics from Dr. William Doran of Nanticoke Memorial Hospital. Attendees were greeted warmly by the Peninsula team, inspired by WBOC's Jimmy Hoppa and took free information from exhibitors. Everyone left with a gift bag - and many won door prizes.



Thanks to all who participated.



Even the smartest consumer can be tricked by medical and financial scammers. Often calling at off times, asking how you are and engaging in conversation as if you knew them, their job is to make you comfortable – and then take you money, your medical information, even your whole identity. Here are seven tips for keeping your personal information safe.

- 1. Direct Deposit** your Social Security, pension and other important income sources to your checking account to avoid theft.
- 2. Shred medical and financial information** you no longer need, especially receipts with credit card numbers or your social security number.
- 3. Register with the Do Not Call list** (www.donotcall.gov) to remove your name from most lists at once.
- 4. Bring in your mail** in a timely fashion. Information thieves often look for credit card solicitations in home mailboxes.
- 5. Don't give out your Social Security number** or other key information by phone unless you initiated the call.
- 6. Check bank and credit card statements** to look for fraudulent activity. Call your bank immediately if you find charges or withdrawals you did not make.
- 7. Ask for charitable solicitations by mail** – do not make donations over the phone!

You worked hard for your savings – protect it and your personal information.

HEALING AND RECOVERY THROUGH Speech

Imagine suffering a stroke and not being able to express feelings or communicate at a functional level. Think of the challenges that come with being fed through a tube and not being able to eat a full meal. These are two examples of scenarios where a speech therapist would be ordered by a physician to help a patient with speech, eating, drinking and swallowing.

“Stroke, accidents and major surgeries are closely associated with the types of patients I see but I also have a lot of dementia patients on my case load,” said Karen Musengwa, Peninsula Home Care Speech Language Pathologist and Certified Dementia Practitioner. “Dementia causes communication difficulties and mealtime challenges not only for the patient but the caregiver as well.”

“Just like the patient recovering from a severe car accident, unable to communicate, cognition is a big part of speech therapy,” said Musengwa. “I work with individuals with dementia and their caregivers to understand where they are in the disease process, tap into what they can do and provide support for caregivers to maximize effective communication and quality of life. We know improved communication has an impact on social skills, peer relationships and behavior and can greatly minimize stress and anxiety for both the patient and caregiver.”

“We value Karen’s ability to empower a patient and their family through education and communication,” said Barbara Murray, Maryland branch director. “Her skills play an important role in assessing a patient’s capacity to consent to treatment or care. Her expertise allows her to advise on effective means of presenting information to a person with dementia in a way that maximizes their freedom of choice.”

For more information about speech therapy and dementia services, call 410-543-7550.



SPEECH LANGUAGE PATHOLOGY SERVICES

- Articulation problems
- Fluency problems
- Voice problems
- Oral feeding problems
- Expressive Language Problems
Difficulty recalling words and producing sentences
- Receptive Language Problems
Difficulty understanding what is said to them, following instructions
- Pragmatic Language Problems
Difficulty understanding the meaning of what is being said

DEMENTIA THERAPY STRATEGIES

- Advice to help with structure for daily activities such as dressing and meal prep
- Environment modifications such as signage, chair lifts, railings and a home security system
- Memory training through puzzles, games, reading and writing
- Assess eating, drinking and swallowing for mealtime strategies
- Evaluation of individual’s capacity to consent to treatment and care

CELEBRATING OUR 2019 Outstanding Nurses of the Year

Our nurses like nothing better than seeing patients achieve their goals as they recover, and these three, elected by their peers, are highly dedicated to the team, committed to patient progress and focused on relationship building.

Jamie Hillman
Salisbury Branch



“I enjoy building relationships with my patients and watching them heal. I see them at a low, but also get to see them at their best. My patients are like family. I love all of them.”

Lisa Powell
Ocean Pines Branch



“I enjoy one-on-one patient care. We focus on the individual needs of each patient. Peninsula Home Care is very supportive and offers a much more comfortable work environment compared to working in a large corporation setting.”

