



How Do I Know If I Need A Hearing Aid?

Before you decide to try a hearing aid you should consult with your family doctor to check your ears. If no obvious medical condition is noted, your doctor may refer you to an Audiologist for a complete audiological evaluation (hearing exam) and, if indicated, a hearing aid evaluation. Most people with hearing loss can be helped and their quality of life improved, by a hearing aid. A hearing aid enhances the specific sounds you're missing and amplifies them so that they're made audible to you.

New programmable or digital hearing aids can actually differentiate between soft and loud sounds and amplify them differently. Some have special microphones that amplify the sounds directly in front of you, allowing you to hear better in a noisy environment, such as a restaurant or on a busy street.

Important Safety Measures For The Elderly

General safety measures both at home, and away from home, are encouraged and recommended to elderly patients and their family members. Falls and injuries, confusion, adherence to medical instructions, and future health and financial planning are among the concerns pertinent to elderly care.

Simple home safety recommendations for seniors include:

- Using canes or walkers and shower seats for fall prevention if unsteady on feet
- Utilizing assist devices such as walkers, wheelchairs, scooters to promote safe mobility and independence if difficulty getting around
- Replacing hard wood floors with carpeting for injury reduction in case of a fall (avoid throw rugs on hard wood floors or potentially slick surfaces)
- Using hearing aids, wearing glasses, and installing good lighting to diminish effects of hearing and visual problems
- Managing medications by taking advantage of pill boxes when keeping track of medications
- Hiring caregivers or accepting assistance from family members if activities of daily living become difficult
- Scheduling routine sleep and wake times to improve sleep quality and day time efficiency
- Subscribing to medical alert systems and programming emergency phone number into cell phones for easy access in cases of emergency
- Planning regular social activities to improve social interactions
- Driving with care and recognizing when it may be safer to stop driving
- Preparing a properly executed advance healthcare directive, living will, and trust to outline decisions and preferences in preparation for the time a person may become incapable of making sound decisions

Source: MedicineNet.com

From Our Cookbook:

Roast Sticky Chicken

Ingredients

- 1 Whole Chicken 4-5 lbs
- 4 tsp salt
- 2 tsp paprika
- 1 tsp onion powder
- Cooking oil to rub chicken
- 1 tsp thyme, dried
- 1 1/2 tsp black pepper
- 1 tsp cayenne pepper
- 1/2 tsp garlic powder
- 2 lg. onions

Directions

1. In a small bowl, mix together salt, paprika, onion powder, thyme, pepper, cayenne pepper, and garlic powder.
2. Remove and discard giblets from chicken. Rinse chicken cavity, and pat dry with paper towel. Rub chicken with oil then inside and out and under the skin with spice mixture. Place 1 onion into each cavity of the chicken. Place chicken in a resealable bag or double wrap with plastic wrap. Refrigerate overnight or at least 4 to 6 hours.
3. Preheat oven to 325 degrees F. Place chicken in a roasting pan. Bake uncovered for 1 1/2 - 2 hours, to a minimum internal temperature of 180 degrees F (85 degrees C). Use meat thermometer to check in the thigh. Baste a few times the last hour if not using rotisserie. Let the chicken stand, covered in foil, for 10 minutes before carving

.Source: justapinch.com

A Note from Full Circle Scheduling:

Did you know caregivers are not to give out their home and cell numbers to clients?

Please call the office and we will get your message to them.