



SENIOR NUGGET - OCTOBER 2014

**SENIOR DAY AT ATHOLTON - OCT 25th
4 p.m. Concert In Sanctuary**

SERVICES TO HELP AILING PARENTS ...

IMPORTANT: get references and/or background checks on providers

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Adult Day Services - offer a variety of programs

Certified Nurse's Aides - can help with activities of daily living (bathing, dressing and personal care. They cannot give medications)

Home Health Aides - may administer medications. Also perform personal services (bathing and dressing)

Nurses - offer skilled nursing care, such as inserting IV lines, cleaning wounds, and changing bandages. They also administer medications

Hired Companions and Homemakers - you can hire someone who is not a trained medical professional to help with meals, cleaning, laundry. do shopping, provide companionship and transportation

Meal Program - Meals on Wheels provides hot, nutritious meals to your loved ones home. See www.mowaa.org). Senior centers, community or religious groups may have similar services

Case Managers - coordinate services to help manage red tape. They can also communicate information between patient, caregiver, family and physicians



Physical, Occupational or Speech Therapist - may do in-home therapy sessions

Transportation Services - some communities, religious and community organizations and senior centers offer free or low-cost transportation to medical appointments for seniors or people who are disabled

**BIRTHDAY GREETINGS TO ALL CELEBRATING
AN OCTOBER BIRTHDAY**

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TIPS -- USING WD-40

- = Camouflage scratches and cracks in tile floors**
- = Polish Silver**
- = Remove stains from stainless steel appliances or sinks
(open windows to air out the smell)**
- = Spray tools, lawn mower; snow shovels to avoid rust. Helps remove
snow easier from shovels**
- = Untangle chains with a drop of lubricant**

TRICK OR TREAT SUGGESTION ...

**Halloween is on a Friday night, great opportunity to give GUIDES or
other young adult/children pamphlets, along with a treat**

Senior Nuggets are featured on Atholton's Website ...