



Open Arms Senior Connection

July 2017 Newsletter

What Does Aging in Place Mean for Older Adults?

To “Age in Place” means that you will be remaining in your own home for the later years of your life; not moving into a smaller home, assisted living, or a retirement community etcetera. When one chooses to Age in Place does this mean changes will not need to be made? No, changes in the home will gradually take place, such as help for mobility and safety as one may decline in years. In a positive vein, it is the best choice for many, because one can continue in an independent lifestyle and often remain very active.

Minor home renovations can help seniors avoid a potentially disastrous fall.

Here are some of the structural modifications that might be required to enable “aging in place”:

- Better lighting to illuminate doorways, walkways, and steps. Motion-sensor switches can ensure that the lights go on when a senior enters the room and relocation of switches to areas that are easy to reach
- Widened doorways to accommodate a walker, wheelchair or other assistive device
- A ramp as an alternative to stairway, especially at entryways of the home
- A chairlift that allows moving from one floor to another without using the stairs
- Grab bars in shower stall or near bathtub
- Safety frame to provide support and stability when using the toilet
- Simple devices such as phones with larger keypads and better volume control

If your current home cannot easily be adapted for your changing needs, you might still be able to live independently in the community by moving to a smaller house, apartment, or seniors'

complex located closer to amenities like a grocery store, pharmacy, and public transit.

From a government perspective, economic constraints are pushing more health-care providers and social services agencies to invest in home-care options rather than placement in costly long-term residences. Not only is staying in your own house usually much less expensive, it can also help you delay or avoid the emotional stress of moving away from familiar territory.

Identifying specialized in-home care can delay the need to move to a nursing home.

Sometimes extra support and care personnel services may help an older person function independently in their home. Someone may be able to come into an older person’s home to assist with bathing and personal hygiene, medication management, occupational therapy to help improve balance and coordination, housecleaning, and grocery and/or pharmacy deliveries. It is also possible to have a regular caregiver to provide assistance with daily tasks, as well as offer companionship to keep a senior engaged and cognitively proficient

Still - aging in place may not work forever. Studies have shown the challenges facing older adults in their own homes such as house maintenance and cleaning can present major challenges. If proper nutrition begins to suffer, or your medication needs are not being met, talk to your health-care provider and family members to see which options for higher-level care are best for you.

Have that awkward ‘talk’ with your children.

Take charge of your life now so your children will not have to decide for you, as your aging needs change. Make known to your family what your plans and needs are for aging place. Make a Care Plan – A care plan is crucial for one to keep control of one’s life from the standpoint of finances and health concerns while aging in place. An individualized care

plan is updated over time so the needs of the senior can be met as those needs change during the aging process.

<http://www.seniorsresourceguide.com/articles/art01109.html>

<https://www.verywell.com/what-does-aging-in-place-mean-for-older-adults-2223464>

Open Arms Cares About You...

“Aging in Place” is the catch phrase used today by people who work in the field of caring for older adults. This month’s newsletter deals with a very serious and rather uncomfortable topic. But it is important to have the conversation.

I think we all feel like we want to stay in our own homes and familiar surroundings for as long as we possibly can. Some of it is based on economics (it is usually cheaper to stay home than to go to some kind of facility). Many of you have already had the conversation with your loved ones and have made decisions about your future living arrangements.

Open Arms’ began with the mission to provide a friendly, loving and safe place where older adults in the community could come to be with new or old friends and enjoy a little time away from their living spaces.

At Open Arms we care deeply about you and your safety. You have become family to us. We care about you when you are at Open Arms, but also when you leave to go home. **Falls**, of course, are a big concern. Over the past few years we’ve had multi-session classes on preventing falls, speakers on the subject and have devoted several newsletter articles to the topic.

My mother-in-law was especially stubborn when it came to throw rugs. We’d visit and talk to her about the dangers of tripping over them (she had fallen several times) and would regularly take them away. She always managed to find them (even when we put them in the garbage) and the next time we visited, they were back in place. She couldn’t give up on the idea that throw rugs were necessary to protect her carpet from wearing out. Silly when you look at the big picture, huh?

