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UTI Prevention in the Elderly

Contributed by Amy Boyer, Village Manor Director of Nursing

Urinary tract infections, or UTIs, are more than a painful medical condition. Left untreated, these infections can spread through the body. The leading cause of sepsis, an untreated UTI can ultimately result in death. For caregivers of elderly patients, learning how to recognize a UTI can be tricky as the symptoms are varied. Fortunately, there are three easy ways to avoid the onset of the infection to begin with.

What is a UTI?

A urinary tract infection (UTI) is the most common type of infection in older adults, and it occurs when bacteria are able to get into the urethra and travel to the bladder. Anywhere along this path, bacteria can grow and cause a series of health issues, including pain and possibly dementia symptoms. An infection can occur in any part of the urinary tract, and is detectable by testing urine for trace amounts of protein and blood that could be harboring bacteria. UTIs are very common- it is estimated that 60% of adult women ill have a UTI at some point. Luckily, there are steps one can take to help our bodies fight and prevent UTIs.

What Causes a UTI?

A UTI occurs when bacteria, usually from either the anus, kidney stones, or from backed-up urine, is trapped in the urethra and allowed to grow.

Factors that contribute to UTIs and UIs include:

Wearing incontinence supplies for an extended time; Kidney stones or other issues affecting the urethra, trapping urine and bacteria.

UTI Symptoms

A UTI has many symptoms, but the most common indication of a bladder infection is pain in the genital region, especially burning type sensations during urination, in addition to a more frequent need to use the bathroom. Less obvious symptoms include: Lower back pain; Feeling the urge to pee but being unable to; Impaired ability to complete one's own daily tasks like getting dressed alone and bathing;



Antipsychotics in Alzheimer's Tied to Increased Morbidity

Contributed by Jim Cram, Village Manor Pharmacy Consultant

Alzheimer's disease (AD) patients who receive antipsychotics have more morbidity, as indicated by a greater number of days spent in the hospital, compared with their counterparts who were not prescribed these agents, new research shows.

During a two-year period, AD patients taking antipsychotics had greater than 50% more accumulated hospital days than those not taking antipsychotics, with the strongest association observed during the first six months.

Reasons for hospitalization included psychiatric and behavioral disorders, as well as genitourinary, respiratory, and circulatory disorders, infections, and parasitic diseases.

"In this study, we found that community dwellers with Alzheimer's disease who initiated antipsychotic use accumulated more hospital days than noninitiators, which may partially reflect adverse effects and events of antipsychotic use," study investigator Marjaana Koponen, PhD, a postdoctoral researcher at the Kuopio Research Centre of Geriatric Care, School of Pharmacy, University of Eastern Finland in Kuopio, told *Medscape Medical News*.



"On the other hand, antipsychotic users accumulated more hospital days due to dementia, mental and behavioral disorders, and their caregivers' days off, thus another reason for a higher accumulation of hospital days is care burden and difficulties in treating the most severe behavioral and psychological symptoms of dementia," she said.

The study was published online August 26, 2019 in the *Journal of the American Medical Directors Organization*.

Source: [medscape.com](https://www.medscape.com)

VOLUNTEER CORPS GRANTS GIFTS TO VILLAGE MANOR



The Memorial Health System Volunteer Corps (MHSVC) recently purchased items for Village Manor in Abilene through the volunteers' annual gifting program. Items purchased include a meat smoker, for the residents to enjoy smoked meats more often; a BoxMaster, to allow residents to remain active and get some exercise without having to leave the building. The BoxMaster offers several benefits such as increased range of motion, decreased pain, increased interest/desire to get up and go, and the overall mood of the residents was noticed by staff who have used it; six armed chairs for the main lobby area; and a wooden bookcase, to be used in the "butterfly room" on the dementia unit to store books, games, puzzles, and other items specifically for dementia individuals.



