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I wish I could dance with my Dad once more...

It seems so long ago that I clutched my Dad's hands, balanced on his toes and hung on for dear life as we danced across the floor. It felt as if I was floating on air as we waltzed to the beat of my Dad's inner music. He seemed so strong back then, so much bigger than life. Now, the cycle continues and the torch has been passed on to me. As the family patriarch I look back on those days and wish the dance with my Dad could have lasted a while longer. Sure, I've balanced my daughter and grandchildren on my toes and whirled them across the floor; but, there's still nothing in this world that gives you the same feeling as dancing with your Dad. Unfortunately we just don't get that many years to do that. So this Father's Day, dance with your Dad, even if it's just symbolically. Feel the beat as you glide effortlessly around the room. Feel secure in his grasp. Feel the love and bond you shared. Most of all, just feel!



What? Mom's being discharged home when? Today?

It happens to someone every day across this country. You get that call. "Your Mom is ready to be discharged." Let's back up a moment and let that sink in. It was just a few days ago, your Mom had an incident; whether she fell, had a urinary tract infection, mixed up her medications, got dehydrated, became confused, got pneumonia; whatever the reason, she ended up in the emergency room. After countless hours of waiting to see a doctor and numerous tests you were told they were going to admit her for a few days. Well, maybe that wasn't the worst thing that could happen. This would give you time to get some work done and take care of your family. But, then you got that call. You hop in the car and head for the hospital. When you walk in the room, your Mom's all ready to go and when they stand her up to get her into the wheelchair she's a bit unsteady but she does okay. So anyway, the nurse gives you some paperwork which probably has orders from the doctor (bring her to see me in two weeks), medication list (those two weren't on there before), diet (where are the sweet rolls and bakery?), exercise program, (exercise? Where did that come from?) Okay, you can do this. All you have to do is drop her off at home, make her some lunch, pick up her medications and groceries, come back, set up her meds, take her to the bathroom and you can still make it home in time to make dinner.

Just like before. So you get her home and it's a struggle getting her into her house. Hmm. Didn't plan on this happening. With some urging you get her inside and settled into her recliner. She'll be fine now. You'll take care of all this other stuff and come back this evening to help her into bed. So, it all worked out. You came back later, set up her medications then spent a few minutes chatting. She was feeling so much better being home and assured you she could fix her own dinner and get to bed on her own. So you leave, feeling really good about your relationship, all that you did and how good it was to have your Mom home again. The next day you call her from work and she tells you she is feeling and doing so much better. You tell her you'll stop by after work to see what she needs. She tells you she's fine and you shouldn't fuss over her. You hang up feeling so relieved. That evening you stop over. She'd been in her recliner since you left her last evening. Her clothes are all wet and she hasn't taken any of her medications. She's also confused because she hasn't eaten or drank anything all day. What do you do? Don't panic! Just call Prestige. We'll take the pressure off your shoulders and take very special care of your Mom. It's what we do every day and that's why we're specialists. We call it life care and that is also special.

Happy Father's Days !!

From all of us at Prestige, your place for in-home companions, personal care attendants and Life Management, we wish all you Dad's out there a very Happy Father's Day. On this Fathers' Day I will again look back on my last dance with my Dad and think of the Dad's we've had the privilege of caring for throughout the years at Prestige Home Health Care. In many, many ways, we shared in their last dance as well.
Robert

Prestige Programs

Respite: As a family caretaker, should you need a break or need to travel, call us. We'll fill in till you get back.
Personal Care Attendant or Companion: For when you need help with hygiene, meds, supervision, meals, laundry, pets, housework, etc.
Life Management: For when you need a nurse to check on you to make sure you're okay, set up your meds, etc. so you can be safe in your own home.
End of Life: Specially trained caregivers who help with medications, comfort cares and a shoulder for family to lean on.
Travel Pal: Accompany you to weddings, funerals, Florida, or the beautician.
Emergency Service: Short-term fill-in when something bad happens.