Arndt’s Lutheran Church is a very old building that has been added on to several times. The spaces in the church are not all accessible to

people with canes, walkers or wheelchairs. That’s why we only use certain places for the program. But remember, our main “meeting space” is really just a hallway – a rather wide hallway. We put tables in it so you could sit and enjoy coffee, conversations and games.

We appreciate your kindnesses to each other, your willingness to look out for each other, and your welcoming attitude to new folks who visit. **That** is the reason why Open Arms has continued to serve the community for 7 years!

Thank you from the bottoms of our ever loving hearts!
~ Karen & Alice

Special thanks to:

- **All** – who helped make crafts for our 50 residents at Gracedale
- **Anita Paukovits** – for a wonderful presentation about the “Children’s Home of Easton”. There’s even a possibility we will be able to have a few of the older children come to Open Arms to volunteer – the word is that they love to play games!
- **All** who helped with or furnished food for our June pork barbecue luncheon.
- **All** who helped with our June birthday strawberry shortcakes! A special thank you to Peggy Castronova from The Easton Home for providing the delicious locally grown strawberries and Louise Hawk for baking those wonderful shortcakes. *Just like my mama used to make!*

You won’t want to miss:

- **Thursday, July 6th – 10:00 a.m.** – Jackie Zito leads a “Sit & Be Fit” gentle chair exercise session
 - **Tuesday, July 11th – 10:30 a.m.** – optional worship service with communion
 - **Tuesday, July 18th – 12:30 p.m.** – Old Orchard/Manor Care will treat us to an old fashioned Ice Cream Social!
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*“Like a welcome summer rain,
humor may suddenly cleanse
and cool the earth,
the air and you.”*

Langston Hughes

Preventing Slips and Falls

Slips and falls can greatly threaten your health and independence. Slips and falls are major causes of serious injury and even death. Slips and falls have many causes, but usually have **one** thing in common. **They could have been prevented.**



Here's How:

1. Preventing Slips and Falls With a Little Common Sense:

Accidents do happen, however, most slips and falls could and should have been prevented. The key to preventing most slips and falls are following some simple common sense tips. Take the time to identify, control and eliminate the hazards around your home to lower your chances of slips and falls.

2. Preventing Slips and Falls in the Living Room:

- Clear clutter off the floor (pick up newspapers, books, shoes, toys, magazines, etc.).
- Use care around low furniture (coffee tables, ottomans, etc.).
- Anchor loose telephone, computer and electrical cords.
- Secure or avoid area throw rugs (especially those used over linoleum, wood or tile flooring, or those that curl up on the ends).
- Repair bulges in carpeting.
- Take extra care with changes in the floor surface (such as when carpet meets tile floors).

July 2017 Arndt's Open Arms Senior Connection

SUN.	MON.	TUESDAY	WED.	THURSDAY	FRI.	SAT.
						1
2	3	4th of July  Open Arms is CLOSED!	5	6 10:00 AM – “Sit & Be Fit” with Jackie 10:30 AM – Cards, games, socializing 1:00 PM –	7	8
9	10	11 10:00 AM – “Gathering” 10:30 AM – * 1:00 PM – Cards, games, socializing		13 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Wii games bowling		14 15
16	17	18 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 12:30 PM – Ice Cream Social – provided by Old Orchard/Manor Care	19	20 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Merchandise Bingo (bring a small prize to share)		21 22
23	24	25 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing NOON – Lunch provided	26	27 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 12:30 PM – July Birthday Celebration!	28	29
30	31	<p>*Optional Worship Service – an optional worship service with communion is offered the 1st Tuesday of the month</p> <p>PLEASE BRING A BAG LUNCH unless the calendar says that lunch is provided.</p> <p>Need transportation? Call Karen at 610-392-2840</p> <p>Questions? Call Karen at 610-252-2338 (home) or Karen at 610-392-2840 (cell phone), or the church office at 610-253-3732.</p>				