

# Milton's Golden Gazette

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## Bathroom safety reduces risks

A major chunk of the playing-it-safe crowd are seniors, mostly because of their susceptibility to the virus. With more time spent at home and the Fed cutting interest rates, some senior adults -- often with a little nudge from their families -- are investing in their own long-term safety and the value of their home by upgrading their bathrooms.

To help focus that effort, Nurse Next Door -- a home care service provider -- created a list of safety tips that seniors can take to make their bathrooms safer. The information is extremely important; the National Council for Aging Care cites statistics which show that 80 percent of falls in the home happen in the bathroom, with treatments costing an average of \$30,000.

### Safety tips

Topping the list of Nurse Next Door's safety tips is to re-



**With seniors staying home and being very cautious during the COVID-19 situation there is an even greater need in making sure your home is safe. One of the most accident prone areas of the home can be the bathroom.**

duce clutter in the bathroom, which can be accomplished by storing items in cabinets that are safe and out of the way. The company also recommends keeping necessary items within reach, keeping bathroom pathways clear, and getting assistance from a caregiver if it is needed.

Other items on the list include several modifications and

pieces of equipment that can help stabilize seniors and make navigating the bathroom safer. They include hand-held showerheads, weighted shower curtains, grab bar installations, and non-slip bath mats and chairs.

The last major modification that seniors could consider is the addition of a walk-in bathtub. Studies have shown that 97.2

percent of home health clients need assistance in taking a bath, and anything that makes that aspect easier is a good investment.

"If you're looking to invest some money in a more permanent fixture aside from grab bars for bath safety, you can consider installing a walk-in tub," was Nurse Next Door's recommendation.

As with many things marketed to seniors, there's a lot of companies hawking walk-in bathtubs and, because of that alone, anyone considering buying one should ask a lot of questions. To help in the process, ConsumerAffairs has researched the best walk-in bathtub companies, the features they offer, and what consumers' expectations should be.



## Strawberry-Lime Chicken Tacos

### Marinade:

- ¼ cup extra virgin olive oil
- 1 cup loosely packed cilantro
- 2 Tbsp lime juice
- 2 Tbsp orange juice
- 1 tsp lime zest
- 2 cloves garlic, minced
- ½ tsp salt

### Salsa:

- 1 Tbsp jalapeno, minced
- 1 lg tomato; diced (approx. 1 c)
- 1-pint strawberries; diced (approx. 1 c)
- 1 Tbsp lime juice
- ¼ tsp salt

### Additional ingredients:

- 1 lb. thin chicken cutlets
- 2 cup spinach
- 8 tortillas

### Instructions:

- Mix ingredients of the marinade; split in half. Use half to marinate chicken in a zip lock bag refrigerate for 1 hour and put the other half in a bowl and refrigerate.
- Make salsa by chopping and mixing the ingredients; refrigerate
- Grill or pan fry chicken and cut into small strips

### Assembly:

Line the tortilla with spinach; add grilled chicken; top with salsa and a Tbsp of the cilantro mixture

### Time saving tips:

Pre make the marinade and refrigerate up to 24 hours; pre make the salsa; use already grilled chicken (just marinade and reheat)

*This recipe is courtesy of the Santa Rosa County Extension Office located on Dogwood Drive in Milton.*

## Senior Tips Good Alzheimer's Communication

Effectively communicating with your loved one will be different in each stage of the disease. Because Alzheimer's and related forms of dementia affect each person differently, assumptions cannot be made about the communication abilities of each individual with the disease.

### 1. DON'T BE AFRAID TO LAUGH

Humor can lighten the mood, reduce stress, and even bring caregiver and patient closer.

### 2. UNDERSTAND THAT NOT ALL COMMUNICATION NEEDS TO BE VERBAL

Emails, phone calls, and body language are all good ways to show someone you care without requiring an immediate communication response.

### 3. DON'T PULL AWAY

Your friendship is important to your loved one who is going through a tough time. Being honest about your concerns and feelings can help both of you..

### 4. AVOID ARGUING, CRITICIZING, OR CORRECTING

Over time, a person with dementia will live in their own reality. Listen and try to understand their main points, but don't engage in an argument or correct a mistake in speech.

