



A Grandparents Newsletter

will be mailed separately



Upcoming Wellness Programs

Chronic Disease Self-Management in JACKSON COUNTY

*Wednesdays from October 2nd - November 6th • 9:00 am - 11:30 am
Wellston Senior Citizens Center, Wellston*

Diabetes Self-Management in SCIOTO COUNTY

*Tuesdays from October 8th - November 12th • 10:00 am - 12:30 pm
SOMC Wheelersburg Family Health Center, Wheelersburg*

Falls Management in LAWRENCE COUNTY

*Thursdays and Fridays from October 10th - November 1st • 9:00 am - 11:00 am
New Hope United Methodist Church, Proctorville*

Falls Management in PIKE COUNTY

*Thursdays and Fridays from October 10th - November 1st • 9:00 am - 11:00 am
Bristol Village in Waverly OR Pike County Senior Center in Waverly*

Falls Management in ROSS COUNTY

*Thursdays and Fridays from October 10th - November 1st • 9:00 am - 11:00 am
Hopeton Terrace, Chillicothe*

Chronic Pain Self-Management in GALLIA COUNTY

*Wednesdays from October 16th - November 20th • 1:00 pm - 3:30 pm
Perry Physical Therapy, Gallipolis*

Community Wellness Coach Training

*October 21, 22, 28, 29 and 30 • 9:30 am - 4:30 pm
Chillicothe and Ross County Public Library, Chillicothe*

Falls Management in GALLIA COUNTY

*Mondays and Wednesdays from November 4th - December 2nd • 9:30 am - 11:30 am
Holzer Wellness Center, Gallipolis*

Classes are free, but pre-registration is required. Call 1-800-582-7277 to register or to learn more information.

How often a bath is needed is based on the situation of the person in your care. For example, if urinary incontinence (leakage), bowel problems, and heavy perspiration are present, a daily bath may be in order. If not, bathing two to three times a week might be enough. Read the issue and answer True or False to the questions below.

1. *It is important to first remove from the bathing area all electrical equipment that could get wet. T F*
2. *When assisting a tub bath, be sure there are grab bars, a bath bench, and a rubber mat so the person doesn't slide. T F*
3. *If a bath bench is not used, many people feel more secure if they turn on to their side and then get on their knees before rising from the tub. T F*
4. *Fingernails and toenails can thicken with age, which will make them more difficult to trim. T F*
5. *Vaccination is the single best way to help protect against the flu. T F*
6. *As a caregiver, you may find that some of your time each day will be devoted to assisting the person in your care with personal hygiene. T F*
7. *It is not important to check the water temperature before the person gets in the bath or shower. T F*
8. *Accidents don't often happen in bathrooms. T F*
9. *To prevent scalding, set the hot water thermostat below 120° F. T F*
10. *Never use an electric razor if the person is receiving oxygen because of the risk of causing a fire if the electric razor sparks. T F*

KEY: 1. T 2. T 3. T 4. T 5. T 6. T 7. F 8. F 9. T 10. T