

Dear Friends,

The year is off to a great start. In January we held caregiver meetings to discuss updated programs and gather feedback. It was wonderful to see everyone and receive valuable input. I feel very blessed to work with such a wonderful team, doing meaningful and fulfilling work.

With spring around the corner, we start looking forward to the fun things we have planned for the year. This year the SHC crew will be participating in several community walks throughout the year.

In April, we are excited to hold an Anniversary Party Open House on April 11 and 12. We're excited to celebrate our 32nd year in business. Stop by our office during business hours (8:30am-4:30pm) for snacks and fun.

Yours in Service,

Kit Whittington
 RN, BSN, FOUNDER



Cleaner Teeth Can Brush Away Health Risks

Think twice the next time you're tempted to skip brushing your teeth — you might just save your life. When gums are inflamed and bleeding, it's often gingivitis; a dentist's care and good daily teeth cleaning can reverse it. But let the problem continue and the bones and tissue that hold your teeth in place begin to get damaged. That's called periodontitis.

Once it sets in, you're at risk of something much larger than a few missing teeth.

Poor dental habits can have a surprising ripple effect throughout your body.

Sharper brain

People with severe periodontal disease were three times more likely to have Alzheimer's disease, according to a statistical review. In another study, stroke patients had higher levels of certain bacteria in their saliva, demonstrating a link between oral hygiene and stroke risk.

Clearer lungs

If you find yourself headed to the hospital, bring your toothbrush. A recent study found that providing patients with oral care decreased instances of hospital-related pneumonia by 39 percent.

Lower cancer risk

Postmenopausal women who've experienced periodontal disease are at increased risk for breast, esophageal, gallbladder, skin and lung cancers, according to a 2017 study.

Healthier kidneys

The correlation between poor periodontal health and atherosclerosis has been well established. Atherosclerosis can be the root of many health problems, like chronic kidney disease.

Stronger heart

Endocarditis is an infection or inflammation of the inner lining of the heart chambers and valves, caused by germs invading the bloodstream. The National Institutes of Health warns that "poor dental hygiene and unhealthy teeth and gums increase your risk for the infection."

Lower blood sugar

People with diabetes and periodontal disease may have a harder time controlling their blood glucose levels, according to some studies. Let your dentist know if you have diabetes, and if you wear dentures, make sure they fit properly.

Source: www.aarp.org



Rebecca Pavelka, Administrative Manager



Rebecca manages client billing, payroll and accounts payable, in addition to being the go-to person for a wide variety of other tasks. She can be counted on for an answer for many technical and other questions around the office.

Fun facts about Rebecca:

- Favorite sports team is the Cardinals
- Proudest accomplishment is being the mother to four wonderful children
- Favorite place to vacation is the beach
- Loves taking photos and is a semi-professional. She enjoys capturing nature, flowers, family pictures, senior pictures and events. She's on the volunteer photographer staff at Missouri Botanical Gardens



MARCH	
Michael B.	Rose N.
Rosemary B.	Gregory O.
Lois D.	Marian S.
Mary E.	Thomas S.
James H.	Betty T.
Becky J.	

APRIL	
Peggy C.	Mary L.
Rosette E.	Margie M.
Gerry E.	Steve R.
Gertrude F.	Tom T.
Jackie G.	

From our office...

ACCOUNTING

ACH Debit is our preferred payment method. If you would like to switch to this payment method, please call the office.

NURSING

Avoid cold and flu. Cover your mouth when coughing or sneezing. Wash your hands! The best way to fight infection is clean hands.

SCHEDULING

We appreciate your cooperation during the recent snow and ice. We work very hard to keep all of our clients and caregivers safe during inclement weather and cannot do it without your help.

CARE SERVICES

Do you want to work with businesses that give outstanding customer service? Request a free copy of our service directory. All the businesses listed in it have a proven track record for providing the kind of outstanding customer service you deserve.

