

(800) 889-1864



**Cold & Flu Prevention Tips for Elderly Adults**

Getting a cold or even worse the flu is a miserable inconvenience for anyone. For an older adult, the outcome can be much more serious. According to the Centers for Disease Control and Prevention, "...90% of seasonal flu-related deaths and more than 60% of seasonal flu-related hospitalizations in the United States each year occur in people 65 years and older." Older immune systems tend to be weaker which allows the flu to turn into more serious conditions such as bronchitis and/or pneumonia. At Golden Care Senior Living we believe the best way to treat a cold or flu is to not get it in the first place. Prevention is key. Our staff keeps the following tips in mind in order to keep our residents health.

- **Build Up Your Immune System** – Sleeping well, eating well – including lots of fruits and vegetable – managing stress levels and drinking lots of water can help build a healthy immune system to fight off any cold or flu.
- **Kids Can Equal Germs** – Grandparents love nothing more in this world than their grandchildren. Unfortunately, with kids come germs, and all those hugs and kisses can transmit germs to an older adult. Care should be taken around older family members living in a home with children so as not to pass germs these germs to them. Also, adults that work with children will want to be careful when spending time with elderly family members to not pass germs along.
- **Wash Your Hands** – Your mother was right when she told you to wash your hands before meals. Washing your hands often throughout the day will keep many germs at bay.
- **Watch Where Your Hands Go** – On average, **people touch their faces 3.6 times per hour** and touch common objects such as tables, phones, and doorknobs 3.3 times per hour. This is one of the most common ways germs can be transmitted from person to person. Avoid touching your eyes, nose or mouth as much as possible to prevent germs from being transmitted to those locations.
- **Keep Your Distance** – Sometimes, it is a good thing to be a little anti-social during cold and flu season. Keeping distance between yourself and people who are ill is a good step in avoiding a cold. Elderly individuals should consider keeping their distance in cars and elevators or in areas where large groups of people congregate, such as malls.
- **Get A Flu Shot** – This goes without saying. According to the American Lung Association, all adults over the age of fifty needs to get a seasonal flu shot.

**Warning Signs of a Worsening Condition**

If the symptoms of flu do develop in an elderly adult, it is important to be on the lookout for possible danger signs that might indicate that they have come down with a more serious condition such as pneumonia.

- Shortness of breath
- Chest pain
- Violent vomiting
- Increased Confusion

Following a few preventive measures and keeping a close eye on our residents can help to keep them from getting sick. If you have any additional tips on how to prevent a cold, we'd love to hear what they are!

**Golden Care Senior Living  
Specializes in:**

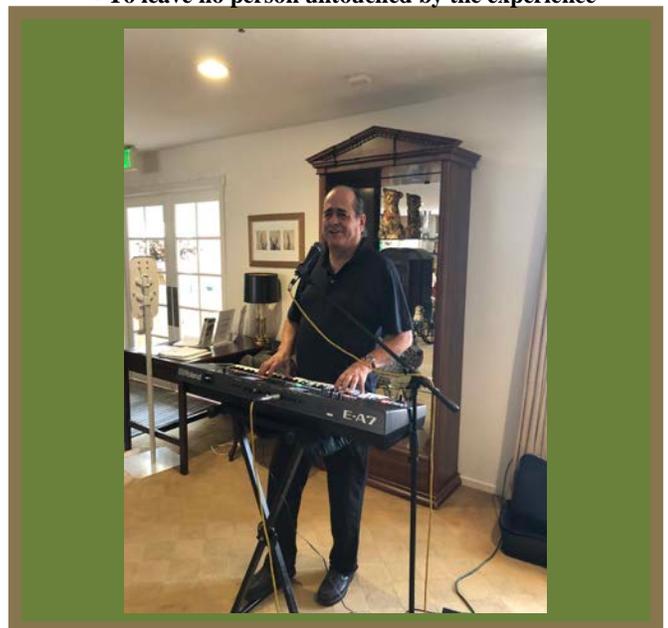
- Dementia Care**
- Alzheimer's Care**
- Memory Care**
- Incontinence Care**
- Medication Management**

**Entertainment with Gil Alcantar**

Gil has been entertaining our residents since 2013. He is best known as a Jazz saxophonist. Gil has performed jazz venues and non-jazz venues for most his life, with a degree in classical music. Gil has performed in the most intimate of jazz clubs such as Spaghetini's, as well as for large audiences at concerts venues such as the Greek Theatre. Gil Alcantar has successfully performed a Jazz concert series, at Falkner Winery, Thornton's Winery, and the Wilson's Winery in Temecula. Gil has performed at the 2010 Temecula Valley International Jazz Festival, and award the Chuck Niles Be-Bop Jazz Composition Award. Continental Airline plays Gils CD "The Live Session" for its flight music programming.

**Mission Statement**

- To do the best job possible through the integrity of music and performance
- To get the audience involved and interactive through movement, dance and singing.
- To leave no person untouched by the experience



## Long Term Care Insurance

The phrase "long-term care" refers to the help that people with chronic illnesses, disabilities or other conditions need on a daily basis over an extended period of time. The type of help needed can range from assistance with simple activities (such as bathing, dressing and eating) to skilled care that's provided by nurses, therapists or other professionals.

Policies offer many different coverage options. Since you can't predict what your future long-term care needs will be, you may want to buy a policy with flexible options. Depending on the policy options you select, long-term care insurance can help you pay for the care you need, whether you are living at home or in an assisted living facility or nursing home. The insurance might also pay expenses for adult day care, care coordination and other services. Some policies will even help pay costs associated with modifying your home so you can keep living in it safely.

Insurers often turn down applicants due to preexisting conditions. If you fail to notify a company of a previous condition, the company may not pay for care related to that condition.

Make sure you buy a policy that covers the types of facilities, programs and services you'll want and that are available where you live. Policies may cover the following care arrangements:

**Nursing home:** A facility that provides a full range of skilled health care, rehabilitation care, personal care and daily activities in a 24/7 setting. Find out whether the policy covers more than room-and-board.

**Assisted living:** A residence with apartment-style units that make personal care and other individualized services (such as meal delivery) available when needed.

**Adult day care services:** A program outside the home that provides health, social and other support services in a supervised setting for adults who need some degree of help during the day.

**Home care:** An agency or individual who performs services, such as bathing, grooming and help with chores and housework.

**Home modification:** Adaptations, such as installing ramps or grab bars to make your home safer and more accessible.

**Care coordination:** Services provided by a trained or licensed professional who assists with determining needs, locating services and arranging for care. The policy may also cover the monitoring of care providers.

**Future service options:** If a new type of long-term care service is developed after you purchase the insurance, some policies have the flexibility to cover the new services. The "future service" option may be available if the policy contains specific language about alternative options.

## Golden Meadows:

Phone: (951) 849-7521

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## Golden View:

Phone: (951) 845-7734

Fax: (951) 769-9179

## MEET SOME OF OUR NEW RESIDENTS:

SIDNEY EMMONS

ALMIA HELMICK

EUEL KING

MARY MAC DONALD

WE WELCOME YOU TO OUR HOME AND  
HOPE YOU FIND IT COMFORTABLE.