Valerie Roth
Seaford Branch



“Our team goes above and beyond to provide the best care possible and we care about each other too. My future is with Peninsula Home Care at Nanticoke, growing along with the company.”

Calendar of Events!

25th Annual

PRMC Drive-Thru Flu Shot FREE

Friday, October 11, 2019

Arthur W. Perdue Stadium,

Salisbury / 8:00 am to 6:00 pm

Vaccinations will be administered to individuals 13 years of age or older (ages 13-17 require a parent or legal guardian for consent.) A physician's order is not necessary. For the first time, flu shots will be FREE. Vaccinations are encouraged for anyone over the age of six months, and especially for people over the age of 65, people with heart or lung disorders, immunosuppressant diseases or diabetes. Please wear a short-sleeved shirt to provide easy access to the upper arm.

For additional information, visit
www.peninsula.org/dtfc.

Come visit us at the 3rd Annual
THRIVE Senior Life After 55 Expo
Oct. 26, 10:00 am – 3:00 pm
MAC Center, Salisbury

Aging into Medicare FREE
Thur., Sept. 12 • 1:00 – 3:00 pm
MAC Center, Salisbury
Email to Register: jjohnson@macinc.org.

PRMC EVENT CALENDAR

For more information on events, go to
peninsula.org/events

Gentle Exercise Class FREE

Every Thursday, 1:30 pm
Location: Ocean Pines Health Pavilion

Women Supporting Women Breast Cancer Support Group FREE

2nd Thursday of every month, 6:30 pm
Location: Ocean Pines location of Richard A Henson Cancer Institute

Better Breathers Club FREE

3rd Wednesday of every month, 11:45 am
Location: Respiratory Classroom, PRMC

Renal Support Group FREE

Every 3rd Thursday, 12:00 pm
Location: MAC, Inc

Patient, Survivor & Caregiver Support Group FREE

4th Tuesday of the month, 1:00 pm Location:
Ocean Pines Richard A Henson Cancer Institute

Vascular Screening FREE

Sept. 12, Oct. 8, Nov. 14, Dec. 12
8:00 am – 3:00 pm
Call Guerrieri Heart & Vascular Institute to
reserve 410-543-7123

AGH EVENT CALENDAR For more information on events, go to atlanticgeneral.org/events

Hypertension Clinic FREE

10:00 am: Aug. 5, Sept 2, Oct. 7, Nov. 4, Dec. 2
Location: Apple Drug, Berlin

NAMI Lower Shore Family Support Group FREE

6:30 pm: Aug. 13, Sept. 10, Oct. 8, Nov. 12
Location: Atlantic General Hospital

NHS EVENT CALENDAR

For more information on events, go to
nanticoke.org/events

The Diabetes Connection FEE INVOLVED

Daytime, 9:30 to 11:30 am: Oct. 8, 15, 22, 29
Evenings, 5:00 to 7:00 pm: Sept. 4, 11, 18, 25
Nov. 6, 13, 20, and Dec. 4

Heart Failure Support Group FREE

Thursday, Oct. 24, 12:00 pm
Location: Nursing Conference Room,
Nanticoke Memorial Hospital

Lymphedema Support Group FREE

2nd Monday of every month, 1:30 pm
Location: Nanticoke Training Center

Stroke Support Group FREE

3rd Tuesday of every month, 1:30 pm
Location: Allen Cancer Care Center's
Conference Room

Parkinson's Support Group FREE

3rd Thursday of every month, 9:30 am
Location: Manor House

Better Breathers Club FREE

Oct. 8:00 am– 1:00 pm:
Location: Nursing Conference Room

Diabetes Support Group FREE

Berlin
1st Monday of every month, 6:00 pm
Location: St. Paul's Methodist Church, Berlin
Ocean Pines
1st Wednesday of every month, 7:00 pm
Worcester County Library – Ocean Pines Branch

For more local meetings and events, visit www.peninsulahomecare.com