



DINAMIC HEALTH CARE, LLC

DINAMIC NEWS

IN THIS ISSUE

5 Fall Fashion Tips for Seniors

by Julia Little

1. Embrace bold colors

Lots of autumn clothes come in neutral colors like black, grey and brown. These items serve as a good base to build your outfit off of, but don't be afraid to jazz it up with a bright color. Jewel tones like burgundy, plum and teal are especially great for fall. Redbook magazine explained that the colors you feel good wearing are the ones you'll look good in! Pairing a neutral bottom with a bright shirt and plain sweater will give your outfit a little bit of pizzazz.

2. Make the most of accessories

There's no need to invest in new clothes if you have a solid fall wardrobe. Consider buying a few new accessories to spruce up your autumn look instead. There are lots of different ways to accessorize during chilly weather. You can wear a patterned scarf or gloves, bold sunglasses or a beautiful bag. These little accents will bring a whole new life to your favorite outfits.

3. Stay warm with layers

One classic fall trend is layering your clothes. Mix and match your favorite pieces to create fun new styles. AARP recommended wearing a thick cardigan over a fine-knit sweater. The contrasting textures will give your look a little variation - and you'll be extra comfy. Another great look is a denim button-down over a plaid flannel shirt. It's sure to keep you warm and get

lots of compliments from your friends! You can also layer long-sleeve shirts under your favorite dresses for a more seasonal look.

4. Splurge on a jacket

If there's one item that you might want to spend a little extra money on, it's a high-quality winter jacket. It's worth the investment to purchase a warm, stylish coat. With proper maintenance, a great winter jacket can last you for many years, so choose a classic style, like a pea coat or quilted jacket. The warmest coats are generally wool, but there are a lot of different animal fibers that are popular this season, like alpaca and merino.

5. Try new pattern

Fun seasonal patterns are an easy way to venture outside your comfort zone. If you like classic patterns like stripes or polka dots, try some new color combinations with the season's hottest colors. This year lavenders, deep reds and browns are popular. Experiment with different color mixes - you'll be surprised at which contrasting tones actually look good together. You can venture into floral or animal prints for a bolder statement. Patterns look good in your main outfit pieces or as accents with your accessories.



Breast Cancer Awareness Month

Every day researchers are working to find new and better ways to detect and treat cancer. Many studies of new approaches for women with breast cancer are under way.

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The Flu: How to Protect Yourself

Because your immune system weakens as you age, adults age 65 years and older are more susceptible to the flu. It is important all seniors get the flu vaccine.

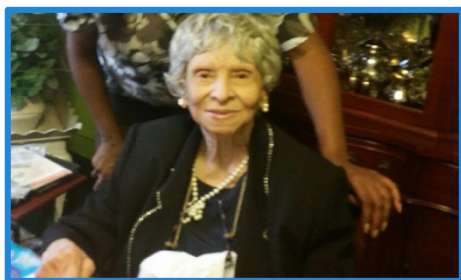
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Staff Updates

by Ronya Johnson

Gurtherine Fitzgerald

Last month Gurtherine Fitzgerald celebrated her 103rd birthday! Gurtherine has been a patient with DINAMIC Healthcare for nearly 5 years, and we are beyond happy to meet her home health care needs. Gurtherine has built a wonderful relationship with her nursing staff and doctors, and her caregivers are always warm and welcoming to our staff. Thank you for choosing DINAMIC, and for allowing us to help you age successfully!!!



New Staff

DINAMIC is proud to announce that Demetria O'Neal has joined the DINAMIC team. Demetria is a Registered Nurse that will be providing in home health care services and assisting with case management. Demetria is very spirited and has great knowledge in her discipline. The DINAMIC team welcomes you!!!

AS A REMINDER:

TO REFER A PATIENT

CONTACT US @

www.dinamichealthcare.com

1-708-832-9908



Tracy has been with DINAMIC Health Care since March, 2013, and goes above and beyond regularly!!

DHC's Shining Star!

Tracy is always willing to help whenever we call her. She will take on tasks when no one else is willing to. Tracy goes above and beyond the call of duty for her patients.

She has taken a patients to medical appointments when the family is unable to do so. She spends time with patients outside of their regular visit times to ensure that the patients are taken care of and have what they need.

Do You Know a Shining Star?

Nominate a DINAMIC employee to receive a mention in the newsletter and an award for exemplary work. Nominations are due on the 15th of each month. You can e-mail us at info@dinamichealthcare.com or call our Marketing team at 708-498-4063.

