



MEDICAL FOSTER HOME NEWSLETTER

for all Caregivers and Veterans



January-March 2016 Volume III, Issue I

HAPPY NEW YEAR 2016

In this issue:

It's time to welcome another new year into our lives. We hope that you enjoyed 2015 and have planned to make 2016 even better!

These next few months are sure to be chilly but don't let that bring you down. There are many things in the community and in your home you can participate in during the winter months.

Some examples of activities include: checkers, chess, book clubs, exercising, computer games, puzzles, trivia, word searches, Wii, writing/ journaling, musical therapy, library, museums, shopping, mall walking, indoor gardening, and many more. Make sure to reach out to your

Recreation Therapist to assist you with opportunities in your community and helping you stay active during the winter.



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Nationwide Recreation Therapy within the Medical Foster Home Program

MFH Veteran standing with the Shenandoah Valley in the background. The RTs take a group of Veterans on this trip every year to see and enjoy the changing of the leaves. (Below)



Martinsburg MFH Veteran enjoying a trip to the Washington County Art Museum in Hagerstown Maryland. (Above)

THE IMPORTANCE OF SHARING OUR STORIES.

91 year old Veteran is telling one of the Bigslovill Pennsylvania State Troopers about his military career. This same Veteran also had the opportunity to play Bingo with his caregiver and another Veteran. (Below)



RT and MFH Veteran visit The National US Air Force Museum in Dayton, Ohio



Veteran in Orlando, FL is working on this drawing as a gift for his family.



Take Me Out to the Ballgame!

**Enjoying a minor league
Baseball game in NJ.**



It's great to see this type of appreciation for a fellow RT!

A member of the HB PC/MFH Treatment Team in Tampa submitted this picture along with written appreciation for CTRS, Eileen Jimenez.

'Coordinating Tampa's HBPC/MFH Veterans' Day Picnic at Medard Park. Working as an RT with clients for 30+ years, Eileen consistently shares her enthusiasm amongst the clients, caregivers, staff, and community partners. In Tampa, All benefit from her energy and devotion to our Veterans! We in Tampa Love Our bundle of Joy'.



NATIONAL MUSEUM
OF THE UNITED STATES AIR FORCE

Upcoming Holidays and Events

January: 

Cervical Cancer Awareness
Month
National Glaucoma Awareness
Month
Poverty in America Awareness
Month
National Volunteer Blood
Donor Month
National Radon Action Month
Thyroid Awareness Month
1 New Year's Day
18 Martin Luther King
18-22 Healthy Weight Week

February: 

American Heart Month
National African-American
History Month
Wise HealthCare Consumer
Month
National Cancer Prevention
Month
National Senior Independence
Month
Library Lovers' Month
1-7 Women's Heart Week
2 Groundhog Day
5 National Wear Red Day
14 Valentine's Day
15 Presidents' Day
**14-20 National Salute to
Veteran Patients Week/
Random Acts of Kindness
Week**

March: 

Woman's History Month
Save your Vision Month
National Nutrition Month
American Red Cross Month
National Kidney Month
Hemophilia Awareness
Month
National Eye Donor Month
Ethics Awareness Month
Chronic Fatigue Awareness
Month
National Social Work Month
National Multiple Sclerosis
Education/Awareness
Month
Deaf History Month
Brain Injury Awareness
Month
Irish-American Heritage
Month
National Nutrition Month
**5 International Volunteer
Day**

Upcoming National Events

2016 National Veterans Creative Arts Festival

When: Jan 1st-March 25th

2016 National Disabled Veterans Winter Sports Clinic

When: April 3rd-8th

Where: Snowmass Village, Colorado

36th National Veterans Wheelchair Games

When: June 27th-July 2nd

Where: Salt Lake City, Utah

Celebrating our Caregivers and Veterans



Terry and Connie Sympson, owners of the Jackson Hill Park and Marina located in Broaddus, TX, sponsored a two night trip for MFH Veterans, Caregivers and Recreation Therapists located in Arlington, Crowley and Irving, TX to celebrate Veterans Day and National Caregiver Month. Terry and Connie are founders of the non-profit organization Outdoor Freedom Network that hosts and supports outdoor adventures for military families, children and seniors. During the stay, the group was given opportunities to fish, take nature walks, roast marshmallows by the camp fire and take scenic boat rides as well as a sunset cruise. Terry and Connie provided amazing home cooked meals for everyone. The town of Broaddus was very welcoming to our veterans and had volunteers to assist with the activities during our stay. The veterans and caregivers were given a chance to relax and socialize with each other away from their daily routine and distractions. The Recreation Therapists assisted with the veterans as much as possible to give the caregivers a chance to enjoy the trip and benefit from the therapeutic aspects. Terry and Connie are so grateful to the veterans and their service that they love spending quality time with each of them and getting to hear their stories. We are so thankful to Jackson Hill Marina and the town of Broaddus for their wonderful hospitality to our veterans. The Dallas/Fort Worth MFH program attends trips to Jackson Hill at least once a year.

