

Alliance Adventure

Alliance Senior Day Services ~1515 Helen Ave., Portage, MI, 49002
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Podiatry Clinic

Dr. Jack Grazharian will return on Tuesday, October 28 at 1:00 pm for foot care. If you have not received this service in the past and would like to, please contact the office at 553-3370. If you have already been receiving the service, you do not need to notify us unless you want to discontinue.

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Happy Birthday!

Two participants are celebrating their birthdays this month. We wish Sandy and Pearline a happy birthday.

- Sandy – 10/6
- Pearline – 10/11

Memory Walk Update

Despite the rainy weather, over 50 people participated in Memory Walk 08. The walk was significantly shortened due to the deluge but over \$40,000 was raised for programs of the Alzheimer’s Association. The Alliance Senior Day Services team contributed \$170.00. Way to go Team Alliance! You are helping to make a difference in the lives of those we serve!



Insomnia and Falls

Insomnia is a term that related to an individuals trouble falling asleep, staying asleep, waking up frequently during the night or waking up much earlier than one desires. Insomnia affects 40% of adults over 50 years old and half of adults over the age of 70. Often, physicians are reluctant to give sleep-aiding medications, believing that they increase fall risk in the elderly.

However, a study done at the University of Michigan Health System found that the elderly with untreated or partially treated insomnia have a greater risk of falls than those who get a good night's sleep after taking sleep medications. The study explored the data of 34,000 nursing home residents in the state of Michigan. They found that those with untreated insomnia were 90% more likely to fall within the next six months than those who did not have insomnia. This compares to a 29% fall rate for those who took sleep aids.

How might this occur? People with night time wakefulness are more likely to get out of bed at night, running into objects or tripping over things in the dark. Those with dementia may become confused. A poor night's sleep contributes to sleepiness during the day. This may slow down a person's reaction time or decision-making skills when it comes to safe maneuvering.

What does this study mean for the geriatric patient? Physicians should seriously consider sleep aids as an option to treat insomnia. A wide range of medications with varied strengths exist. In addition, environmental controls should also be used to assist the insomniac in encouraging sleep. Bedrooms should be quiet and dim, lighted only with a night light. Bed-time routines are helpful in setting the expectation of sleep. Routines could include warm shower, calming music, reading or warm milk. Keeping the same bed time every night is also recommended. Decline alcohol, caffeine or exercise after supper.

Treating insomnia at several levels can positively impact the risk of falls in the elderly.

Source: Advance for Occupational Therapy Practitioners July 25,2005

Reducing Fall Risk

In addition to seeking treatment for sleeping disorders, older adults can do a number of things to reduce their risk of falling, including:

Increasing Lower Body Strength

Regular physical activity can help increase strength and improve balance. Tai Chi has been found effective in achieving these outcomes in older adults

Reviewing Medications

Older adults should ask a doctor or pharmacist to review all the medications they take, including over the counter drugs.

Checking Vision

An eye doctor can assess for conditions that affect vision. Impaired vision can increase the risk of falls.

Assessing Home Safety

Falls can be triggered by unsafe conditions in the home, such as clutter in walkways, poor lighting and uneven flooring or loose throw rugs.

For more information:

The Centers for Disease Control's Toolkit to Prevent Senior Falls: <http://www.cdc.gov/ncipc/publications/toolkit/toolkit.htm>

Origins of the Jack-O-Lantern

700,000 immigrants came to America in the 1800s during the Irish Potato Famine, bringing with them the traditions of Halloween and the use of Jack-O-Lanterns. Traditionally, the lantern was carved from a turnip, potato, or beet and lit with a burning lump of coal or a candle. These lanterns represented the souls of the departed loved ones and were placed in windows or set on porches to welcome the deceased. They also served as protection against malevolent spirits or goblins freed from the dead. Turnips and gourds were not as readily available in the Americas so the pumpkin was used and found to be quite an adequate replacement. The pumpkin jack-o-lantern has been an essential part of Halloween celebrations since the Victorian days and today is a universal symbol of Halloween

Source: urbanlegends.about.com



October Word Search

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

Autumn Soups

By Sandy

- Chicken Noodle
- Tomato
- Chicken Rice
- Cream Chicken
- Pea
- Egg Drop
- Potato
- Onion
- Bean & Bacon
- Vegetable Beef
- Mushroom
- Clam Chowder
- Cream Celery
- Pumpkin Soup
- Cabbage Beef