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*Photo courtesy of AlertNet.*  
"A health worker holds doses of influenza A (H1N1) vaccines in a jail in Ciudad Juarez March 29, 2011".  
"Deal near on flu virus-sharing, vaccines". Nebehay, Stephanie. AlertNet Apr 12 2011.

**The Flu Shot. Should You, or Shouldn't You?**

You should get the Flu or pneumonia vaccine. Whether or not you get vaccinated this Fall depends on a few things; some you might want to consider:

- What was your reaction to the vaccine the last time you had it. Did your doctor advise you not to get the flu shot, and did it make you ill last time you received it?
- If you did not acquire the flu shot last year, did you get sick? Did you

get pneumonia? How sick were you?

- Are you exposed to other individuals; such as young children, or older adults?
- What's your current state of health? Could the Flu virus or pneumonia cause you a severe setback and possibly end your life?

Remember, you can still get the Flu virus or pneumonia even though you've been vaccinated against them.

Why is that? Well, there are many strains of Flu and pneumonia bacteria and viruses. The Flu vaccine usually contains the 3 strains which the World Health Organization feels will be the most likely to strike our country and geographical area. This decision is based on demographics (old and young), foreign travel and fatality predictions. So, do you get the shot or don't you? If your not sure, talk to a health care professional. It'll be one less thing to worry about.

Article By:  
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**WHAT CAN PRESTIGE DO FOR YOU?**



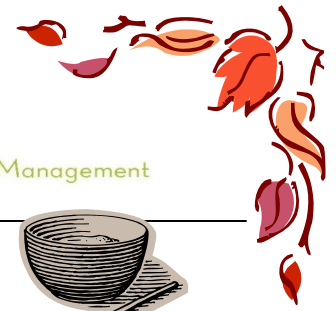
Patrick Henry, that great Colonial hero once said "Give me liberty, or give me death". I say, "Give me a caregiver and a Care Manager so I can put off the inevitable and stay in my own home for as long as I want".

If you have some difficulty getting in and out of bed or your chair (or) find yourself losing weight or getting dehydrated (or) not taking your bath, shower and pills when you should, well, just call us and we'll make it happen. Sure it'll cost you some money to have great caregivers and a great care manager, but isn't that what it's there for.

We specialize in keeping seniors in their own homes; safely, comfortably, stimulated, well-nourished, hydrated, clean and safe. That's every kid's dream for their aging parents. Get one. Make the call!!

**Prestige Home Health Care**  
**910 Elm Grove Road**  
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## A Recipe For Good Health

Take out a mixing bowl, one of sufficient size as we have a lot to put in to it. Okay, let's begin.

First thing we want to do is shore up our psyche, otherwise if our mood is dour it will spoil the broth.

1. Mix in a huge dose of **BELLY LAUGH**. You know, the kind that comes from way down deep and makes others around us laugh even though they have no idea what they're laughing at. Okay, if you don't feel like laughing, a smile will do. You can't be depressed if you wear a smile.

Now don't give up. The best is yet to come.

2. Stir in 10 minutes of **EXERCISE** per day. It doesn't have to be strenuous. Some leg lifts, arm lifts, a little resistance added helps keep those muscles lubricated. It's your body's oil change. Exercise flushes out the bad and brings in the good. It does more than vitamins and other supplements do; and it's a lot cheaper too. The other thing about exercise is it helps you keep your balance so you don't fall.

Now we're ready for some good stuff, even though most of us don't like it. But our bodies sure do. It's,

3. **Water**. So okay, humans don't have fins but we need the juice. When we're young, our bodies are 75% water. By the time we get to those great Golden years, we've lost 15-20 % of that so now we're down to 55-60%. Ever wonder why we dehydrate so fast and end up in the hospital? It's a fine balance we have. Throw into our bowl, let's see, realistically we need at least 7 eight ounce glasses a day to sustain adequate hydration. That's a total of 1680 cc's. If you have a heart condition, check with the Doc to see how much you should have. By the way, when your feet, ankles and calves are all swollen up, you need water coming in to get that junk out of your body. Think about that. Water gets the water out. That works for the bladder too. If you get bladder infections, you know, where you maybe have some discomfort, get confused or a little loony, there's a way to prevent that. Drink, drink, drinken!

4. So, what's next? A healthy constitution. You gotta have a **BOWEL MOVEMENT** to clear the system out. This should occur at least every two days. Three is too long a time. If you don't find yourself in the John at least every two days, take something to make it happen. Warm prune juice, Miralax if okay with the Doc or something to get that motor going. It'll be a great load off your mind and your body will love you for it. Throw in a good dose of an every one to two day trip to the Loo.

What else do we need? How about this. Coming in at number,

5. Those little pink, white, purple and brown things we've accumulated cause we didn't take such good care of our bodies on the way to it's ripeness. **MEDICATIONS**. Yeah, we got 'em so we may as well stay with the program. No, it's not okay to skip a day or take them anytime you feel like it. They are teetred to your body's chemistry, meaning, when taken correctly and timely, they do you some good. Otherwise, they're not. Stay the course. If it says daily, take it daily. If it says AM, take it in the AM. Consistency is good.

6. Okay, so we've got the body lubed, worked up, emptied out and happy. Now we need to put some fuel into it. **NUTRI-TION**. Commonly referred to as food, it's what keeps our motor running. How much do we need. That depends on your age, size, activity level, metabolic rate, etc. Me? It seems that no matter how much I stuff down the ole chute my belly keeps on getting bigger. On average, 1500 to 2000 calories a day will sustain you. Keep in mind, that no matter what you shovel in, the body turns it into sugar cause that's our body's fuel. However, you don't want to cut right to the chase and dump in a bag of sugar every day. You need a happy medium to keep those organs happy. Try this, 4-6 ounces of meat and some dairy products, especially yogurt to stave off bladder infections, along with some veggies (watch the greens if on Coumadin), and some carbs from potatoes, bread, etc. No, you can't make your body happy by pumping in the sweet rolls. So, now we got the ole Bod fed and watered, what else do we need?

7. **STIMULATION!!!!** You want Dementia? Keep sittin' in front of that boob tube. You gotta keep your machine rolling. Puzzles, reading, playing cards, getting out of the house, meet with friends, volunteer, take a walk, get outa town (I mean it). DLSL (Demention Loves a Sedimentary Lifestyle). It craves it. No matter what your condition or function level is, do something. Don't just sit there.

Now, who am I to tell you what to do? I'm Robert, a Medical Care Manager with over 35 years specializing in the care of our community's seniors. I make people's lives better and I keep them in their own homes. Wanna stay there? You should get to know me. We really can do wonders together! To reach me, Call (262) 970-7102.