CARING FOR THE CAREGIVER

What do you do when you need a break? Take a nap or exercise?

Caregivers have little spare time for themselves. So when you do get a break, you're probably craving rest, rather than thinking of exercise. Yet, of the two, exercise could be a far better choice. It may prevent you from getting sick, help you sleep better and is almost certain to give you more energy — three things of prime importance to a caregiver.

Here are a few steps you can take to get yourself moving:

- Take a walk with purpose: It's a great release and way to be alone, recharge, meditate do mantra repetition and collect yourself.
- Challenge Yourself: Pick a destination, and time yourself to get there. Change the destination and path frequently to prevent boredom and to challenge your body.
- Another option (especially where it is cold) is to use exercise videos at home – there are lots of free exercise videos on the internet
- Exercise equipment for the house is another great option!
- Ideally, you'll want to exercise continuously for 30 minutes or more but it is also OK to get your exercise bit by bit throughout the day.

SLEEP is IMPORTANT though!

Tips for getting a better nights rest for the caregiver



Caring for another person can reduce the amount of sleep you get each night and disrupt your normal, healthy sleep patterns. Instead of having time for yourself, those few precious hours before bedtime are typically devoted to preparing your veteran for bed. The following suggestions will help you get some much-needed rest:

1. Create an evening schedule that gives you at least a half hour of downtime before retiring. If possible, help your veteran get ready for bed earlier and encourage some personal quiet time in his/her room prior to normal bedtime.
2. Work out a schedule with another family member to take over caregiving duties after dinner, so you have some free time and can wind down before bed.
3. Go to bed and wake up at approximately the same time each day. It may seem impossible at first, but developing a sleep routine for you and your veteran is important to your health.
4. Make sure your bedroom is conducive to good sleep: Use room-darkening blinds, keep pets off the bed and out of the bedroom, turn off the bedroom phone ringer, avoid caffeinated drinks after 5 p.m., don't read or watch television in bed, limit daily alcohol intake to one glass for women and two for men, and exercise whenever possible (it's the best remedy for improving your quality of sleep).

HEALTH AND WELLNESS

Tips for exercising in the cold

Tip #1 Dressing in layers, protecting your hands and feet, and paying attention to the forecast can help you stay safe and warm while exercising outdoors.

Tip #2 Almost everyone can exercise safely during cold weather. But if you have certain conditions, such as asthma, heart problems or Raynaud's disease, check with your doctor before you work out in cold weather. Your doctor can review any special precautions you need based on your condition or medications you might take.

Tip #3 Temperature, wind and moisture, along with the length of time that you'll be outside, are key considerations in planning a safe cold-weather workout.

Tip #4 Dress in layers - Dress in layers that you can remove as soon as you start to sweat and then put back on as needed.

Tip #5 Keep in mind, too, that stop-and-go activities, such as mixing walking with running, can make you more vulnerable to the cold if you repeatedly work up a sweat and then get chilly.

Tip #6 Protect your head, hands, feet and ears - When it's cold, blood flow is concentrated on your body's core, leaving your head, hands and feet vulnerable to frostbite. Try wearing a thin pair of glove liners made of a wicking material (like polypropylene) under a pair of heavier gloves or mittens lined with wool or fleece. Put on the mittens or gloves before your hands become cold and then remove the outer pair if your hands begin to sweat.



Tip #7 Considering buying exercise shoes a half-size or one size larger than usual to allow for thick thermal socks or an extra pair of regular socks. And don't forget a hat to protect your head or headband to protect your ears. If it's very cold, consider wearing a scarf or ski mask to cover your face.



Tip #8 If it's dark when you exercise outside, wear reflective clothing. To stay steady on your feet, choose footwear with enough traction to prevent falls, especially if it's icy or snowy.

Tip #9 Drink plenty of fluids - You need to stay well hydrated when exercising in cold weather just as you do when exercising in warm weather. Drink water before, during and after your workout, even if you're not really thirsty. You can become just as dehydrated in the cold as in the heat from sweating, breathing, the drying power of the winter wind, but it may be harder to notice during cold weather.



Tip #10 Be sure to let someone know your exercise route and your expected return time, in case something does go wrong

Introducing New Staff



Hi! My name is Kayla Posch. I am the new Dietitian for Home Based Primary Care. I attended the University of North Dakota in Grand Forks for my undergraduate degrees in Dietetics and Exercise Science and Wellness. Prior to coming to the Fargo VA in November 2015 I worked for Sanford Health as a pediatric dietitian. Prior to that I worked at a nursing home in Moorhead and with WIC in Alexandria, MN. Briefly out of college I also worked as a personal trainer. I currently am getting my Masters Degree in Dietetics through NDSU and will finish in May 2016. I'm excited to be working with Veterans in the MOVE! Program and Home Based Primary Care. I'm also excited to announce that my husband and I are expecting our first little one this March!



