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How to Prevent Bedsores In Your Facility

Bedsores (also called pressure ulcers) are very common in elderly people that are immobilized or bedridden in assisted living care. They are caused by unrelieved pressure on an area of the body, usually the back, buttocks, or hips and they can cause infections, sepsis, loss of muscle, and in some serious cases, death. Fortunately, bedsores are easier to prevent than they are to heal, and there are many ways to prevent them.

1. If a person is immobilized or bedridden, they need to be moved every 2 hours to prevent pressure from building up on the skin. A lift can be used to reduce friction against the skin while the resident is moved.

2. Keep their body, particularly the folds of the skin, clean and dry. When drying the patient, do not rub vigorously; this causes friction against the skin. Gently pat the skin dry.

3. An inspection needs to be performed daily by the assisted living care giver on the resident. The first stage of a bedsore is a red spot, which feels hard and causes discomfort for the resident when touched. If caught early, the bed sore can be treated by keeping the resident off the area and applying medicated cream.

4. Use aids that reduce pressure, such as air cushions. Avoid using donut cushions, they make the skin sit unevenly and actually increase the risk of developing bedsores.

5. Change the resident immediately if he or she becomes wet, along with their bedding. Lying in urine/feces even for a few minutes can increase the risk of a bed sore.

6. Body lotion and/or baby powder keeps the skin soft and dry, reducing the risk of bed sores.

7. Make sure the resident is eating well and drinking plenty of fluids. Malnutrition and dehydration are some of the leading causes of bed sores.

8. Keep the head of the bed low if possible. An elevated head position causes the body to sink into the mattress, which causes friction that increases bedsore risk.

9. Diabetics are highly prone to bedsores. Monitor their blood sugar and ensure they follow a proper diabetic diet.

10. A common area for bedsores to occur is on the heels of the feet, because they lie against the bed for long periods of time. Tuck a pillow underneath the person's calves to help lift pressure off the heels. Avoid placing a pillow under the knees; often it will cut off circulation to the feet.

Dancing and The Effects It Has on The Elderly

No matter if one does it for exercise or sport, dancing is one of the best ways for people of any age to stay fit. Indeed, no matter if you are 5 or 105, dancing is a great activity for the entire family. That being said, for those who may need help motivating an elderly friend or family member to be more active, please consider these benefits of adding dancing into your senior workout regimen.

Tone Up:
The first effect of dancing for seniors is that it helps to tone up the body. No matter if one is looking to tone up or if they need to lose a few pounds, taking dance classes, or simply dancing on one's own, is a great way to tone virtually every part of the body.

Improve Posture and Prevent Falls:
In addition to helping to improve overall muscle tone, dancing also helps to improve posture, balance and thus, help prevent falls. Given the fact that falls that lead to serious injuries are a fairly common occurrence amongst the elderly, it is a great idea to introduce them to some sort of dance class. This will slowly improve their posture and overall ability to maintain balance.

Increase Stamina and Flexibility:
What's more, dancing also helps to increase stamina and flexibility. This is due to the fact that regularly participating in cardiovascular exercise helps to slowly increase the amount of time one can be active, without feeling worn down or winded. Furthermore, it also helps improve your overall range of motion.

Reduce Stress:
Another positive effect of dancing is that is helps to relieve stress. It is a known fact that exercise produces endorphins, which ultimately helps to leave a person feeling much calmer overall.

Ward Off Illnesses:
One of the best ways dancing effects the body is by helping to ward off illnesses. This is due to the fact that dancing helps to strengthen the heart and thus, improves its general functionality, and ultimately wards off a host of diseases that can be caused by a malfunctioning heart. This is vital for elderly and aging persons as cardiovascular diseases can often lead to a deadly prognoses.

Overall, dancing provides a vast array of benefits for not only the elderly, but for people of all ages. Help encourage the seniors in your life by suggesting an appropriate dance class today!

"Dance is the hidden language of the soul"
– Martha Graham

Meet our Team!

