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## **PLANNING**

Anticipate future events and efficiently allocate resources.

Planning is the process of thinking about and organizing the activities required to achieve a desired goal. Planning is "an anticipatory decision making process" that helps in coping with complexities. It is deciding future course of action amongst alternatives. It is a process that involves making and evaluating each set of interrelated decisions. It is selection of missions, objectives and "translation of knowledge" into action.

Tips for Remembering Medications

Adherence is the fancy word for "following doctors' orders." What it really means, for most people, is remembering to take your medicine. It may sound simple, but as many as 50% of people do not take their medicine correctly. They forget doses, take medications at the wrong time, ignore instructions such as take on an empty stomach and even deliberately change doses.

The Pill Box - The simplest method is a pill box. You put your medicine in each little container for the day of the week. That way you know if you have taken your medicine or not. You can get simple pill boxes at your pharmacy. There are even pill boxes for people who need to take medication 3 times a day or more. The pill box is also a great way of seeing just how often you forget to take your medicine. You can't argue with yesterday's pill still sitting in the box.

Pill Placement - Out of site, out of mind is really true when it comes to medication. Place your medication out in the open (away from children, naturally) where you can see it.

The Silly Pat - Believe it or not, doing something silly just before you take your pills can help you remember your medicine everyday. Researchers actually tested this idea by having seniors, in a lab, put their hand on their head before doing repetitive memory tasks. When the seniors did this, they were able to remember the tasks better. So the idea is to do something unusual when you go to take your medicine (tap your head, knock on wood, anything involving touch). By adding in another sense, you'll increase your chances of developing a habit of taking your medicine at that time.

Don't Forget Refills - Another reason people miss doses is because they forget to fill their refills. If you have a good pharmacy, they will call to remind you (but that is not always the case). Instead, put your refill dates on your calendar. This is especially important if you use a mail order pharmacy.

Source: longevity.about.com

# From Our Cookbook: Homemade Chicken Potpie

#### Ingredients

- 2 tablespoons canola oil
- 1 medium onion, chopped
- 1/2 cup all-purpose flour
- · 1 teaspoon poultry seasoning
- 1 can (14-1/2 ounces) chicken broth
- 3/4 cup 2% milk
- 3 cups cubed cooked chicken
- 2 cups frozen mixed vegetables (about 10 ounces), thawed
- 1 sheet refrigerated pie crust

https://www.tasteofhome.com/

### FROM SCHEDULING

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else that we may do for you, please
call the office to let us know.

#### FROM CARE SERVICES

Quality care in areas such as
Alzheimer's/Dementia, Congestive
Heart Failure and Stroke require
specialized skills. Seniors Home
Care provides specialty training to
caregivers so that all clients
receive the best services as
promised.