Mighty Lighted 3X Magnifier



Powerful 3X magnifier has 100,000 hours of light! This sleek, lightweight magnifier features a super bright LED light and scratch resistant acrylic lens. Comfort grip handle folds for travel.

Source: Goldviolin.com



SHC CLIENT TESTIMONIAL

Seniors Home Care is keeping me in my condo. My caregiver usually is the same person, Erica. She helps me bathe, drives my car and we run errands. The kitchen has now become "Erica's kitchen" to my friends who come for supper. God Bless "Erica's kitchen." God Bless Seniors Home Care.

A very happy client, *Evalyn R.*

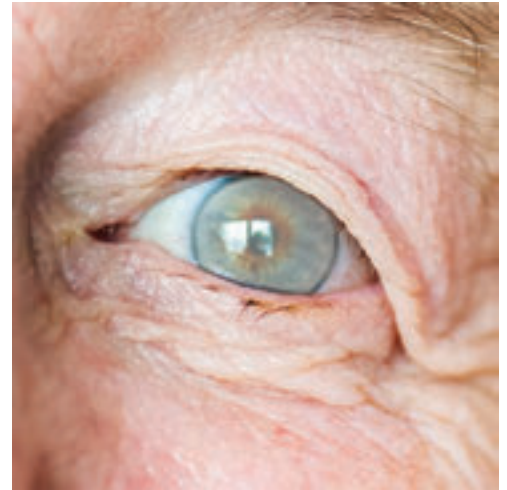
Glaucoma Awareness

Glaucoma is a group of eye conditions that damage the optic nerve. This damage is often caused by an abnormally high pressure in your eye.

Glaucoma is one of the leading causes of blindness for people over the age of 60. It can occur at any age but is more common in older adults.

Many forms of glaucoma have no warning signs. The effect is so gradual that you may not notice a change in vision until the condition is at an advanced stage.

Because vision loss due to glaucoma can't be recovered, it's important to have regular eye exams that include measurements of your eye pressure so a diagnosis can be made in its early stages and treated appropriately. If glaucoma is recognized early, vision loss can be slowed or prevented. If you have the condition, you'll generally need treatment for the rest of your life.



Symptoms

The signs and symptoms of glaucoma vary depending on the type and stage of your condition. For example:

Open-angle glaucoma

• Patchy blind spots in your side (peripheral) or central vision, frequently in both eyes • Tunnel vision in the advanced stages

Acute angle-closure glaucoma

• Severe headache • Eye pain • Nausea and vomiting • Blurred vision • Halos around lights • Eye redness

If left untreated, glaucoma will eventually cause blindness. Even with treatment, about 15 percent of people with glaucoma become blind in at least one eye within 20 years.

When to see a doctor

Go to an emergency room or an eye doctor's (ophthalmologist's) office if you experience some of the symptoms of acute angle-closure glaucoma, such as severe headache, eye pain and blurred vision.

Source: www.mayoclinic.org



Why Do We Sneeze in Succession?

Rarely does the act of sneezing involve only one sneeze. Often two or three sneezes come in quick succession. The reason we sneeze in multiples has to do with why we sneeze in the first place, says Marjorie L. Slankard, MD, an associate attending physician and the director of the Allergy Clinic at Columbia-New York Presbyterian Medical Center in New York City. You sneeze to rid your nose of what's irritating it. Sometimes that takes two, three, or four sneezes.

Source: www.everydayhealth.com

Good Medicine

"I don't know what it is, doc," the nervous young man said. "I just don't feel good."

The doctor examined him and ran some tests. After consulting with her nurse, she came back into the examination room with three large bottles of different colored pills.

"OK," the doctor said. "I want you to take one blue pill with a large glass of water every two hours. Also, go ahead and take one green pill with a large glass of water every three hours. Finally, take one of the yellow pills, with a large glass of water, every four hours."

"Geez, that's a lot of pills," the patient said. "What's the matter with me?"

"You're not drinking enough water."

