
◆ Home Care Network News ◆

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Fall 2008

I hope everyone had a great summer. My last son, Dan, left for college. I am now an "empty nester" He is only an hour away. Craig, my oldest is a critical nurse at Creighton University Medical Center and will soon be going on to Nurse Anesthetics College. My life is changing, it isn't always easy. Life goes on. Have a great Thanksgiving.

Sally Ryan

US CDC Urges Flu Shots, Ample Vaccine Supply

WASHINGTON (Reuters) - U.S. health officials urged a record number of Americans on Wednesday to get vaccinated against flu, saying there is an ample supply of reformulated vaccine after last year's did not protect as well as usual.

The Centers for Disease Control and Prevention accepted an advisory panel's recommendation expanding by 30 million the number of children who should get the flu vaccine.

CDC officials said 261 million Americans -- 85 percent of the population -- should be vaccinated beginning now with either a shot or a nasal spray. The influenza season is expected to peak in January and February, they said.

"It is the largest group of people we've ever recommended," CDC Director Dr. Julie Gerberding said at a news conference.

The CDC advises that all children ages 6 months up to their 19th birthday get vaccinated after previously calling for vaccines only for those ages 6 months to 2 years and older children with chronic medical conditions.

The CDC also recommends it for people 50 and older, pregnant women, people with chronic illnesses, health care workers and certain others. Flu kills about 36,000 people and sends 200,000 into the hospital in the United States annually.

A record 143 million to 146 million doses of flu vaccine should be available this year. The CDC said about 141 million doses were produced in last winter's flu season, and 112 million were used.

Dr. Dan Jernigan of the CDC's influenza division said all three strains in the vaccine have been changed from last year's version. Flu viruses constantly mutate, forcing health authorities to update the vaccine annually to try to counter the strains predicted to be circulating in the population.

Last year's flu vaccine given in the United States was a poor match for two of the three strains, and CDC officials said the protection it provided people was less than usual.

"We are optimistic that this year's vaccine will be on target," Jernigan said.

Flu viruses circulating in the United States during the summer match those chosen for the vaccine, Jernigan said. Those circulating in the southern hemisphere, whose flu season has already taken place, also match the vaccine, Jernigan added.

Health authorities must choose the strains for the vaccine eight months in advance, and sometimes, like last year, they do not accurately predict the strains that actually circulate.

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Those over age 65 are among the people at highest risk of developing serious complications and death from flu.

In the 2006-2007 flu season, 72 percent of those age 65 and up got the vaccine, along with 42 percent of those 50 to 64 and 35 percent of those 18 to 49 seen at high risk, the CDC said.

The CDC said only 40 percent of doctors, nurses and other health care workers got vaccinated, putting their patients at possible risk by not protecting themselves.

PLEASE GET A FLU SHOT

What Is The Truth About Generic Drugs?

People tend to have the wrong impression about generic drugs. It is generally believed that if something costs more, it must be of better quality. In the case of generic drugs, this is not true. The standards for quality are the same for brand-name and generic products. In fact, many traditionally brand name manufacturers also manufacture generic products.

Here are the facts

Generic drug applications undergo a rigorous review by FDA before they can be approved. Generic drugs are of the same quality as, and are equivalent in safety and effectiveness to their brand-name product.

- A generic drug must also be the same dosage, and must be the same reasons as its brand-name product.
- A company that markets a generic drug must show that the product delivers the same amount of its active ingredient over the same amount of time as the brand-name product.
- Generic products are used to fill more than 50% of all prescriptions in the United States.

STROKE: Remember The 1st Three Letters.... S.T.R. + Fourth Way

STROKE IDENTIFICATION:

A neurologist says that if he can get to a stroke victim within 3 hours he can **totally reverse** the effects of a stroke... totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for **within 3 hours**, which is tough.

RECOGNIZING A STROKE

Remember the three steps, STR . Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S * Ask the individual to SMILE.

T * Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today)

R * Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----->>> Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

Some Funnies

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day they were playing cards when one looked at the other and said, 'Now don't get mad at me. I know we've been friends for a long time.....but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is.'

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, 'How soon do you need to know?'

Caregivers Holiday

With the following holidays, Caregivers are to receive time and one-half for working that day. If you choose not to have the Caregiver that day, please tell them in advance.

2008

Veterans Day	November 11
Thanksgiving	November 27
Christmas	December 25

Late Caregiver Receipts

Marie M.	Elfrida L.
April G.	Liz P.
Sophia G.	Lorna J.
Ellen K.	Maria C.

Website News and Features

www.HomeCareNetwork.us

During the last month, we have added some new features to the Home Care Network website.

For the Clients:

You can now chose to pay your agency bill online. Just go to www.HomeCareNetwork.us and select the "BILL PAY" link. This will take you to our secure server bill payment system. You can pay with a PayPal account or most major credit cards. It is safe and secure and saves on postage too! The office will be notified by email once the transaction is completed. If you chose to, you can continue to pay by check via mail.

- Visit our "REFERRAL SOURCES" for up to date community resources for clients. View the last year's Newsletters and read or print them out.
- Send the office a message on the "CONTACT" link.

For the Caregivers:

Caregivers who would like to become part of the Home Care Network team can now apply on-line by selecting the "APPLICATION" link. We are no longer mailing applications to perspective Caregivers.

- Caregivers can also send the office a message using the "CONTACT" link. This is a great way to request CAREGIVER RECEIPTS, request a schedule change or just about anything that needs our attention.

Keep us informed of your email address then we can send info to both clients and caregivers.

More Great Inventions

Horseshoe—This was introduced in about 200 BC. At first it was made for light activity, then as it improved, the horses could do harder work. The first written record of iron shoes appears in documents belonging to Leo VI, the Byzantine emperor who died in 912 AD.

Central Heating— Sometime around 150 BC the Romans developed and engineered the hypocaust system. Mosaic tile floors were supported by columns, creating an air space beneath the floor where warm gases from a central fire could circulate and escape through flues in the walls.

Shorthand— The Greek historian Xenophon, who used a self-devised system to record the teachings of Socrates is generally regarded as the father of shorthand in 63 BC.

Who Remembers Shorthand???

Paper— The invention of wood pulp by the Chinese around 105 AD meant that writing materials became affordable. Until then writers used expensive vellum parchment, papyrus, silk, and clay tablets.

Abacus— The ancestor of the modern calculator originated in Babylonia some time before Christ, but the first documented use of the abacus, with beads, is in a book of the Eastern Han Dynasty by Xu Yue in about 190 AD.

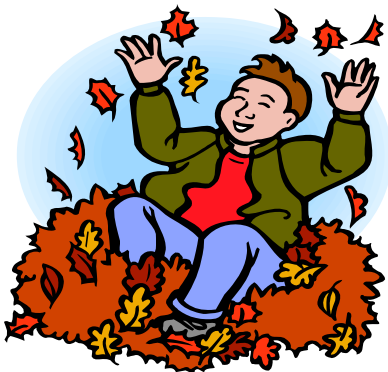
Algebra— The dreaded Algebra. The earliest writing on algebra is a treaty by Diophantus, a Greek mathematician who was the first to substitute letters and symbols for numbers in equations. Diophantus lived in Alexandria around 275 AD. He also set out rules for simple multiplication and division, the use of the minus sign and generating powers of a number.



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Let's be
kids again
and jump
in the
leaves.



408-254-4650