

# Kalos Corner Quarterly Newsletter

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## **PERS UNITS; ONE CLICK CAN SAVE YOUR LIFE**

PERS Units (Personal Emergency Response System) are "a device that you can use to call for help in an emergency if you suddenly become ill or are injured in a fall or accident at home and are not able to get to a telephone" (Eldercare Directory).

There are many different types of PERS Units you can choose from, such as a bedside machine or a more portable PERS Unit, like a bracelet or necklace.

When you have a fall or an emergency and aren't able to access a phone, by pressing the button on the PERS Unit, emergency medical response teams are notified and come to your location to assist.

Talk to your Kalos Health Care Manager to see if you would benefit from a PERS Unit!



**WELCOME** to the Kalos Corner Quarterly Newsletter. We are hopeful that each edition will provide information and knowledge to improve your quality of life.

## **CARBON MONOXIDE; WHAT IS IT, AND WHAT CAN IT DO TO YOU?**

Carbon monoxide is a dangerous gas with no scent. Carbon monoxide detectors can be used in your home to help detect carbon monoxide.

Carbon monoxide is caused by "various fuel-burning products and engines produce carbon monoxide" (Mayo Clinic). This includes some types of fireplaces, charcoal grills, and furnaces.

Symptoms of carbon monoxide poisoning are "dull headache, weakness, dizziness, nausea or vomiting, shortness of breath, confusion, blurred vision, and loss of consciousness" (Mayo Clinic). If you are in your home, car, or any area and begin experiencing these symptoms, get to fresh air and call 911.

"Depending on the degree and length of exposure, carbon monoxide poisoning can cause permanent brain damage, damage to your heart- possibly leading to life-threatening cardiac complications, and death" (Mayo Clinic).

It is important to take precautionary measures to avoid carbon monoxide poisoning in your home. "Keep your vents clear. During and after a storm, make sure nothing is obstructing the outside stack or vent for your dryer, stove, furnace and fireplace" (Travelers). "Keep fireplaces clean and well vented. If you have a wood-burning fireplace or stove, make sure you keep it clean and that the flue is working properly"(Travelers).

Carbon monoxide is deadly, but taking time to prevent it can save your life!

## IT'S SLIPPERY OUTSIDE! WAYS TO STAY ON YOUR FEET

Winter and early spring are very chilly times in New York. Snow and ice cover the ground, with temperatures dropping below zero.

Falls can occur more frequently during the winter because of the slippery ice and snow.

*There are ways that you can keep yourself on your feet when heading outdoors:*

- Wearing the correct footwear can be a lifesaving decision; always wear boots or shoes with flat soles and tread on the bottom to avoid slipping.
- Keep walkways (sidewalks and driveways) clear. If you aren't able to do it yourself, see if a neighbor or family member can assist.
- Whenever possible, use handrails.



If you do happen to fall on ice outside, it is helpful to have a plan. Always carry your cell phone to call for help.

Notify a neighbor or family member if you are able to get up and to a phone, and immediately seek medical attention if you have any pain, visible injury, or if you hit your head.

## FIGHT THE WINTER-TIME BLUES

It's not uncommon for the colder weather to have a gloomy affect on people. Seasonal depression, or Seasonal Affective Disorder (SAD) is depression that worsens or "shows up" during certain seasons. Seasonal depression usually occurs because there is a drop in serotonin levels that affects peoples moods. There is also a connection to reduced sunlight exposure.

### Some ways to help with the winter-time blues are:

- \*Call a close friend or a family member and talk for awhile each day.
- \*Maintain a routine- keep yourself busy during the day or join a club to keep yourself active and occupy your time.
- \*Eat less sugar- sugar not only aides in unhealthy lifestyles and diabetes, it is also connected with anxiety and decreasing our mental health state.
- \*Bundle up and sit outside, or go for a walk.

## CHILLY OUTSIDE, CHILI INSIDE

### Winter Chili Recipe

1 pound of ground beef (or turkey)  
1 onion  
2 green peppers  
1 can of red kidney beans  
2 14 ounce cans of diced tomatoes  
3 tablespoons of chili powder  
1 teaspoon of garlic powder  
1 teaspoon of salt  
1 teaspoon of pepper  
1 teaspoon of cumin

- \*Cut up the onion and peppers into small cubed pieces.
- \*Cook the ground beef, onion, and peppers in a skillet on the stove until the beef is cooked through.
- \*Place the cans of diced tomatoes, kidney beans, chili powder, garlic powder, salt, pepper, and cumin into a large saucepan, and stir together.
- \*Mix in the ground beef, onion, and pepper from the skillet, and let it simmer on low heat for about 30 minutes, stirring occasionally.