

May 2011

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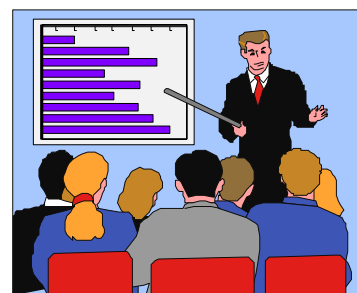
The Mortar & Pestle

Long Term Care Newsletter



Next Dinner Program is on June 21

Before summer vacations are upon us there is one more of SMS' Educational Dinner Programs scheduled for June 21st at the William Penn Inn, 1017 DeKalb Pike in Gwynedd. Our co-host for the evening is Novo Nordisk. The topic is "Diabetes Management in the LTC Setting." Dr. Samuel Anderson, Clinical Endocrinologist at Riverside Methodist Hospital in Lockbourne, OH will speak. Sip'N'Sign registration is at 6PM with dinner and the program at 6:30 PM. You must register by FAXing in a form no later than 3 days before. Download the form from WWW.SMSLTC.COM. Look for the link Registration Form for Novo Program. Or call 215-785-6616 and speak to Barry (x6054) or Stan (x6052) and we'll get you registered.



Dr. Feelegoode's Corner

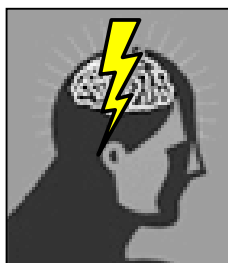
Warts may be treated in a number of ways. Castor oil may be applied over the affected area nightly for several months. The milky juice of barely-ripe figs is another valuable remedy. This juice should be applied on the warts several times a day, and continued for 2 weeks. Raw potatoes are also beneficial in the treatment of warts. Crush a small piece of raw potato and apply the pulp to the wart. Apply a clean bandage to ensure that the pulp stays in place. It would be best to do this before going to bed. The milk from the cut end of dandelions may be applied over the affected area 2 or 3 times daily. This is one of the gentlest home remedies and can be used to treat warts on the face. The juice of marigold leaves and stems works equally well.



May is Stroke Awareness Month

Do your non-health professional friends and family know the 3 questions to ask when someone is suspected of having a stroke? Prompt diagnosis and treatment can prevent brain damage. Doctors say a non-medically trained bystander can recognize a stroke by asking three simple questions:

- " Ask the individual to **SMILE**
- " Ask him / her to **RAISE BOTH ARMS.**
- " Ask the person to **SPEAK A SIMPLE SENTENCE**



This will identify facial weakness, arm weakness and speech problems - clear indicators of stroke. If a person has trouble with any of these tasks, immediately call 9-1-1 and describe the symptoms to the dispatcher. It's easy. Just remember the acronym **FAST.**

F=Face, A=Arms, S=Speech and T=Time. Don't hesitate!

Laughter - the best Prescription

Granddad had come home from his quarterly visit to the doctor. Though he was usually quite active with his grandchildren, today he seemed to make every effort to avoid them. His son noticed that his dad was avoiding the kids and asked him what was going on. Why was he acting this way? Immediately the old man whisked a medicine vial out of his pocket and handed it to his son.

The Grandfather said, "It's this darn new medicine the doctor prescribed today. Read that label. That's why!" The son took the bottle and read, "Take two pills a day. **KEEP AWAY FROM CHILDREN.**"

This month's words of wisdom ...

One of the most sublime experiences we can ever have is to wake up feeling healthy after we have been sick.

... Rabbi Harold Kushner

Drug info on the Web
WWW.SMSLTC.COM
Choose the link to
Drug Information



GO GREEN!

Send name and organization in e-mail titled "Newsletter" to BarryP@SMSLTC.com
Receive the Mortar & Pestle by e-mail, starting next month

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PARTNERSHIP IN LONG TERM CARE

1504 Grundy's Lane - Unit #8 Bristol, PA 19007



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★ 2011 PANPHA Annual Conference & Exposition ★



Building Bridges

**Hershey Convention Center - Booth 89
June 14, 15, 16, 2011**


Prescription Descriptions
Voluntary Recall of Coumadin® 5 mg

The FDA has reported that **Bristol-Myers Squibb** initiated a voluntary recall of one lot of 1,000-count bottles of **Coumadin®** (warfarin sodium) Crystalline 5 mg tablets. Bottles of 1,000 tablets are distributed to pharmacies for further dispensing to patients in prescription quantities. The lot number affected in the U.S. is 9H49374A with an expiry date of September 30, 2012. The recall is a precautionary measure based on the company's testing of tablets from a returned bottle. A single tablet was found to be higher in potency than expected.

Patients who have 5 mg tablets should not interrupt their therapy but should seek advice from their pharmacist to see if their tablets are from this lot. If so, they should consult their physician for appropriate medical advice.

An Apple a Day May Really Keep the Doctor Away!

MSNBC has reported on a study conducted at Florida State University. A total of 160 women (45-64 years old) were randomly assigned into one of two groups. Both groups ate dried fruit every day for one year. One group only ate dried apples, while the other ate a variety of dried fruit. Blood samples were taken throughout the year. Researchers found that the women who ate apples every day had lower levels of bad LDL cholesterol, lipid hydroperoxide and C-reactive protein. The LDL levels decreased by 23 percent in women eating 75 grams of dried apples a day for six months. Also, good HDL cholesterol increased by roughly 4 percent. In addition, participants lost an average of 3.3 lbs. throughout the year. The high fiber levels in apples are believed to contribute to the decrease in LDL.



The perks of being a senior - People no longer view you as a hypochondriac.

Bumper sticker
seen on a WALKER

**When did my wild oats
turn to prunes and bran?**



Question for the ages --- Why do psychics have to ask you for your name?

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