The Boomers Nightmare

What can you do to stop the slippery slope you might find yourself on?

Well, if you haven't retired yet there's still time to revisit your financial plan and expand it to include your grandchildren, adult kids and parents. You may need to sit down with your kids and look at their financial picture and see if it will support their lifestyle now and into the future. If not, what will they need from you?

Then, you might also want to look at the biggest impact on your retirement dreams. Your parents. What you do now to plan for your parents future will greatly impact yours; either positively, or negatively. What do you do? My advice would be to hire a **Life Manager**, like me. Here's some of what I can do for you and your parents:

- I'll look at their health status, functional ability, safety issues, fall risk, medication regime/compliance, related diagnostic predictors and relationship with their physician. We'll devise a plan that incorporates all the findings from above so life won't be about crisis's. It's very much like what you did to set up your financial plan. It's a plan going forward.
- I'll look at their home and advise you on what needs to be done now or later to accommodate them in later years, should they desire to live out their lives there.
- I'll look at and assess their response factors such as what might happen when one of them passes away, or they have to give up driving. How will they accommodate?
- I'll advise you on the ramifications and expenses associated with their not being able to manage their household or themselves.
- I'll tell you what resources you can enlist now and in the future that will make both of your lives better.
- I'll help you plan alternatives so you don't have to be their full time caretaker. When the need arises I will set them up with a companion or personal care attendant so their lives are more fulfilling and so much safer.

With a **Life Manager** looking after your parents, you'll be able to take care of you, your kids and grandchildren. You might find a little help with your parents is just what you need so that you can get a better nights sleep. Doesn't that sound good? Let me manage your parents.

Robert Griesemer RN, BSN, MS.

Are You On A Blood Thinner?

If you are on Coumadin, you might want to ask your doctor about the drug "PRADAXA" an alternative to Coumadin or (Warfarin). A doctor told me it does the same thing, i.e. controls the viscosity of your blood and helps prevent blood clots, but it's purportedly more effective than Coumadin at preventing strokes.

The greatest thing about this drug is that you don't have to have blood work done for INR/ PRO Times. Life is good!!!!

Help Wanted

If you fit the category of a Senior or "Seasoned Folk" and you could use more income than what your social security provides, we may have something for you. It's not a job. You had one of those. This is an adventure, an act of kindness. It's called being a

PRESTIGE COMPANION

We need Seniors (Seasoned Folks) who can help us take care of other Seasoned Folks who perhaps don't get around so well anymore but want to stay in their own homes.

We'll provide training so you can perhaps drive them to their doctors appointment, set them up for a shower, cook their meals, remind them to take their medications, make sure they drink plenty of fluids, walk to the bathroom with them, etc.

If you want to get started, call us at
(262) 970-7102

Prestige Companions!

Think how good it will make you feel that you helped someone else stay in their own home.



To The ER We Go...

Is it a urinary tract infection (UTI), dehydration, or Dementia?

Believe it or not, all of the above can present themselves in similar fashion; that is, demonstrate likened symptoms. Their common component is confusion, albeit Dementia comes on slowly with some little telltale signs that often precede the diagnosis by a couple of years. The other two, usually present with sudden or acute onset.

Let's take a closer look at them. A UTI usually presents with signs of lethargy, decreased appetite, insomnia or increased sleep, possible low grade fever, confusion, more trips to the bathroom, incontinence, etc. Dehydration usually presents itself as loss of skin elasticity, confusion, incoherency, tiredness, weakness and lethargy.

There are other symptoms but these are the most common. If you'll notice, they do pretty much the same thing to the human body which is why the doctor might order blood work and a U/A. This will tell them what the problem is and treatment. Both of these maladies can be life-threatening. Should you notice your Senior Folk parents or even your children presenting with sudden confusion, lethargy, change in sleep patterns or any of the other symptoms mentioned above, call their doctor and get them help.

The prevention of both dehydration and UTI is also similar. Plenty of fluids. With the summer coming on, please be sure to pay special attention to your parents fluid intake and daily hygiene needs.