



Health at Home by Cooperative Home Care
1-800-HOMECARE (in MO) or 1-618-HOMECARE (in IL)



Meet Our Team!

This month's team member is someone that most people hear about by name when they learn about Cooperative Home Care. It's Jessica Donaldson, our Intake Nurse!

Jessica is a Licensed Practical Nurse with over 13 years of related nursing experience. This experience comes into play during almost every phone call to **1-800-HOMECARE (in MO)** and to **1-618-HOMECARE (in IL)**. Jessica answers each call directly (if she's on another call, she'll call you back after she is done). This includes during evenings and weekends! We are very proud that Jessica is such a terrific resource for every customer, and potential customer, who calls us. She understands all of the ways people pay for home care, and she explains all of these different funding sources clearly and understandably to our customers.

Wondering what Medicare will pay for? Trying to create a schedule for your aging parent, but unsure where to begin? Jessica can help with all of your home care needs, and she always ensures you access every funding source before you pay out-of-pocket.

Of course, we try to make Jessica's job as easy as possible by accepting every type of home care funding, and by offering unique and affordable options including grant programs and Value Packages. We make a great team!

Did you notice our new phone number? Now we have two easy ways to reach Jessica directly: 1-800-HOMECARE (in MO) and 1-618-HOMECARE (in IL). We've also expanded our successful Medicare Skilled Services to Illinois! How can we help you today?

It's a New Year. Why Not Try A New Buffalo Burger?

Also known as Bison Burger, this ground meat is popular as a lean and reasonably priced alternative to cow. Visit Whole Foods or another upscale grocery store to purchase ground bison. Let's get cookin'!

Ingredients:

- 2 pounds ground bison
- 2 Tbsp finely chopped fresh sage
- 1 and 1/2 tsp salt
- 2 tsp black pepper
- 1/2 onion, finely chopped
- 2 Tbsp vegetable oil

Sauté the onions in the olive oil over medium-high heat until translucent. Turn off the heat and let cool.

Gently mix cooled onions then into the bison burger meat, then add all other ingredients. Do not overwork the meat as it will result in a tough burger.

Form patties with the meat, using about 1/4 to 1/3 of a pound of meat per patty. Patty-making tip: if you press a slight indentation into the center of each patty, it will help keep the burgers in a nice disk shape when cooking.

Grill or fry the burgers on medium heat, about 6-7 minutes per side, less or more depending on the thickness of the burger and the heat of the pan/grill, or until the internal temperature is 140°F (medium rare) to 160°F (well done). Don't press on your burgers while cooking, and keep the flipping to a minimum. Let the burgers rest about 5 minutes before serving.

Serve with lettuce and tomato, topped with a smoky barbecue sauce.

We, and all of the cows we know, thank you, SimplyRecipes.com, for this delicious idea!

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This Month's Home Health Care Topic:

Post Hospital Syndrome

An article just published in *The New England Journal of Medicine*, shares information that is important for seniors and their caregivers. It states that nearly one in five seniors (65 and older) discharged from the hospital will be re-admitted within 30 days with a completely different ailment than the one that originally caused their hospitalization. This is significant enough to have a name: **Post-Hospital Syndrome.**

I experienced a version of Post-Hospital Syndrome with my Dad after he was hospitalized for a routine hip replacement. His recovery went smoothly within the structure of the hospital environment, but within a few hours of his arrival home, he awoke from a nap completely disoriented, impulsive and almost aggressive. Fortunately, I was with him and could safely restrain him from walking on his new hip until EMS arrived. He was re-hospitalized and discharged a few days later without incident.

Today, my Dad is doing very well, but my experience and this breaking news inspired me to share the basics of Post-Hospital Syndrome, and how home care can help you avoid it.

A hospital stay obviously has benefits, but it also involves physical and mental stresses - from poor sleep to drug side effects to a drop in fitness from a prolonged time in bed, explained Dr. Harlan Krumholz, a cardiologist and professor of medicine at Yale University School of Medicine in New Haven, CT (and author of the article).

"It's as if we've thrown people off their equilibrium," Krumholz said. "No matter how successful we've been in treating the acute condition, there is still this vulnerable period after discharge."

Disrupted sleep-wake cycles during a hospital stay, for instance, can

have broad and lingering effects. Sleep deprivation is tied to physical effects, such as poor digestion and lowered immunity, as well as dulled mental abilities.

So, how can you address these risks when your aging parent has been hospitalized?

Speak with your parent's nurse as discharge approaches, and make a plan to evaluate and treat potential risks. Medicare Home Health is an important intervention to help your aging parent transition home more smoothly. If they are weak, they can participate in an exercise program at home until they are stronger, for example. Your Medicare Nurse can help spot any health issues related to (and not related to) the reason for their hospitalization. You can also schedule Private Services to supervise your aging parent, at least through the first 24 to 48 hours after they return home, if you have reason to feel like they are at a higher risk for Post-Hospital Syndrome.

The bottom line is that you must be prepared to address this risk when your aging parent is hospitalized and is going to be discharged home. Ask for a referral to home health care before your aging parent is discharged (remember that you, not your hospital, can choose your home care provider). In our case, we'll meet with you to answer all of your questions, and we offer both Medicare and Private Services – a plus when you might need both services.

Call 1-800-HOMECARE (in MO) and 1-618-HOMECARE (in IL) when your aging parent has a planned hospitalization, or when there is an unplanned emergency that leads to hospitalization. In both cases our Intake Nurse Jessica can help you prepare for a more successful discharge home!

Thank you, health.usnews.com for your information.-The Editor

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