



# HIGHLIGHTS SENIORS UNITED – FEBRUARY 2016

Join us on **Wednesday, February 10, 2016** at **12:00 noon** at the **Clark County Library** located at **1401 E Flamingo Road**. Our lunch sponsor is Clark County Commissioner Steve Sisolak. He will also be our speaker along with Chief Justice James Hardesty. Our next meeting be held on **Wednesday, March 9, 2016**. Our speaker will be Congressional Representative District 1, Dina Titus and our lunch sponsor is Assemblyman Richard Carrillo. **Also, please note that our mailing address has changed.**

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SENIORS UNITED BOARD MEMBERS

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**Call Doris Balducci for more information about dues at 732-4366 or email at [dmbalducci@yahoo.com](mailto:dmbalducci@yahoo.com). Thank you.**



**MONDAY  
 FEBRUARY 15  
 2016**

*"Believe you can and you're half way there."*  
 Theodore Roosevelt

**SENIORS UNITED CREED  
 ESTABLISHED BY JULIAN AND LILIAN WALLACE**

*Seniors United was created as an inspirational medium for seniors. Its purpose is to educate, promote and protect the rights of seniors.*

*The needs of seniors differ from younger citizens. It is important to have an organization devoted to our place in the community and to promote it's continued growth.*

*The members of Seniors United want to share experiences with others. Nonpartisan and nonsectarian, we are very actively involved in the political structure of our state and country. Forums are varied to benefit the needs of the community and to discuss political issues. Guest speakers come from all areas.*

*It is with pride that we are seniors and are doubly proud to be members of Seniors United. The pride continues in our many accomplishments and in the good name we have established in the community. Our goal is to develop plans for a great tomorrow and to make it happen.*

*Everyone is welcome, young to old and from every walk of life.*

## SENIORS UNITED MEANS SENIOR POWER

A monthly publication of Seniors United. A nonprofit organization serving thousands of senior citizens.

### 4 Questions to Ask Before a Senior Goes Home from the Hospital

Seniors face unique perils from hospitalization. Delirium, functional decline and medication toxicity represent just three problems that tend to affect seniors more than younger patients. At discharge, seniors may feel overwhelmed by the amount of information they must digest, from pages of discharge instructions to a multitude of follow-up appointments they must coordinate. Perhaps this explains why many seniors experience rehospitalization.

According to data from the Medicare Payment Advisory Commission, nearly one in five seniors discharged from the hospital will be readmitted within the first 30 days due to preventable factors like premature discharge or being discharged to an inappropriate setting. Rehospitalization can be costly for facilities, and it can be hard on seniors who may become demoralized due to repeated hospitalizations.

As a senior care provider, you can help seniors avoid readmission by keenly assessing their home environment and ensuring they have adequate supports in place to follow medical orders and receive follow-up outpatient care. Here are 4 questions to ask to potentially reduce senior hospital readmissions.

#### 1. Does the senior live alone?

When a senior goes home after a hospitalization, he or she may require a high level of care for some period of time in order to ambulate safely, perform ADLs, eat nutritiously and get to follow-up medical appointments. Seniors who live alone may lack the support they need to recuperate safely. Before you send a senior home from the hospital, ask whether someone is available 24 hours a day to provide any care the senior may need. If not, consider recommending professional in-home care services to help the senior stay safe and avoid rehospitalization.

#### 2. Is this senior at risk for polypharmacy issues?

Seniors often get discharged home with a slew of prescriptions after a hospitalization— some of which may be in addition to any medications they have been taking routinely. Seniors who take multiple medications may be at risk for polypharmacy issues, including poor adherence to their medications regimen or adverse drug interactions. You can help them avoid possible polypharmacy issues by:

- Evaluating their current medications list, including any new medications and over-the-counter drugs and supplements
- Identifying potential drug interactions
- Eliminating unnecessary or redundant medications
- Creating a simplified medication schedule—or, using a service like Simple Meds<sup>SM</sup>—to make adherence easier

#### 3. Will the senior be able to maintain a healthy diet?

Hospital food may be the butt of many jokes, but senior nutrition is a serious issue. Eating poorly before or after discharge can put a senior at risk for physical weakness that could lead to falls—and readmission. You can help seniors avoid this scenario by talking with them about their nutrition, how much they eat, and how they plan to prepare meals once they get home. If it appears they will have trouble maintaining adequate intake or preparing nutritional food, consider recommending an in-home care service provider like their local Home Instead Senior Care office, whose professional CAREGivers<sup>SM</sup> can develop menu plans, shop for healthful foods and cook nutritious meals for seniors.

#### 4. Does the senior have access to transportation?

Obtaining follow-up care on schedule after a hospitalization is important to a successful recovery. Outpatient providers often can catch warning signs of health or recovery problems before they lead to a readmission. Do your senior patients have either the functional ability to drive themselves to and from appointments or to take public transportation? If they do not, help them secure assistance from family members or professional caregivers to take them to follow-up appointments.

For senior care professionals, asking these 4 questions prior to discharge can help their clients avoid rehospitalization and help their facilities avoid the expense of readmissions. When seniors transition home successfully after a planned or unplanned hospital visit, everyone wins.

Seniors United  
2478 East Desert Inn Rd  
P. O Box 61594  
Las Vegas, NV 89160

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**Seniors United – APPLICATION FOR MEMBERSHIP**

Date: \_\_\_\_\_ Phone: \_\_\_\_\_

email address: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\_\_\_\_\_ \$10.00 per year per person (expiration date is one year from application date)

\_\_\_\_\_ \$15.00 per year per couple

\_\_\_\_\_ \$150.00 per year Corporate/Silver Members

Please make checks payable to: Seniors United  
Mail to: 2478 East Desert Inn Rd; P. O. Box 61594; Las Vegas, NV 89160