### 5. AVOID OPEN-ENDED QUESTIONS

Asking simple "yes" or "no" questions will help them make decisions easier and faster.

### 6. SPEAK SLOWLY AND CLEARLY, AVOIDING MULTI-STEP INSTRUCTIONS

Go through tasks one item at a time, careful not to overwhelm or confuse your loved one.

### 7. MAINTAIN EYE CONTACT

It's a simple and easy way to show someone you care about them and are focused on them.

### 8. HAVE ONE-ON-ONE CONVERSATIONS IN QUIET PLACES WITH MINIMAL DISTRACTIONS

This will help focus the conversation and be sure your loved one has the opportunity to formulate and ask questions.

### 9. APPROACH THE PERSON WITH DEMENTIA FROM THE FRONT AND INTRODUCE YOURSELF

Over time, people with dementia will forget faces and names. Being upfront with who you will help put them at ease. Their vision also changes and they lose their peripheral vision over time. It's important that you always approach them from the front since they wouldn't be able to see you from the side or behind them.

### 10. KNOW THAT YOU PLAY AN IMPORTANT ROLE IN YOUR LOVED ONE'S WELL-BEING

Even after your name and face are forgotten, your time, presence, and friendship are important to someone in the late stages of dementia.

# Contacting Social Security

Today, I am sharing the information below on behalf of the Social Security Administration (SSA), to let you know that during the current coronavirus pandemic, SSA continues to provide help to you and others in your community.

While their offices are not providing service to walk-in visitors due to COVID-19, SSA remains committed to providing ongoing benefits and vital services. SSA asked me to let you know that they remain ready and able to help you by phone with most Social Security matters. You can speak with a representative by calling your local Social Security office or their National 800 Number.

Pensacola office 411 W GARDEN STREET  
PENSACOLA, FL 32502  
Phone: 1-877-505-4550

SSA also wants you to know they have many secure and convenient online services to:

Apply for Retirement, Disability, and Medicare benefits,

- Check the status of an application or appeal,
- Request a replacement Social Security card (in most areas),
- Print a benefit verification letter, and
- Much more.

Most business with SSA can be done online, but they know that many people still rely on phone or in-person help. That is why they want you to know you can still count on them by phone. And, if you have a critical situation, they cannot help you with by phone or online, they may be able to schedule an appointment for you.

If you need help from SSA, please do not wait until they can see you in person. Reach out now and get the help you need.

Lastly, SSA also understands that getting medical and other documentation can be difficult due to the pandemic. So, they are continuing to extend certain deadlines wherever possible.

## STAY UP TO DATE

Keeping the correct  
personal information on hand  
with the Milton Community

Center & RSVP can:

1. Help notify your family in case there is an emergency involving you.
2. Let us share important messages with you involving the community.
3. Help us serve you better!

THE KEY TO THIS IS...

## HELPING YOU

Make sure you keep your Milton Community Center participation information up to date at all times.



## July Birthdays

Happy birthday to:

- Patricia Lange - July 2nd
- Holly Walker - July 8th
- Maye Lambert - July 12th
- Barbara Farrell - July 14th
- Thomas Magerko - July 17th
- Donna Miller - July 17th
- Lorie Stead - July 18th
- Mary Thressa Fine - July 19th
- Laquitta Birch - July 20th
- Betty Hart - July 21st
- Barbara Moradek - July 23rd
- Pamela Putillion - July 25th
- Teresa Shows - July 26th
- Barbara Wheeler - July 28th
- Angela Peterson - July 29th
- Craig Schramm - July 29th
- Gerry Finkle - July 31st

**PLEASE**

**STAY SAFE!**

**WE MISS**

**YOU!**



**RSVP NEEDS YOU!**

**CAN YOU...**

**DRIVE  
PACK DISASTER KITS  
HELP AT A LOCAL FOOD BANK  
AND MUCH MORE!**

**CALL RSVP AT 983-5220!**

# Prevent COVID-19

## -it's in your hands!

FloridaHealth.gov



Wash your hands often with soap and water. If you don't have soap and water, use a hand sanitizer that is at least 60% alcohol based.



Clean and disinfect frequently touched surfaces.



Stay home when you're sick, and keep your children home when they're sick.

Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



Try not to touch your face with unwashed hands.



Don't touch or shake hands with people who are sick.

