

S U M M E R 2 0 1 6

At Your Own PACE

The newsletter of the Elder Service Plan at Cambridge Health Alliance



Our Mission

Provide and coordinate a comprehensive system of care to maintain the health, dignity, and independence of every participant.

Elder Service Plan
Cambridge Health Alliance
163 Gore Street
Cambridge, MA
Telephone: 617-575-5850

Happy summer! I hope that you are finding time to enjoy all the beauty of the season. Although summer is a time to kick back and relax, the staff at ESP has not slowed down. We continue to find ways to improve the care we provide to you. We are now able to provide podiatry at the center and are working on a plan to offer dentistry as well. We are expanding activities offered at the center. Construction at our new center in Malden has begun and we hope to open in late summer.

I hope you see this newsletter as a helpful tool in keeping you informed of the happenings at ESP. We welcome any feedback. As always, thank you for allowing ESP to continue to take part in your care.

*Jed Geyerhahn
Executive Director*

Summer fun activities

The fun continues throughout the summer at the ESP center. Come



Take an adventure!

Day trip to Castle Island

When: Tues. July 12 or Wed. July 27

Time: 10:30am – 2 pm

Sandwiches will be provided

See activity staff at the center to sign up

Pamper yourself!

Spa days at the center

Facials, haircuts, and manicures provided by local beauty school students. Check out the monthly calendar for dates.

Keep fit!

The center offers a variety of exercise programs to keep you fit this summer. Programs include:

- Yoga
- Exercise with Sheila
- Walking group
- Tai Chi



Feed your soul!

Chaplain Andrew provides spiritual guidance through his open discussion group offered bi-monthly at the center.





Ribbon cutting ceremony

On Friday, March 4, staff from across Cambridge Health Alliance joined together with the Elder Service Plan (ESP) and our local political delegation to celebrate the opening of our new ESP center at 163 Gore Street in Cambridge. For the past 20 years, our ESP center was located on Green

Street in Cambridge and during that time helped thousands of older adults maintain independence and dignity in the community. Special thanks to all the staff who attended the event - with special thanks to Roberta Robinson and Lisa Giovino, who helped coordinate the celebration.

Staff retirements

We are both sad and happy for our staff members who have decided to retire from ESP in June. We congratulate them on their retirement and for their years of dedication and leadership. We wish them all the very best in their future endeavors.

Rose Balog, RN

Lucie, Desir, PCA

Joan Gillis, Mass Health Coordinator

Maude Guerrier, Supportive Housing Manager

Estenieau Jean, Director of Finance

Marie J. Louis, PCA

Charlotte Miczek, Activities Coordinator

Veronique J Raymond, PCA

Let's drink to summer

As the warm weather approaches, it is important to remember to stay hydrated. Older people and those with chronic illnesses are at greater risk for dehydration due to decreased thirst sensation, lower food & beverage intake, and medical conditions such as uncontrolled diabetes and kidney disease.

Thirst is a normal indicator of the body's fluid needs, but it is not always reliable. The body is already mildly dehydrated by the time an average person starts to feel thirsty.

Dehydration can affect cognitive performance such as vision, tension, anxiety, fatigue and memory. Dehydration has also been linked to a negative mood, impaired motor performance, and short-term memory loss.

Severe dehydration can result in confusion, low blood pressure, rapid



How much fluid do you need?

The average adult needs 48-64 ounces of fluid each day. Fluid needs increase however, on hot days or if you are ill with fever, diarrhea or vomiting. To help keep track of your daily fluid intake, try filling a container of water and keep it in your refrigerator.

Contrary to popular belief, water is not the only source of fluid. Fluids sources include coffee, tea, juice, milk, gelatin, ice cream, popsicles, sherbet and soup. Some fruits and vegetables, such as watermelon, are also good sources of fluid. If you are trying to control your weight, your diabetes, or simply want to avoid extra calories and sugar, water is the best choice for fluid.

Betty Stanton, RD, LDN

Call us first...



What should you do if you are not feeling well and you need immediate care? Call the ESP hotline at **617-575-5850**. A physician is on call 24 hours a day, 7 days a week. Many emergency room visits can be avoided with an urgent visit to our clinic, or troubleshooting over the phone with the help of an ESP physician. However, if you have a life-threatening emergency, then please call 911.

Participant advisory council update



The Elder Service Plan held its quarterly Participant Advisory Council (PAC) meeting on Friday, April 15, 2016. The topic for the meeting was activities and we received helpful feedback from our council members for improving the activities program at the center.

We have recruited 8 participants to serve on the PAC and would welcome any other participants who would like to attend these quarterly meetings. Our next meeting is scheduled for Friday June 24, 2016 at 10 am. If Friday is not your usual day to attend the center, we can make alternate arrangements for you to attend.

Keep your medications

With the warm weather approaching us it's a good time to think about how you store your medications at home. Most medications (tablets, capsules, creams, inhalers) should be stored at "room temperature" (66 to 77 degrees Fahrenheit). Here are some tips for finding the best place in your home for your medications.



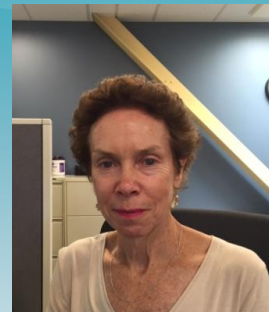
1. Store your medications in a **cool, dry place** such as the bedroom or a kitchen cabinet. The kitchen cabinet however should not be located above a stove or a sink. Heat and steam from the stove or sink may create moisture, which could be harmful to medications.
2. Do **not** store medications in a warm, humid place (such as a bathroom).
3. Keep medications away from direct sunlight.
4. Store medications in the original container provided by the pharmacy.
5. Insulin should be stored in the refrigerator.

Emma D'Alleva, RPh

Meet our new staff



Lidia Alvarado joined ESP team in May as an Activities Coordinator for our new center that will be opening soon in Malden. Lidia will spend the next couple of months training at our Gore St. center.



Peggy Tringale joined ESP team in April as a Registered Nurse for the Gore St. clinic. Peggy comes to ESP with many years of experience as a nurse with the VNA and she is looking forward to her new role as a clinic nurse with ESP.



Happy summer!