



Ohana Care CONNECTION

PROFESSIONAL, LOVING CARE 24/7

JANUARY+FEBRUARY ISSUE • 2019



FOR THE NEW YEAR, WE DECIDED TO FOCUS ON **HOME SAFETY**

A growing number of older adults now live at home alone and it is more important than ever to make sure that they stay safe.

Among the most common accidents are falls, burns, and poisonings. In today's world, older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, or you care for an older person living alone, we've compiled a simple list to help keep them safe.

In addition, we suggest keeping a list of emergency numbers handy and visible. Write this information in large print so it can be read easily if you, or your loved one, are in a hurry or frightened.

Be sure to list numbers for:

- **911**
- **Poison Control: 1-800-222-1222**
- **Family members or friends to call in case of an emergency**
- **Healthcare provider's number**

Take a look at a couple of simple techniques that we've listed to help create a safer home environment overall. Feel free to reach out to **Ohana Care Maui** with any questions you might have.

DID YOU KNOW?

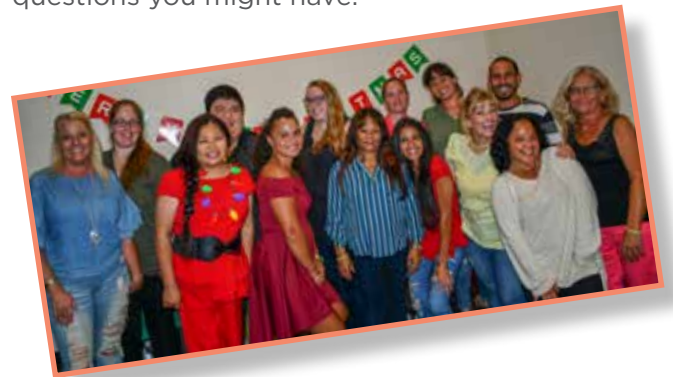
Ohana Care Maui provides all types of services and is available 24/7!

We provide services to our patients 24/7, every day of the week, 365 days a year. Our minimum shifts start at 2-4 hours, all the way up to full 24/7 care, and everything in between.

Our staff is available at any time of the day or night based on your specific needs and where you reside on Maui. Ohana Care Maui is always available to help you and your loved one(s).

OCM provides all types of services! From chore assistance, transportation to and from appointments, dressing assist, shopping and errands, bed bound care - and everything in between. Our team of professionals provides expert care and services that are unique to each of our patients wants and needs.

**CALL TODAY AND FIND OUT HOW WE CAN HELP
WITH YOUR SPECIALIZED IN-HOME CARE NEED AT: 808-344-1285**



From our family to yours...

Hau'oli Maka Hikihou!

(HAPPY NEW YEAR!)

MOTIVATIONAL
QUOTE OF
THE MONTH



*"Be a rainbow in someone else's cloud."
- Maya Angelou*

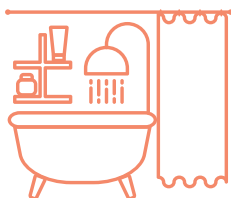
HOW TO CREATE A **SAFE HOME** FOR OLDER ADULTS

by: *Jessika Gomes*

Day-to-day safety becomes very important for seniors and older adults who live at home. As we age, the ability to move safely around home and perform everyday activities without injury requires some simple safety-proofing and forethought. Check out the important safety tips below to help prevent accidents and stay safe!

HOME SAFETY & FALL PREVENTION

- Have properly fitted shoes
- Ask your provider about exercise programs to help prevent falls
- Use your cane or a walker at all times
- Wear a special alarm bracelet or necklace with a push button to call emergency services
- Be sure there is good lighting on stair cases, bathrooms, hallways, etc.
- Install non-skid liners on cement and stairs
- Install handrails on stairs or long pathways
- Remove or tack down all scatter rugs
- Remove electrical or telephone cords from traffic areas
- Avoid using slippery wax on floors and wipe up spills promptly
- Keep a fire extinguisher and smoke detector on every floor
- Use non-glare 100-watt or greater bulbs



BATHROOM SAFETY

- Leave a light on at night
- Install grab bars
- Install toilet seats with hand rails
- Place non-skid mats in bath, shower and floor
- Avoid scalds. Turn water heater to 120°F

- Mark cold and hot faucets clearly
- Use door locks that can be opened from both sides
- Bathe only when help is available