IMPORTANT DATES:

October 2, 2015:
Riveredge Hospital
9th Annual Resource Fair

October 12, 2015
Columbus Day

October 19, 2015
Senior Bingo
Country Club Hills
Senior Center

October 26, 2015
In-Service 3pm (All Field Staff)

October 31, 2015:
Halloween

NEWS TO NOTE

WE'RE HIRING!

DINAMIC IS HIRING!

DINAMIC is expanding! We are looking for highly trained Registered Nurses (RNs) and Licensed Practical Nurses (LPNs). If you or anyone you know may be a good fit for the DINAMIC team, please visit our website at www.dinamichealthcare.com to learn more!



Recipe of the Month

ROASTED PUMPKIN APPLE SOUP

Ingredients:

- 4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks (see Tip)
- 4 large sweet-tart apples, such as Empire, Cameo or Braeburn, unpeeled, cored and cut into eighths
- 1/4 cup extra-virgin olive oil
- 1 1/4 teaspoons salt, divided
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon chopped fresh sage
- 6 cups reduced-sodium chicken broth or vegetable broth
- 1/3 cup chopped hazelnuts, toasted (see Tip)
- 2 tablespoons hazelnut oil

Directions:

1. Preheat oven to 450°F.
2. Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.
3. Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining 1/4 teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

Let's Get Moving!!!

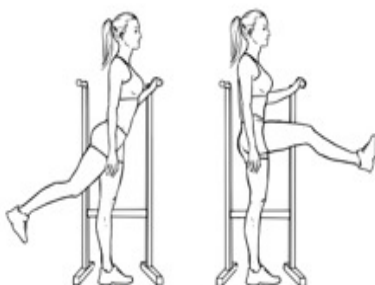
by Erin Brewer

Greetings from the Therapy Department! We are happy to announce October's Exercise tips! We hope that patients/staff are enjoying our monthly exercise. Please take the time to do these exercises daily to maximize your mobility, as we age gracefully. Enjoy!

If you find that you need additional support navigating these exercises, please talk to your nurse, doctor, or home health aide. DINAMIC is here to help you keep healthy, happy, and in the comfort of your home!

Older Adults Mobility & Strength Workout

Forward Leg Hip Swings



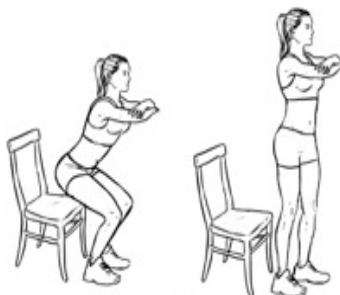
1 sets 10 reps

Side Leg / Hip Swings



1 sets 10 reps

Chair Squat



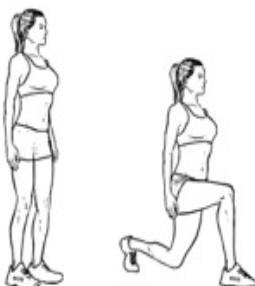
2 sets 10 reps

Modified / Knee Push-up



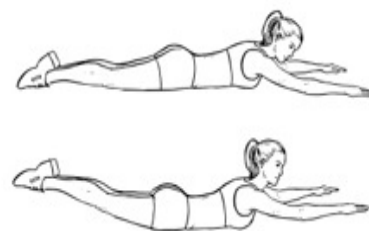
2 sets 10 reps

Bodyweight Walking Lunge



2 sets 10 reps

Superman / Extended Arms & Legs Lift



2 sets 10 reps

HAPPY BIRTHDAY

Oct. 7th – Patricia H.
 Oct. 14th – Terrence S.
 Sept. 11th – Lance I.
 Oct. 19th – Barbara B.
 Oct. 20th – Marion M.
 Oct. 20th – Elece S.
 Oct. 21st – Steven H.
 Oct. 30th – Doris H.

Staff:

Oct. 1st – Tonika M.
 Oct. 15th – Tracy O.
 Oct. 28th – Eugenia B.



