



NEWS

You Can Use



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NEW YEAR'S HABITS



1. Eat more nutritious foods. More nutrient dense foods can help you feel better and have more energy.
2. Move joyfully. Incorporate physical activity into your day-it supports heart health, strengthens joints and reduces the risk of injury from falls.
3. Learn something new. Set a goal to keep learning-new language, hobby, etc!
4. Make new friends or spend time with old ones. Loneliness increases the risk of heart attack and stroke as much as smoking!
5. Organize your life-create a will, organize finances, coordinate medical records, clear out garage...
6. Sleep better.
7. Stay creative! Creativity is important for brain function.
8. Preserve your life story-your children and grandchildren want to know all about you!
9. Learn new technology-don't miss out on ways to connect with the people who matter most to you.
10. Practice Gratitude. Try naming one thing you are thankful for at the beginning and end of each day.

FIRE ESCAPE PLANS

Your risk of dying in a home fire is greater as you get older. Knowing what to do in case of a fire can make all the difference.

- Identify 2 exits from each room.
- Sleep on ground floor for easy access to exits.
- Keep escape routes free of clutter.
- Ensure all doors and windows are easy to open.
- Keep glasses, canes, hearing aides, wheelchairs and a phone within easy reach of the bed.
- Ensure neighbors or caregivers are aware of your escape plan and able to assist if needed.
- Designate a clear meeting point outside the home.



NATIONAL BATH SAFETY MONTH



FOLLOW THESE TIPS

January is National Bath Safety month. According to the Consumer Product Safety Commission, approximately 370 people of all ages suffer bathtub or shower related accidents every day.

- Install a walk-in shower to avoid trips/falls.
- Place a shower chair or bench in shower.
- Swap out showerhead for a handheld nozzle.
- Install grab bars on shower wall and near tubs and toilets.
- Replace glass shower doors with non-shattering material.
- Apply slip-resistant strips to shower floor.
- Install taller toilet or use toilet riser.
- Adjust home's hot water heater to 120 degrees F to prevent scalds.
- Use only slip-resistant mats.
- Wipe up any water spills from floor asap.
- Use nightlights in and around the bathroom

BATHROOM SAFETY SLIPS AND FALLS



80%

of senior falls happen in the bathroom due to slippery floors and surfaces as well as high structures, according to the National Institute of Aging.



Two-thirds of all injuries occurred in the
tub or shower.



According to the CDC, every year about
235,000
people over 15 years old visit ERs due to injuries suffered in the bathroom - of those 14% are hospitalized.



In 2008, approximately
21.8 million
persons aged ≥15 years sustained nonfatal, unintentional injuries, resulting in approximately \$67.3 billion in lifetime medical costs.



BATH SAFETY WORD SEARCH

I	C	O	M	M	O	D	E	A	V	E	Z	T	T	A	Z	R	T	M	L
R	S	U	U	I	S	Y	G	Z	R	A	D	J	U	S	T	A	B	L	E
H	E	E	Z	L	A	I	S	U	C	I	K	B	W	R	R	E	D	F	P
H	O	C	I	B	N	O	T	I	K	T	I	F	E	H	K	E	V	V	T
Y	H	A	N	G	S	A	N	M	C	R	T	F	L	E	I	U	W	A	T
T	R	D	I	A	R	L	S	K	I	C	S	M	S	P	A	G	E	E	U
E	I	U	E	E	T	J	I	A	T	N	E	M	E	V	O	R	P	M	I
F	R	U	P	S	S	S	O	P	A	M	I	P	M	P	T	A	B	G	Y
A	O	M	E	B	I	N	I	R	P	Y	A	M	G	N	I	L	L	A	F
S	E	J	S	M	R	A	T	S	V	E	O	S	I	G	P	K	I	U	T
T	H	H	O	K	H	H	R	C	S	S	R	Y	Z	Z	B	C	M	C	I
M	O	D	I	F	Y	K	S	D	D	A	K	Y	L	I	E	N	V	W	S
T	Z	M	W	U	T	G	G	W	P	S	W	V	S	C	A	L	D	K	M
G	K	M	P	I	L	S	N	O	N	N	O	I	T	U	A	C	E	R	P
G	S	E	I	H	K	V	S	L	S	M	E	E	D	P	V	G	A	P	R
A	P	S	N	M	I	K	N	P	H	R	V	S	H	O	W	E	R	N	G
E	J	E	B	S	T	E	P	I	N	C	A	S	R	E	S	I	R	U	D
D	I	A	N	H	D	V	I	D	I	A	P	B	P	D	I	H	L	E	I
O	O	T	G	R	P	E	M	O	O	R	H	T	A	B	B	E	P	U	B
S	E	Y	N	D	S	A	G	B	H	T	A	S	K	S	D	J	R	J	R

