

# Senior Viewpoint

gwinnettcounty senior services

life

"There's No Place Like Home!"

June 2011

## It's Cool to Stay Cool

As we move into the warm weather season with longer days, plenty of bugs, and higher humidity, we need to have everyone remember to 'keep cool.' We want to make sure that all our seniors stay safe and healthy by remembering to regularly check a few select things.

1. If you have a fan or air conditioning unit, are there any funny noises or any strange smells when the device is on?
2. If you use a portable air conditioner or fan, is there an occasional loss of power caused by the circuit breaker tripping?
3. Are there any sparks or spits when you go to plug in an electrical cooling device?
4. Are there any lights or lamps that seem to be putting out excessive heat?
5. Have you noticed any broken windows or felt any hot air areas within your residence?
6. Is there any sign of heat rash on your body?

Any "yes" or "not sure" answers to the previous questions could be potentially hazardous to your health. In addition to drinking plenty of water or non-caffeinated drinks, using cool wash rags, taking cool baths, and wearing loose-fitting comfortable clothing, it is very important to report any warning signs to avoid problems and extreme heat discomfort. Most importantly, check in with friends, neighbors, or relatives on a regular basis. Don't hesitate to contact somebody if you are feeling sick because of the heat or can't seem to cool down. Remember, it's cool to stay cool.

## Nurses Are In – By Julie Lucas, Office Assistant to Health Services

June 16 – 23 is **National Nursing Assistants Week** and we would like to take this opportunity to recognize our Certified Nursing Assistants (CNAs) and shine a spotlight on the important role they play in caring for Gwinnett County seniors and their families. We are so fortunate to have such a dedicated team of CNAs caring for our seniors.

The services our CNAs provide truly make a difference in the quality of life for the seniors we serve. These ladies not only perform light housekeeping duties, they also carefully monitor the

senior's health and provide in-home respite care for family caregivers. Respite care provides caregivers with a much needed break from the stress and responsibility of caring for an older adult with special needs.



(l-r) Health Services Coordinator, Arlene Williams with CNAs: Grace Ikpechukwu, Marisol Martinez, Victoria Matavata, Rebecca Adodade, and Office Assistant, Julie Lucas.

According to the National Network of Career Nurse Assistants, Certified Nursing Assistants are "instrumental in promoting and safeguarding the physical, mental, emotional, social and spiritual well-being of their client's and their client's families." We couldn't agree more and feel that these special ladies deserve special recognition for all that they do for our seniors and their families.

Thank you ladies! We really appreciate you!

## Breakfast Cereals! — By Pat Milhous, Nutrition Services Coordinator



The most healthful cereals are made with whole grains. If you are trying to lose weight, or control cholesterol or diabetes, your best bet is a hot, cooked cereal of whole grains, such as oatmeal or barley and brown rice

cooked and served like oatmeal. Flavor it with raisins or other dried fruits, cinnamon, and perhaps a handful of nuts.

For convenience, cold cereal can be a good choice. When you shop for cold cereals, make sure the first ingredient is whole grain. The fiber content listed on the nutrition label can be confusing because it is based on serving size, and very light cereals (such as puffed wheat) show little fiber per serving, but an acceptable amount when you adjust for weight. Cereals made from bran (the outer

covering removed from whole grains) will have higher fiber content than cereals made from whole grains (which have the germ and starchy parts of the grains as well as the fiber). The dietary fiber is not digested and therefore is helpful by providing bulk in the intestinal track and keeping the bowels regular.

Cereals may have added B vitamins. If you have difficulty finding a variety of foods you like that are good sources of folate or B12, cereal may be an option. Read the label to find the vitamin content.

Remember that cereal isn't just for breakfast. It makes an excellent snack or quick easy meal on a day when you've already had a variety of foods.

*Adapted from "Chef Charles Says" May 2011, Iowa Nutrition Network*

## Ask A — By Adrienne Noble, Information & Referral Specialist

Hello *Senior Viewpoint* readers,

Socializing is important for all ages. But as we get older, our social life is more important than ever. It's important that you maintain a strong network of friends and family. Having this network gives you a sense of belonging. The feeling of loneliness can be overwhelming. When you continue to go out and meet people, you feel good about yourself and are more confident in your abilities. Socializing keeps mental illness away. The more you meet and interact with people, the more you are stimulated mentally. When you keep in touch with people on a regular basis, you keep up with what's changing and what's new. This helps you keep up with the times. It prevents you from feeling left out. You can now be part of the conversations relating to current news and information. Meeting people and socializing puts you in a good frame of mind. It makes you feel happier and more content with life. You have a sense of purpose. Socializing can take place in your neighborhood, at a senior center, libraries, community centers and churches. Socializing can even be something as simple as making a call.

If you're interested in participating at a senior center or knowing about other resources, please feel free to call me at (678) 377-4150.

## Gwinnett County Senior Center Locations

### Buford

2755 Sawnee Avenue  
Buford, GA 30518  
(770) 614-2527

### Lawrenceville

Rhodes-Jordan Park  
225 Benson Street  
Lawrenceville, GA 30046  
(770) 822-5180

### Norcross

5030 Georgia Belle Court  
Norcross, GA 30093  
(770) 638-5683

