



HEALTH & WELLNESS NEWS

Stress and your health

April is recognized as National Stress Awareness Month to bring attention to the impact of stress on your health. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being, as well as minimize the effects of health-related issues.



What is stress?

To de-bunk a myth, stress isn't always a bad thing. Without the ability to feel stress, humankind wouldn't have survived. Stress is the physical response that we feel when our body thinks it is under attack. Have you heard of "fight or flight?" That is stress. When something happens our bodies release a mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical actions.

What do you feel when stressed?

When you are stressed you may experience your heart pounding, fast breathing sensations and maybe even a boost of energy. All of this allows us to focus our attention so we can quickly respond to the situation.

Sometimes stressful events can play a role in our day-to-day life as well. These events could include disbelief; feelings of fear, shock, anger, sadness; changes in appetite, difficulty sleeping or concentrating; or physical reactions such as headaches, body pains, stomach problems, worsening of chronic health problems, worsening of mental health conditions, and increased use of tobacco, alcohol and other substances.

While stress is not necessarily a bad thing, all of these symptoms can contribute to your overall health, which is why it is important to understand how to manage your stress.

Tips for coping with stress

- Take breaks from watching, reading or listening to news stories.
- Take care of yourself: Eat healthy, exercise, get plenty of sleep, give yourself a break.
- Take care of your body: Deep breathing or meditation, try to eat healthy and well-balanced meals, exercise regularly, get plenty of sleep, avoid excessive alcohol, tobacco and substance abuse.
- Continue with routine preventive measures as recommended by your healthcare provider.
- Make time to unwind: Do an activity that you enjoy.
- Talk to others.
- Connect with your community.

When to see a doctor

When the symptoms don't go away, it is important to know that you have the support of your provider. If any of the symptoms continue despite removing the stressors, you should contact your primary care provider or mental health provider.



It's never too late to heal from addiction.

Have a courageous spirit. Reach out now, for you and your children.

Foot health news

Every step that you take involves a network of bones, muscles, tendons, and ligaments. This, combined with your weight, explains why your foot health is so important.



When should I see a doctor?

Your foot health can be a clue to your overall health. Symptoms such as joint stiffness, tingling, numbness or swelling in your feet could all be signs of an underlying condition.

Good foot care and regular foot checks are an important part of your health care.

Common foot issues in adults include heel pain, big toe arthritis, ingrown toenails, ankle sprains, bunions or the need for orthotics.

Daily foot care

To keep your feet as healthy as can be:

- Examine your feet regularly.
- Wear comfortable shoes that fit.
- Wash your feet daily with soap and lukewarm water.
- Trim your toenails straight across and not too short.

How to check for happy feet

- Check the appearance of your feet and ankles. Is there any discoloration, swelling, blisters? Be sure to check the soles and between your toes as well.
- Assess the blood flow. Press down on the nail of your big toe until the color fades (about 5 seconds). Then let go and allow the blood flow to return to your toe. If you have average circulation, the return of normal color to your toe should take 2 to 5 seconds.
- Test your foot and ankle function and flexibility. Try to pick up a marble or a small dishtowel with just your toes. Did you experience any pain?
- Evaluate sensation. Use a pencil eraser and run it on the top, bottom, and both sides of your feet. It may tickle, this is normal. Did it feel the same on each part?
- Examine your level of pain. In general, there should be no pain with an uninjured foot.

If you answered yes to any of these, schedule an appointment with your provider for a foot exam.

Avoid bare feet

With nice weather quickly approaching, it is best to avoid going barefoot. Millions of Americans every year experience cuts and puncture wounds from going barefoot, which could lead to an infection. If you can't wear shoes be sure to see a provider within 24 hours in the event of a puncture wound. Make sure your tetanus vaccination is current and apply sunscreen to your feet.

ELDERS LIVING WITH LONELINESS IN ADULT FOSTER CARE

WHEN ELDERS MOVE INTO ADULT FOSTER CARE, WE ASSUME THAT THEY WILL CONTINUE TO HAVE THE SOCIAL LIFE THEY HAD WHEN THEY WERE LIVING INDEPENDENTLY. THAT THEY WILL CONTINUE TO SEE THEIR FAMILY & FRIENDS, PARTICIPATE IN EVENTS, VISIT...

NEARLY 40% OF ELDERS LIVING IN ADULT FOSTER CARE SUFFER FROM DEPRESSION AND LONELINESS.

THERE IS NO REPLACEMENT FOR FAMILY & FRIENDS!

IF YOU HAVE A FAMILY MEMBER OR A FRIEND IN ADULT FOSTER CARE, PLEASE TAKE THE TIME TO SEE THEM. OUR TEAM IS HERE TO SUPPORT!