HALLOWEEN WORD SEARCH

Halloween

October

Spooky

Scary

Ghost

Vampire

Werewolf

Witch

Zombie

Skeleton

Monster

Black

Orange

Candy

Trick or Treat

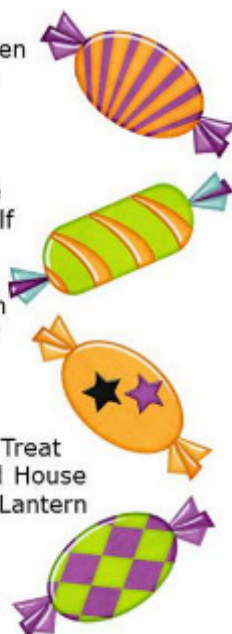
Haunted House

Jack O' Lantern

Boo

Spider

Bats



Y	W	I	T	C	H	D	Y	R	A	C	S	J	W	K
W	J	A	C	K	O	L	A	N	T	E	R	N	C	D
L	H	E	G	G	H	O	S	T	H	S	K	A	R	E
N	R	E	T	S	N	O	M	A	P	K	L	O	E	I
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I	Y	N	X	L	U	W	D	P	X	O	Z	E	O	Q
K	M	U	E	S	O	N	T	I	N	P	S	K	F	B
M	N	A	U	L	A	L	V	C	M	S	X	K	C	P
J	E	H	F	C	T	F	J	K	T	G	B	N	N	B

DINAMIC Cares

Reviewed by Elishevah Hampton [Find full Article @ www.southuniversity.edu](http://www.southuniversity.edu)

As a nurse or other caregiver, you likely spend a significant amount of time with your patients. While doctors might get a good chunk of the glory, you're the one who checks on them, keeps up on their medication and performs other essential tasks. Because of your career, you may already command respect and trust; for the past 12 years, Americans have ranked nursing as the top profession for honesty and ethics [via an annual Gallup survey](#).

With the level of contact you have with your patients, building a rapport with them can offer big benefits, including helping you increase their quality of care and making your job easier.

Building trust and familiarity with your patients can make them feel more comfortable and be more honest when talking you with about their health. In addition, once you understand a patient's personality, you'll be better positioned to note changes that may be indicative of health problems as well as know how to keep the patient cooperative and in good spirits.

1. Communicate Often and Well

Effective communication is the foundation on which you can establish trust with your patients. You go through a getting-to-know-you phase with the patient that works much better if you can quickly establish a snapshot of their life, such as learning about their hobbies, friends, family, and their day to day activities and working environment. A major part of being a good communicator as a nurse is clearly educating patients on the various health challenges they are facing. Being a good listener is just as important – you should fully hear out all concerns and ask follow-up questions of your patient before arriving at any conclusion.

2. Express Empathy

You need to be able to empathize with your patient without being emotionally overwhelmed yourself. You may have a lot on your mind, and the patient may not be the most pleasant person to be around—perhaps due to stress, pain, confusion, and other issues—but it's important that be mentally

present while also not allowing let their issues or attitude to affect you emotionally. Your goal should be to relate while still having some walls between you and what the patient is going through. This also helps you make objective decisions while advocating for the patient.

3. Project Calmness

As a nurse, you want to come across as calm, competent, and in control of the situation. Your confidence helps to reassure the patient that all is as it should be. If a situation occurs that is frightening for the patient, they can remain calm, assured that you have it handled on their behalf.

QUESTIONS? COMMENTS? CONCERNS?

Elishevah Hampton can be contacted Directly at:

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ehampton@dynamichealthcare.com

October is Breast Cancer Awareness Month

by NIH Senior Health Find the full article with links @ www.nihseniorhealth.gov

What is Breast Cancer?

How Tumors Form

The body is made up of many types of cells. Normally, cells grow, divide and produce more cells as needed to keep the body healthy. Sometimes, however, the process goes wrong. Cells become abnormal and form more cells in an uncontrolled way. These extra cells form a mass of tissue, called a growth or tumor. Tumors can be benign, which means not cancerous, or malignant, which means cancerous. Breast cancer occurs when malignant tumors form in the breast tissue.

Who Gets Breast Cancer?

Breast cancer is one of the most common cancers in American women. It is most common among women between the ages of 45-85.

For more information, visit:
www.cancer.gov/breast
1-800-4-CANCER

Men can get breast cancer too, although they account for only 1 percent of all reported cases.

When Breast Cancer Spreads

When cancer grows in breast tissue and spreads outside the breast, cancer cells are often found in the lymph nodes under the arm. If the cancer has reached these nodes, it means that cancer cells may have spread, or metastasized, to other parts of the body.

When cancer spreads from its original location in the breast to another part of the body such as the brain, it is called metastatic breast cancer, not brain cancer. Doctors sometimes call this "distant" disease.