Greetings! My name is Chaplain Ben Phillips. I am a Navy Veteran and served both enlisted and as an officer in active and reserve duties. I have worked in the VA Health Care System since 2012. I recently moved from San Antonio, TX to Fargo to work with Veterans on the Telemedicine program and Home Based Primary Care (HBPC). Please consider chaplaincy as part of your team at the VA. I would like to be one of the resources you can rely on for meaningful emotional and spiritual support. If you would like someone to talk with through the ups and downs of life's journey, you may request a chaplain visit through one of your VA Medical Foster Home or HBPC representatives.

Coordinator's Corner

This is the time of year that people often make New Years Resolutions. I am no exception. This year I resolve to grow the Medical Foster Home program so that we can offer this unique and wonderful type of care to more Veterans. As with achieving any goal, it takes many small steps to reach the final destination. One of these steps is to make sure people in the community, especially Veterans, know about the program. The Medical Foster Home program is having an Open House in the Front Lobby of the Fargo VA on Thursday, February 11th from 10AM to 2PM. We are always looking for opportunities to get the word out so if you have a group or event that would be open to having a presentation about the Medical Foster Home, have them give me a call!

Loni Larson, Medical Foster Home Program Coordinator

701-232-3241, Ext 4394

"GREEN" TRIVIA

1. Which one of these is a shade of green?

A) Cerulean

B) Chartreuse

C) Vermilion

2. A green thumb is:

A) A first time hitchhiker

B) Someone who is good at gardening

C) A rock group

3. A person who is green around the gills is:

A) A lover of seafood

B) Happy

C) Nauseous

4. A green horn is:

A) A musical instrument

B) A person with little or no experience

C) A French pastry

5. Which one is not a green vegetable?

A) Celery

B) Potato

C) Watercress

6. Which one is not a green fruit?

A) Grape

B) Lime

C) Cantaloupe

7. The slang "greenbacks" means:

A) Football Players

B) A terrible disease

C) U.S. Dollars

How many words can you make out of the word:

LEPRECHAUN

Complete the Phrase

1. It's raining cats and...
2. Don't count your chickens before they...
3. An apple a day keeps the doctor...
4. If you can't beat 'em...
5. Sticks and stones may break my bones, but...
6. Hold your...
7. While the cats away, the mice will...
8. Birds of a feather...
9. A penny saved, a penny...
10. April showers bring...
11. Every cloud has a...

WARM YUMMINESS

POTATO CHEESE SOUP

You will need:

3 strips of bacon

1 large onion

3 pounds of baking potatoes
(about 6 large potatoes)

peeled and cut into cubes

4-1/2 cups of water

1 teaspoon salt

6 oz. bag of grated cheddar cheese

1/4 cup chives, chopped

In a large sauce pan, cook the bacon until crisp. Take out bacon and drain on paper towels and crumble into pieces. With the oil that is in the sauce pan, add the onion and cook for about 5 minutes. Stir in the potatoes, water, salt and bring to a boil. Reduce the heat and simmer, covered until potatoes are tender, 15 to 20 minutes. Mash up the mixture with a fork or potato masher until creamy texture. Add in cheese stir until melted and top with crumbled bacon and chives. Serve with hot bread, if desired.

ANSWERS

Shhhh..... NO PEEKING!!

“Green” Trivia Answers

- | | |
|------|------|
| 1. B | 5. B |
| 2. B | 6. C |
| 3. C | 7. C |
| 4. B | |

Finish the Phrase

- | | |
|-----------------------------|-------------------|
| 1. DOGS | 6. HORSES |
| 2. HATCH | 7. PLAY |
| 3. AWAY | 8. FLOCK TOGETHER |
| 4. JOIN ‘EM | 9. EARNED |
| 5. WORDS WILL NEVER HURT ME | 10. MAY FLOWERS |
| | 11. SILVER LINING |

Words out of the word Leprechaun:

Preach	Hear	Pear	Cheer	Reach	Chap
Era	Near	Nuclear	Earn	Cup	Churn
Leap	Peer	Lean	Ace	Cheap	
Hen	Lunch	Ear	Run	Lap	
Launch	Clear	Unreal	Pearl	Eel	

Thank you to everyone who have submitted items for our newsletter and who have been in contact with our contributors for suggestions/ advice or questions! We appreciate all of your support!

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Feel free to email us with any suggestions, ideas or comments!