

JULY - SEPTEMBER 2010

SeniorsFirst

We Care for Central Florida

Adult Day Center

Day Center Times

Important Numbers

SF Day Center (407) 894-4669

SF Main Office (407) 628-2884



Information and Support

Alzheimer Association	1-800-272-3900
Alzheimer Resource Center	(407) 843-1910
American Heart Association	(407) 843-1330
American Stroke Association	1 (888) 478-7653
Senior Resource Alliance	(407) 228-1800
Care for the Caregiver	(407) 629-5771
Elder Help Line - pick up the phone and dial	211

The Bus is Here:

Please remember to call your transportation services if you are NOT going to join us for the day.

- ♦ **Access Lynx: (407) 423-8747 option 3 or 4**
- ♦ **Cancellations must be made at least 3 hours in advance, can call and leave message.**
- ♦ **Access Lynx allows 3 "no-shows" before canceling privileges.**



Friendly Reminders

- ♦ Medications administered by the Center nurse must be in the original prescription bottle with doctor's instructions on the label. Any mixed medications and improperly marked meds will be returned to the caregivers/clients.



Looking Ahead

July:

2nd: Halfway point in 2010

4th: Independence Day-

5th: **CENTER CLOSED**

7th: Iced Tea Social

August:

3rd: National Day Out

23rd—27th: Seniors First Cruise Week- Cruise at the day center to 5 beautiful Caribbean destinations and enjoy food, games and other activities...Bon Voyage!!

September:

6th: Labor Day— **CENTER CLOSED**

10th: Day Center Rummage Sale—will accept donations in August.

12th: Grandparents Day



To Your Health

The Miracle of Green Tea

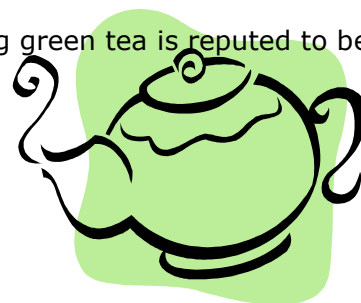
"Better to be deprived of food for three days, than tea for one." (Ancient Chinese Proverb)

Is any other food or drink reported to have as many health benefits as green tea? The Chinese have known about the medicinal benefits of green tea since ancient times, using it to treat everything from headaches to depression. In her book *Green Tea: The Natural Secret for a Healthier Life*, Nadine Taylor states that green tea has been used as a medicine in China for at least 4,000 years.

Today, scientific research in both Asia and the west is providing hard evidence for the health benefits long associated with drinking green tea. For example, in 1994 the Journal of the National Cancer Institute published the results of an epidemiological study indicating that drinking green tea reduced the risk of esophageal cancer in Chinese men and women by nearly sixty percent. University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells. There is also research indicating that drinking green tea lowers total cholesterol levels, as well as improving the ratio of good (HDL) cholesterol to bad (LDL) cholesterol.

To sum up, here are just a few medical conditions in which drinking green tea is reputed to be helpful:

- cancer
- rheumatoid arthritis
- high cholesterol levels
- cardiovascular disease
- infection
- impaired immune function



The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful anti-oxidant: besides inhibiting the growth of cancer cells, it kills cancer cells without harming healthy tissue. It has also been effective in lowering LDL cholesterol levels, and inhibiting the abnormal formation of blood clots. The latter takes on added importance when you consider that thrombosis (the formation of abnormal blood clots) is the leading cause of heart attacks and stroke.

Other Benefits

New evidence is emerging that green tea can even help dieters. In November, 1999, the *American Journal of Clinical Nutrition* published the results of a study at the University of Geneva in Switzerland. Researchers found that men who were given a combination of caffeine and green tea extract burned more calories than those given only caffeine or a placebo.

Caregiver's Corner

Hurricane Health Tips: Special Needs & the Elderly

General Preparations

Preparation in advance of hurricane season is essential for people with special needs. Advance preparation should include how to evacuate and where to relocate. Many areas have special needs shelters that are equipped with medical staff and specialized equipment. Please call the Orange County Health Department for more information regarding available shelters and pre-registering for a special needs shelter. Some shelters may not be able to accommodate your special needs. Therefore, it is important to have another plan in place:



Determine with whom you will stay in the event evacuation is necessary. Select family or friends who are unlikely to be evacuated from their homes and obtain their commitment for you to be housed with them.

Make arrangements for transportation in the event of evacuation.

If family or friends have agreed to transport you to safe housing, be sure they can accommodate any equipment or supplies that need to be taken with you. Also, be assured that your driver will transport you well in advance of the hurricane evacuation warnings.

Have any special provisions at the home in which you will be staying — in advance of hurricane season. This will prevent you from having to pack these items at the last minute and alleviate the possibility that you may forget something very important for your condition. The following is a list of some items that could be stored in advance:

- ◆ At least a one-month supply of medications
- ◆ Extra copies of your prescriptions in case your physician's office is damaged and not operational
- ◆ Identification and important information (Please refer to the "Identification and Important Information" section of this page for a complete listing.)

“Preparation in advance of hurricane season is essential for people with special needs.”

Plan on 14 days worth of items below:

- ◆ Foods for special diet (non-perishable)
- ◆ Food supplements
- ◆ Special medical equipment
- ◆ Oxygen for portable units
- ◆ Batteries for wheelchairs
- ◆ Adult diapers, over-the-counter medications, etc.
- ◆ Water — Store enough water for your stay with family and friends. Have at least one gallon per person for each day you plan to stay. Label the container with the date of purchase. Bottled water does not stay pure for long periods of time.
- ◆ Changes of clothing
- ◆ Hearing aid batteries



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SENIORS FIRST ADULT DAY CENTER

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www.SeniorsFirstInc.org

From the Director's Desk:

The summer is in full swing here at the day center. With temperatures in the 100's, we have taken extra precautions in keeping the clients hydrated and comfortable. We are planning a fun-filled summer, with an Iced Tea Social in July, and a first for us here at the day center— a week long cruise (use your imagination, of course) to the Caribbean Islands and everyone is invited! We will sail from the day center on Aug. 23rd through the 27th. We will enjoy food, music, activities and prizes from each island we visit. Fun... Fun... Fun. I wish everyone a happy and healthy summer. Please remember to plan ahead for the hurricane season.. Please take note, we will be accepting donations in August for the Rummage Sale in September. Please pass along those items that have been cluttering your closets for years.. All proceeds will benefit the day center.



Thank you for all the support, we could not do what we do without the help of our caretakers, volunteers and wonderful staff.

*Sincerely,
Joanne*

Thank You! Thank You!!

Johnsie Brevard
Linda Thorpe
Connie Oullette
Candy Vanderweide
Betty Hayner

Anita Fuller & Steppers
Marlene Knapperberger
Nancy Shelnut
Donald Walker
Halima Jafer
Lee Domonica
Pablo Matio

HAPPY BIRTHDAY:

7/2: Raphael E.
7/29: Aurea A.
8/1: Joseph K.
8/13: Bob B.
9/14: Mary D.
9/25: Bertha H.



THANK YOU



And our very own:

Lucina Rios
Margarita Rivera

David Quintero
Shidro Jones