

long term care connection

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things to know
A special birthday wish

Happy 100th birthday, Grace Heideman, from your friends at Mercy Care Plan Long-Term Care!

Grace was born in Maywood, Ill., 100 years ago on June 16, 1907. She moved to Arizona and lived in Tucson for a number of years, working at the University of Arizona.

Grace has lived a very independent life, not even joining long-term care until she was 99. She currently lives in Phoenix.

Please join us in wishing Grace a very happy and healthy 100th birthday.



Know the signs of Alzheimer's

A loved one's poor memory can make you worry. Is it OK? Is it a sign of a problem?

Just getting older affects the memory. Forgetfulness can be a normal part of aging.

But some changes could be signs of Alzheimer's disease. Watch for signals such as:

- Forgetting more often; having trouble with names or recent events.
- Losing items. Putting things in strange places, like an iron in a freezer.
- Problems with simple tasks such as making a phone call or getting dressed.
- Asking a question over and over.
- Often repeating the same story word for word.
- Forgetting simple words.
- Having mood swings for no reason.



- Getting lost in familiar places or not being able to find the way home.
- Changes in personality.
- Loss of interest in things that used to be enjoyed.
- Making poor decisions. For instance, a person may bundle up in hot weather or wear shorts when it is snowing.

It isn't easy to know the difference between normal changes and warning signs. Check with a doctor if your loved one has warning signs or problems grow worse with time.

Sources: American Academy of Neurology; Alzheimer's Association; National Institute on Aging

Give yourself the best present ever—
peace of mind.

Get a mammogram and well-woman exam every year.

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Stay in control and be healthy



Whether you've had diabetes for a few weeks or many years, here's a phrase to live by: "Be in control."

Controlling diabetes can help you stay healthy. It will lower your risk of problems such as heart disease, kidney failure, stroke, blindness and gum disease.

Being in control means more than watching your blood sugar levels. That is important, but it's only part of the picture. It is also key to keeping cholesterol levels and blood pressure in check.

You'll need your doctor's help. But there are some things you can do to take control.

Lose weight if you need to. Try to get to a healthy weight. And remember that dropping just 10 pounds can improve blood sugar levels.

Plan healthy meals. Avoid fat and salt. Instead, use plenty

of fruits, vegetables and foods with lots of fiber, such as whole-grain breads and cereals.

Step out and get fit. Aim for 30 minutes of exercise each day. Try fun activities such as walking the dog, riding your bike or playing outside with your grandkids.

Keep a list. Keep track of your A1C levels, cholesterol levels and blood pressure too. Ask your doctor what your goals should be, and keep track of your progress.

Follow orders. Take any medications just as your doctor tells you to. And get your doctor's OK before taking any medicine, herbs or vitamins.

Take care of yourself. Get regular checkups, foot exams and eye exams. Your doctor can tell you how often you need them. Kick bad habits like smoking. And get a flu shot every year.

Source: American Diabetes Association



To learn more, call the American Diabetes Association at (800) 342-2383.

Medicines to treat your diabetes



You may be able to control your diabetes by changing your diet and being more active. But some people also need medicine.

If you have type 1 diabetes, you have to take insulin. That's because your body doesn't make enough. Insulin helps your body process sugar. You may also need insulin if you have type 2 diabetes.

Other types of medication can also help control type 2 diabetes. They work in different ways.

They might help your body:

- Make more insulin
- Use insulin better
- Make less sugar
- Slow down how fast sugar enters your bloodstream

You might need more than one medicine. Your doctor can help you find what works best for you.