

October Newsletter 2018

Flu Facts

1. Flu is responsible for approximately 22 million missed school days each year.
2. Five to twenty percent of Americans get the flu every year, causing around 200,000 hospitalizations.
3. The flu virus can survive up to 72 hours on surfaces like doorknobs and desks. (As a preventative measure, Clorox recommends using Clorox disinfecting products to help kill 99.9% of the flu virus found throughout your house.)
4. Adults can spread the flu virus up to a day before developing symptoms and 3 to 7 days after symptoms start. Children can pass on the virus even longer.
5. Antibiotics are only designed to kill bacteria, so they can't cure the flu virus. The best medicine is plenty of rest and a lot of liquids. And if your illness gets worse, be sure to see your doctor.

Preventing the Flu

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Something worth thinking
about:

*“Not everything that can be counted
counts, and not everything that counts
can be counted.”*

Albert Einstein



Laurie's Blog

Fall is here and the holidays are fast approaching, hopefully some cooler weather too.

October is National Physical Therapy Month and our therapy department does a wonderful job.

National Healthcare Food Service week is October 7-13 and we sure appreciate our food service staff.

October is National Nursing Home Residents Rights Month. The 2018 theme is “Speak Up”:

October 16th is National Boss Day and Kristi Beauchamp is an awesome boss!

Halloween falls on Wednesday, October 31st this year. We will be inviting our local trick-or-treaters to come by from 6-7:00 that evening. Our residents always have so much fun passing out candy to the children.

God Bless,
Laurie



Meal of the Month

Handmade Chicken Fried Steak

Corn on the Cobb

Fried Okra

Black eye peas

And

Pecan pie

Monday

Oct. 15h

Resident Birthdays

Willis Burchett

Warren Edwards

Rosalinda Deleon

Luis Flores

Ramona Carter

Denice Gastel

*Thanks for becoming a part of the
Parkview family*

Parkview Skilled Care and Rehabilitation

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