**Clinton Forry**
Account Manager

Clint graduated from York College with his degree in Business Administration and is planning to return for his MBA. When not working, Clint is a soccer enthusiast and enjoys coaching his son's soccer team.

Flag Day Fun!

In the United States, on June 14, we celebrate the adoption of the first national flag. The American flag is also known as "Star and Stripes" or "old Glory". The first American flag was created by the Continental Congress on June 14, 1777. After 5 more states joined the Union, in 1818 Congress passed legislation fixing the number of stripes at 13 and requiring that the number of the stars equal the number of states.

Millions of Americans observe Flag Day by waving "Old Glory" outside their homes and businesses. Veteran groups and even at times whole communities also arrange civic functions and special ceremonies in honor of Flag Day.

The first Flag Day was celebrated in 1877.
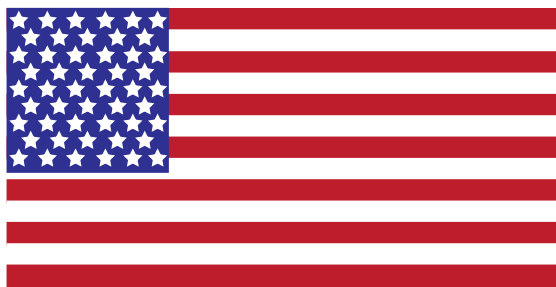
Fun Facts about June!

Fact 1- The birthstones for June are the pearl, alexandrite, and moonstone

Fact 2 - The birth flower for June is the rose.

Fact 3 -National Candy Month, National Dairy Month, National Iced Tea Month

Flag Day Facts

Why red, white, and blue?
Red stood for hardiness and courage. White stood for purity and innocence. Blue stood for vigilance and justice

Why thirteen stars and stripes?
They represented the thirteen American colonies which rallied around the new flag in their fight against the British for self goverance.
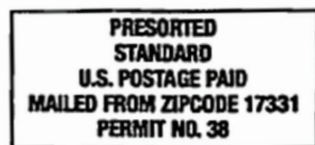The thirteen colonies were Connecticut, Delaware, Georgia, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, South Carolina, Pennsylvania, Rhode Island, and Virgina.

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Outdoor Activites For The Elderly

In a highly litigious society, keeping your elderly residents from slips, trips and falls, is of paramount concern. When the weather is nicer, your residents often want to feel the sun on the face. Your social activities director, nursing staff, as well as the engineering department need to have a fully developed plan for the manner, type and scope of the outdoor activities that will be launched. Activities for residents that will help bring joy and light to their lives include, but obviously not limited to the following:

Barbecue On the Veranda

An outdoor barbecue is a big hit in any neighborhood and you have your own neighborhood all in one spot. Secure the area from any dangers that may already exist and make sure security is on hand to keep interlopers from causing mischief and harm if need be. Invite residents' families and staff to bring their favorite potato salad and desserts. Make a list of certain dietary restrictions that could cause harm and have the support of your staff to keep the residents safe.

Drama On Deck

Invite the local drama club or theater group to perform an outdoor "Romeo & Juliet" or "Wild, Wild West" theme on the lawn of the home or facility. Encourage the drama or theater team to interact with the residents and encourage your staff to ramp up the fun by applauding and cheering as appropriate. Don't forget to send a drama member or two through the halls of the home bringing cheer and a little "drama." as well.

Pets On Parade

Invite the local pet shelter, pets belonging to extended families of residents and anyone else who wishes to register their pet for Pets on Parade. The judges will be the residents who will line up outside with score sheets and help from the staff. Invite the local band, choir or a DJ playing hits from the 30's, 40's & 50's to provide the ambience. Your facility can even offer prizes donated by local businesses. When the residents go back to their homes you can have "gift gavels" which are engraved with the event and the date given as parting gifts.

Make sure that all of these activities for residents are properly vetted through security, engineering, dietary and of course nursing before giving the administrative nod. Let's be safe and let's have fun!