

*Heart Disease Is The Number One Killer Of Men And Women*

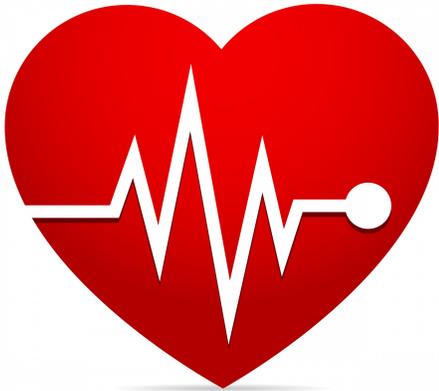
## Heart Attack warning signs

- **Chest discomfort:** Most heart attacks involve discomfort in the center of the chest that may last minutes or go away and return. It may feel like fullness, uncomfortable pressure, squeezing or pain
- **Discomfort in other parts of the upper body:** This can include discomfort or pain in the jaw, both or one arm, the back, neck or stomach
- **Shortness of breath:** This symptom often comes along with chest pain but can also occur alone
- **Other signs:** Include breaking out in a cold sweat and lightheadedness

Differences in signs and symptoms can occur between men and woman. Woman are more likely than men to experience some of the other symptoms such as shortness of breath, nausea/vomiting, back or jaw pain. It is vital that both genders get treatment quickly.

The most common symptom for both men and woman is chest pain or discomfort. A heart attack does not always have obvious symptoms. It can actually happen without a person even knowing it (Silent Heart Attack). Often the chief complaints after such an attack are subtle and non specific, such as prolonged excessive fatigue, indigestion or flu like feeling, experiencing a feeling of a strained chest muscle or upper back. It may not be chest discomfort but jaw or upper back or arm discomfort. The impact of these attacks can be significant and should not be ignored.

If you or someone you are with experiences one or more of these symptoms, call 911.



*February is Heart Health Month*

### Employee Recognition for Dedication & Quality Performance

- ❖ Elizabeth Acquah, Live-in Caregiver
- ❖ Osei Agyei, Live-in Caregiver
- ❖ Yeboah Boateng, Live-in Caregiver



**Fernando Hendler** reviewed **Assisted Living Services, Inc.** — 5★

The caregivers have been excellent, and when they are on break the replacements are also good. I have a very friendly relationship with the office. So thankful. Difficult work.



Keep a lookout for the return of the

### ALS OWNERS CLUB

The program gives you the opportunity to be compensated for referring a friend to work for ALS. If you refer a friend, you will get \$1 for every hour that your friend works in a week.

"I think it's pretty awesome for the company to do [sic] that by bringing in new caregivers through the existing caregivers to an already great company."

- Jennifer Judkins



## Food safety for older adults

Adults 65 and older are at a higher risk for hospitalization from foodborne illness. This increased risk of foodborne illness is because our organs and body systems go through changes as we age. These changes include:

- The gastrointestinal tract holds on to food for a longer period of time allowing bacteria to grow
- The liver and kidneys may not properly rid our bodies of foreign bacteria and toxins
- The stomach may not produce enough acid. The acidity helps to reduce the number of bacteria in our intestinal tract. Without proper amounts of acid, there is an increased risk of bacterial growth.
- Underlying chronic conditions, such as diabetes and cancer may also increase a person's risk of foodborne illness

## What you can do

Prioritize food safety. Learn about safety tips for those at increased risk of foodborne illness. Older adults, and those preparing meals for them, should always follow the four steps:

**Clean:** Wash hands and surfaces often

**Separate:** Separate raw meat/poultry from ready-to-eat foods

**Cook:** Cook food to the correct temperatures

**Chill:** Chill raw meat/poultry promptly (within 2 hours)

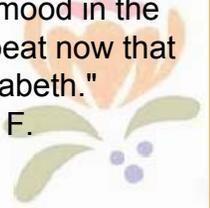
**Wrap Leftovers Well:** Cover leftovers, wrap in airtight packaging, or seal in storage containers. These practices help keep bacteria out, retain moisture and prevent leftovers from picking up odors from other foods in the refrigerator. Immediately refrigerate or freeze wrapped leftovers for rapid cooling.

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**Store Leftovers Safely:** Most leftovers can be kept in the refrigerator for 2 to 3 days. Although safe indefinitely, frozen leftovers can lose moisture /flavor when stored for an extended period of time in the freezer, and therefore should be used within 3 to 4 months.

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**Reheat Leftovers Safely:** When reheating leftovers, be sure they reach 165° F as measured with a food thermometer. Reheat sauces, soups and gravies by bringing them to a rolling boil. Cover leftovers to reheat. This retains moisture and ensures food will heat thoroughly.

## Thoughts & Feedback

"Assisted Living Services provided us with a caregiver who was a perfect match for our father - experienced, loving, patient, attentive and totally trustworthy. The mood in the house is more upbeat now that we have Elizabeth."  
-Joanne F.



## TECH TALK

Sister company Assisted Living Technologies, Inc. continues to improve quality of life for seniors and individuals with special needs living at home via technologically advanced products. One of our newest additions is the belle+™ 3G emergency alert pendant with fall detection, GPS and WiFi location technologies. Loved ones can locate the user online, with freemobile applications or via text message, enabling them to stay connected.

belle+

## Welcome Erika Lawton, Administrative Assistant/Reception

We are very pleased to have Erika join our team. She brings several years of digital marketing, project management and administrative experience to the company. In her personal time she enjoys curling up with a good book and her two cats at her side. Erika is located at our new Fairfield, Connecticut office- come say hi!