WORDS

ADJUSTABLE
AGING
ASSISTANCE
BARS
BATHROOM
COMMODE
FALLING
IMPROVEMENT
MINIMIZE
MODIFY
NONSLIP
PRECAUTION
RAILS
RAISED
RISERS
SAFETY
SCALD
SEAT
SHOWER
SLIPPERY
STEP-IN
TASKS
TEMPERATURE
TRANSFER

Find the words hidden vertically, horizontally, diagonally, and backwards.

SPRING FORWARD!

Don't forget to "SPRING FORWARD" before going to bed Saturday night, March 8, 2025. Official time change happens Sunday 3/9 at 2 am. Many "smart" devices like cell phones and computers will automatically change to standard time. Non-smart devices like microwaves, ovens, clocks with hands will need to be changed manually. DST will end again November 2, 2025. Remember to check your smoke detector batteries also!

TIPS regarding Daylight Savings Time:

- Shift bed and wake times by 15-30 min leading up to the time change to ease the transition.
- Stick to a daily routine to provide stability
- Get sunlight during the day to regulate your body's internal clock.
- Limit caffeine intake in the afternoon/evening.
- Avoid long naps.



SPRING FORWARD
SET YOUR CLOCKS AHEAD AN HOUR

Change your clock,



CHANGE your batteries

American Heart Month

February is American Heart month . Heart disease is the #1 medical condition in older adults. Many older adults have several chronic conditions. Know the warning signs of heart disease and take steps to stay healthy!

STAYING HEALTHY

- Know your baseline blood pressure and heart rate.
- Be Active every day-see tips below to get you started!
- See your Dr. regularly-take a list of your medications and review it at each visit.
- Ask for help if you are depressed, lonely or have trouble with daily tasks.
- Eat a heart healthy diet-limit fatty food and processed/saturated foods.



- Stay hydrated.
- Reduce Stress.
- Sleep Well.
- Quit Smoking!

**AMERICAN HEART
MONTH**
FEBRUARY



CHAIR LEG RAISES

1. Seated in a sturdy chair, hold onto the bottom of the chair with both hands.
2. Extend one leg straight out and bring your knee in toward your chest without moving your upper body.
3. Extend your leg back out and lower your foot to the ground.
4. Repeat with opposite leg. Complete 5 per leg daily.



SIT TO STANDS

1. Seated in a chair with arms, brace yourself on the arms and push your butt up in the air using your legs as much as possible.
2. Slowly lower yourself back to a seated position.
3. Complete 3 times daily.



HEEL RAISES

1. Standing behind a chair, hold the back with both hands.
2. Position your feet hip-width apart.
3. Lift up on your toes and hold for 5 seconds.
4. Lower your heels back to the ground.
5. Repeat 10 times daily.



SIDE LEG RAISES

1. Standing behind a chair, hold the back with both hands.
2. Stand on one leg, while raising the other leg sideways.
3. Hold for 5 seconds.
4. Repeat with opposite leg. Complete 10 per leg daily.

Possible SIGNS of Heart Disease

- Shortness of Breath
- Chest Pain
- Fatigue
- Dizziness
- Cold Sweat
- Palpitations
- Fainting
- Ankle Swelling