March

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3	4	5	6	7
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Resident Council 11:00 Noodle Ball 3:00 Singing w/ Joan 6:30 Board Games	9:45 Aerobics 11:00 Noodle Ball 3:00 Bible Study w/Karen 6:30 Coloring Fun	9:30 Crafts w/Elaine 11:00 Noodle Ball 3:00 Piano Time 6:30 Board Games	9:30 St. Andrew's Bingo 9:45 Aerobics 11:00 Noodle Ball 3:00 Gift Cart 6:30 Puzzles	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
8	9	10	11	12	13	14
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun DAYLIGHT SAVINGS TIME BEGINS (Forward one hour)	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Memorial Service 11:00 Noodle Ball 1:30 Resident Meeting 3:00 Singing 6:30 Games	9:45 Aerobics 11:00 Noodle Ball 3:00 Library 3:00 Bible Study w/Bev 6:30 Coloring Fun	10:00 Nails 11:00 Noodle Ball 3:00 Piano Time 6:30 Board Games	9:45 Aerobics 11:00 Noodle Ball 3:00 Gift Cart 6:30 Puzzles	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
15	16	17	18	19	20	21
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Movie 11:00 Noodle Ball 2:30 St. Patrick's Day Party 6:30 Games <i>St. Patrick's Day</i>	9:45 Aerobics 11:00 Noodle Ball 3:00 Trivia 6:30 Coloring Fun	7:30-9:00 AM Cafe 11:00 Noodle Ball 3:00 Piano Time 6:30 Board Games	9:45 Aerobics 11:00 Noodle Ball 3:00 Gift Cart 6:30 Puzzles	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
22	23	24	25	26	27	28
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Memorial Service 11:00 Noodle Ball 3:00 Singing w/ Joan 6:30 Board Games	9:45 Aerobics 11:00 Noodle Ball 3:00 Bible Study w/ Bev 6:30 Coloring Fun	9:30 Movie 11:00 Noodle Ball 3:00 What's for Dinner? 6:30 Board Games	9:45 Aerobics 11:00 Noodle Ball 3:00 Gift Cart 3:00 Birthday Party! 6:30 Puzzle Time	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
29	30	31				
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Movie 11:00 Noodle Ball 3:00 Singing w/ Joan 6:30 Board Games	Available Daily: games, books, cards, puzzles, movies, pool table, manicures, and more.		One-to-Ones Daily *Activities Subject to Change	

Resident Birthdays

Shirley Copas	Mar. 2
Douglas Plunkett	Mar. 3
Nyna Graves	Mar. 7
Edna Hicks	Mar. 8
Anne Robson	Mar. 15
Judy Sholes	Mar. 15
Louise Gilberg	Mar. 18
Betty Folsom	Mar. 31



Thank you to Auburn Pharmacy for providing the birthday cake

Welcomes

Clara 'Earldene' Stiner
Violet Weixeldorfer
Suzanne Campbell
Shirley Wilson
James 'Jim' Guilfoyle
Lee White

In Memory

Edna 'Eddie' Morris
Vivian Detrich
Robert Gibson
Kenneth Huston

Discharges

Alan Merola
Melvin Stout



Staff Birthdays

Sherree' Osland	Mar. 1
Gregg Biggs	Mar. 6
Mickaela Monroe	Mar. 6
Jenny Littlejohn	Mar. 8
Amanda Wilson	Mar. 12
Megan Hand	Mar. 14
Joni Davis	Mar. 15
Nevaeha St. Julien	Mar. 16
Cecelia Murphy	Mar. 18
Jessica McMillan	Mar. 19
Amy Boyer	Mar. 26
Kylie Engle	Mar. 26
Kinsey Ecton	

Welcome to our Team!

Birgitte Mager	R.N.
Marcia Buttner	C.N.A.
Reese Longenecker	C.N.A.
Raegan McMillen	C.N.A.
Kristina Messerly	C.N.A.
Elizabeth Watts	C.N.A.
Sierra Ford	Dietary Aide
Jennifer Richter	Dietary Aide
Breanna Huen	Clerical Coordinator

Showing Care for Others

contributed by Dennis Roberts,
Village Manor Resident

This last holiday season, with what our residents were doing with the programs for the less fortunate in our area, brought to mind an event from my past.