Breast Cancer is Not Contagious

Breast cancer is not contagious. A woman cannot "catch" breast cancer from other women who have the disease. Also, breast cancer is not caused by an injury to the breast. Most women who develop breast

cancer do not have any known risk factors or a history of the disease in their families.

Treating and Surviving Breast Cancer

Today, more women are surviving breast cancer than ever before. Nearly three million women are breast cancer survivors.

There are several ways to treat breast cancer, but all treatments work best when the disease is found early. As a matter of fact, when it is caught in its earliest stage, 98.5 percent of women with the disease are alive five years later.

Every day researchers are working to find new and better ways to detect and treat cancer. Many studies of new approaches for women with breast cancer are under way. With early detection, and prompt and appropriate treatment, the outlook for women with breast cancer can be positive.

To learn more about what happens after treatment, visit the "Surviving Cancer" section of www.NIHseniorhealth.gov.



AROUND TOWN



Chicago Museum Week

12 of the city's top institutions have teamed up to bring Chicago Museum Week. Art, science, history and nature museums come together offering a week filled with special tours, shows and events as well as extra family and kids programming and extended hours. To sweeten the deal, participating museums offer bonus free days for Illinois residents, discounted admission and savings on memberships. Chicago's 1st ever Museum Week will be held Oct. 1st – 7th. Visit www.chicagomuseumweek.com for more info.



Chicago International Film Fest

See over 150 indies, foreign films and under the radar documentaries with categories like New Directors, Out-Look, ReelWomen and Black Perspectives. There will also be several U.S. premieres this year so get ready for two fabulous film-filled weeks!

For more information call: 1-312-462-6300



Chicago's Farmer's Markets

The first farmers market in the City of Chicago began in Daley Plaza in 1979. Nichols Farm, Madsen Farms, Mark's Farms, Dobson Farms, Scheeringa Farms, Schaafsma Flowers, and Lehman's Orchards have been selling at the market since the beginning. There are 11 working farms within the City of Chicago. Nine of which are located on the south side. For more information visit www.cityofchicago.org or call DCASE at: 312-744-3316.

Flu Season: How to Stay Healthy

Reviewed by [Joellyn Capella](#) Find the full article with links @ www.flu.gov

Because your immune system weakens as you age, adults age 65 years and older are more susceptible to the flu. It is important all seniors get the flu vaccine.

- You have two options for vaccination: the regular dose flu shot and the high-dose shot that results in a stronger immune response. Talk to your health care provider to decide which one is right for you.
- If you have flu-like symptoms, contact your health care provider immediately.
- Since you are at high risk for flu-related complications, your doctor may prescribe antiviral medications if you get the flu.

Why does being older than 65 put me at higher risk for getting the flu?

As you age, your immune system weakens. This weakening makes seniors—adults 65 years and older—more susceptible to the flu. For seniors, the seasonal can be very serious, even deadly. Ninety percent of flu-related deaths and more than half of flu-related

hospitalizations occur in people age 65 and older.

How can I protect myself from the flu?

Get the flu vaccine as soon as it is available in your area. Getting the flu vaccine protects you and prevents you from spreading the flu to your spouse, children, or grandchildren.

You have two options for vaccination—the regular dose flu shot and the higher-dose flu shot designed specifically for people 65 and older. Both vaccines protect against the same three flu viruses. The higher-dose vaccine should result in a stronger immune response. Talk to your health care provider about which vaccine is right for you.

In addition to getting the flu vaccine, you should follow our everyday steps to keep yourself healthy this flu season.

Because you are at an increased risk of getting pneumonia, a complication of the flu, talk to your health care provider about the pneumococcal vaccine. The pneumococcal vaccine will protect you against pneumonia.

Will Medicare cover my flu vaccine?

Yes, Medicare will cover the flu vaccine once every flu season.

I have the flu, what should I do?

If you develop flu-like symptoms, contact your health care provider immediately. Since you are at high risk for flu-related complications, your health care provider may prescribe antiviral medications to help make your symptoms less severe and make you feel better faster.

You should also follow our treatment recommendations.

- Getting plenty of rest
- Drinking clear fluids like water, broth, sports drinks, or electrolyte beverages to prevent becoming dehydrated
- Placing a cool, damp washcloth on your forehead, arms, and legs to reduce discomfort associated with a fever
- Putting a humidifier in your room to make breathing easier
- Gargling salt water (1:1 ratio warm water to salt) to soothe a sore throat
- Covering up with a warm blanket to calm chills



**DINAMIC Health Care
LLC**

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www.dinamichealthcare.com

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