KITCHEN SAFETY

- Keep floors clean and uncluttered
- Use 100 watt bulbs or higher
- Mark “on” and “off” positions on appliances clearly and with bright colors
- Store sharp knives in a rack
- Use a kettle with an automatic shut-off
- Make sure food is rotated regularly and check expiration dates
- Store heavier objects at waist level
- Store hazardous items separate from food



DRUG SAFETY

- Review medicines frequently with your doctor or pharmacist
- Have medication clearly labeled with large print
- Use good lighting so you can read and ensure you take the right medication
- Dispose of any old or used medications
- Have medication dispensed in an easy-open dispenser

PREVENT POISONING

- CARBON MONOXIDE:
 - Never heat your home with your stove, oven, or grill. This can lead to carbon monoxide—a deadly gas that you cannot see or smell
 - Install a carbon monoxide detector near all bedrooms. Be sure to test and replace the battery twice a year.
- CLEANING PRODUCTS:
 - Never mix bleach, ammonia, or other cleaning liquids together when you are cleaning. When mixed, cleaning liquids can create deadly gases

At Ohana Care Maui, we perform thorough home safety walk-throughs and make important recommendations as a part of our contracted In-Home Care Services. These recommendations are a great start for the continued safety of older adults.

FOR MORE TIPS ON HOME SAFETY PLEASE VISIT:
Maui County Office on Aging at: mauicountyadrc.org,
or reach out to **Ohana Care Maui** at:
(808) 344-1285 or www.ohanacaremaui.com

EMPLOYEE OF THE MONTH



Congratulations Leila!

Leila has truly gone above and beyond for her patients and coworkers. She is always helping pick up shifts and going out of her way to provide exceptional care. Keep up your amazing work, we appreciate you!!

SIDE DISH

[RECIPE OF THE MONTH]

Sweet Potato and Apple Casserole

Servings: 8 Time: 1hr 15mins

INGREDIENTS:

3 sweet potatoes, peeled and quartered	1 teaspoon ground nutmeg	¼ cup firmly packed brown sugar
½ cup firmly packed brown sugar	2 large cooking apples – peeled, cored and cut into ¼ inch rings	¼ cup butter
1 teaspoon ground cinnamon	¼ cup all-purpose flour	¼ cup chopped pecans



DIRECTIONS:

1. Place sweet potatoes in a large saucepan with enough water to cover. Bring to a boil and cook 25 minutes, or until tender but firm. Drain, cool and cut into ¼ inch slices.
2. Preheat oven to 350° F (175° C). Lightly grease a 7x11 inch baking dish.
3. In a small bowl, mix brown sugar, cinnamon and nutmeg.
4. Layer sweet potatoes, brown sugar mixture and apples in the prepared baking dish.
5. In a medium bowl, mix flour, brown sugar, butter and pecans. Sprinkle over the sweet potatoes.
6. Bake in the preheated oven 30 minutes, or until lightly browned.

JANUARY + FEBRUARY *at a glance*

EMPLOYEE BIRTHDAYS

Daton G. - 1/11

Kymi G. - 1/16

Taissa C. - 1/17



IMPORTANT DATES

January 1st

New Year's Day - *Office Closed*

February 18th

Presidents Day - *Office Closed*

TRAINING COURSES

JANUARY

Module 1:

Charting
Professionalism,
Gerontology
Chores/Home Maker

Module 2: Hospice Care

FEBRUARY

Module 1:

Vitals
Dementia
Elder Abuse
Body Mechanics

Module 2:

Transfer Training

ACTIVITIES

January 21st – 8:30AM

Dr. Martin Luther King Jr.

Peace March

LOCATION:

Stone of Hope Monument
200 High Street Wailuku, HI 96793

DETAILS: Join us in honoring the life of Dr. Martin Luther King and march and/or enjoy the march! This event is free and open to the public—there will be food and fun!

February 17th – 8:00PM

George Lopez – Comedian

LOCATION:

MACC

DETAILS: Come enjoy an evening of laughs with George Lopez! To purchase tickets call the MACC at: (808) 242-7469 or visit their website at: www.mauiararts.org

February 18th – 4:00PM

Hawaii Youth Symphony

LOCATION:

MACC

DETAILS: Come support our keiki and come enjoy their wonderful music! To purchase tickets call the MACC at: (808) 242-7469 or visit their website at: www.mauiararts.org



CONTACT US TODAY TO SEE HOW WE CAN HELP

808-344-1285

OhanaCareMaui.com

HOW TO KEEP
YOUR LOVED ONES SAFE...
*inside this
month's issue!*



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Unit 211
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