Rick lived in a small town in Northern California. He worked a temporary summer job for the city to support his wife and their children. In the winter, they relied on his unemployment to get by. Money was always too short to cover the monthly bills and food costs.

During a lean time, Rick was walking along the railroad tracks hoping to spot a squirrel to shoot for food; finding none, he did see a deer. Although it was not deer season, he knew the deer would feed his family for a long time, so he shot it. The gunshot was heard and the police were called. Before Rick could take care of the animal, the police showed up and he was arrested for poaching.

The next week, I ran into Shorty Smith, the county judge, whom I had known all of my life. He asked me if I knew Rick well. I was his coworker, so I said 'yes.' We spoke some about his situation that happened. The next Monday, Rick went to trial and pleads guilty. Judge Smith accepted the plea and sentenced Rick to 90 days and a fine. He then suspended the order to a diversion. The judge then told Rick to see the bailer on his way out. On Rick's way out, the bailiff handed him his paperwork and a receipt. The receipt was from the local Ice Plant. The deer had been processed, packaged, and frozen. They then stored it for him and his family; all paid for by the City of Dunsmuir.

Wouldn't it be wonderful if we could witness more loving events such as this?



FOR MORE PICTURES FROM
EVENTS AND ACTIVITIES AT
VILLAGE MANOR, BE SURE
TO LIKE AND FOLLOW US ON
FACEBOOK.

“UTI”- continued from Page 1

Weakened memory and ability to reason, or worsening dementia symptoms leading to delirium; Loss of appetite; Changes in sleeping pattern, an indication that the brain is being affected by the UTI; Blood in the urine; Cloudy or foul-smelling urine.

In older age, symptoms of a UTI may not be so evident, especially in the case of those living with cognitive decline such as in the case of Alzheimer’s disease. Cognitive impairments can lead to an inability to notice certain symptoms, such as pain, agitation, and appetite loss, or one may attribute these symptoms to dementia itself. When dementia is already present, a person’s symptoms can quickly escalate, causing extreme confusion and a state of delirium. Caregivers of those with dementia need to be aware that worsening symptoms of confusion and disorientation can indicate a UTI.

Ways to Prevent a UTI

Antibiotics and natural medicines are available to help clear up UTIs, but there are preventative measures you can take to help ensure your body is able to stave off infections that tend to occur through the normal course of life. Read on to see three ways we’ve discovered through careful research to help prevent urinary tract infections in older women.

Careful Cleaning

Women should always wipe themselves from the front to the back. If you are tending to perineal care, take steps to ensure that you always wipe your patient starting in front of the urethra and wiping towards the anus. Before wiping the area again, fold the rag to a clean section.

Stay Hydrated

The kidneys and the bladder are organs that are highly sensitive to the fluids we consume, and one of the best preventative measures we can take to keep them healthy is to drink plenty of water. It is recommended by the Mayo Clinic to drink at least six 8-ounce glasses of water a day to prevent bladder infections such as a UTI, because frequent urination helps keep bacteria flushed out of the urinary tract. Cranberry juice can be a great alternative to water if you are concerned about UTIs, but it is important to remember that juice cocktails can be full of sugar and artificial sweeteners that may cause more harm than good. Cranberry supplement tablets are available to provide the health benefits of cranberries without burdening the digestive system with too many unhealthy products like sugar. Other foods that have shown promise in fighting UTIs include blueberries and foods high in probiotics, and vitamin C.

Source: assistedlivingtoday.com



IMPORTANT REMINDER

Village Manor needs your help to ensure that we can identify any personal items that are brought into the building. When bringing clothing and other items, for your loved one, please leave them at the front office or the housekeeping/laundry office to be marked.

SUPER BOWL FUN



Valentine's Day Party

