
Putting the Heart in Home Care

Newsletter for our Employees, Friends & Families-Fall 2019

Staying Safe This Fall

As the leaves start to fall and the air turns crisp, we know fall is here. Staying safe in and around the home is important. Here are some tips to ensure our seniors stay safe.

1. Get your flu vaccine

The Centers for Disease Control (CDC) recommends that adults aged 65 and older get a flu vaccine each year, ideally by the end of October. While the flu shot is recommended for every person above six months of age, seniors are especially at risk for flu complications, such as pneumonia, bronchitis sinus and ear infections. Our senior populations 65 years and over are more likely to get flu complications that can result in hospitalization and some-

times death. Please talk to your health care provider for recommendations.

2. Stay Warm

More drafts will be noticed inside the home as the temperatures outside drops. Remember to properly shut or seal windows and doors that could be letting cold air inside your home. Re-

member also that cold rooms increase our senior population's vulnerability for getting sick. Provide blankets and socks to keep warm.

3. Check Batteries

Please remember to check, test and replace the batteries in your carbon monoxide and smoke detector this Fall.



*Have a Happy
Thanksgiving*



4. Protect Against Falls

It is not just inclement icy weather that can put our seniors at a higher risk for falling during cold weather months. Other factors such as increased joint pain or difficulty exercising be-

cause of cooler weather can also make our seniors with chronic conditions such as arthritis, diabetes, and heart disease more likely to experience a fall inside their home. Please check and ensure grab bars and bed

rails are secured. Take time to check and secure loose rugs and electrical cord to prevent falls. Areas that are dark such as hallways should have working lights.

(Sources: CDC & Senior Directory)

**Deeper View
Homemakers**

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Find more information

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Be Safe:

It's not too late to get the flu vaccine. Contact your supervisor or call the office 860-510-3959 to get directions to how to get a free vaccination today. Let's protect ourselves, family and clients from spreading this virus.

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