



HEART TO HEART

NEWS FROM OUR HOME TO YOURS

WINTER 2009 NEWSLETTER

3002C Lincoln Drive West, Marlton, NJ 08053 www.hhsrc.com 856-983-8055

A Letter from the President

Let me start by wishing you a happy, healthy & prosperous new year. While I have never been diligent about personal New Year's resolutions, I make them every year when I create my business plan for Heart & Home. This year, I once again resolve to do everything possible to keep my clients safely at home for as long as possible. Now, when most people think of safety, they think of physical safety. Yet, fiscal safety is equally as important. So I'd like to share some steps you can take to safeguard your loved ones from financial or identity theft. Please feel free to call me if you'd like to discuss other preventive measures that can help ensure your loved ones in-home safety.

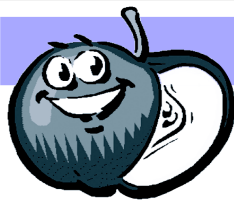
1. *Reduce/eliminate the number of pre-approved credit cards sent to your loved one. This can be done by calling 1-888-5-OPT-OUT.*

2. *Since your loved one may have strangers coming into their home to deliver medications, hot meals, or perform home maintenance, keep cash to a minimum and in a place that is not readily accessible. Many seniors leave their handbags containing cash and credit cards in plain sight at home.*

3. *Contact the credit card companies that issue your loved ones credit cards and ask them to stop mailing advance checks.*

4. *In choosing a handyman, housekeeper, home care or other in-home service provider, choose a licensed company whose employees are bonded and insured.*

Sincerely, Laura Mansfield



SENIOR HEALTH & LIFESTYLES

The CDC Says "Take Three Actions to Fight the Flu!"

These actions will protect against H1N1 too!

Flu is a serious contagious disease. Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications. This flu season could be worse because there is a new and very different influenza virus causing illness called 2009 H1N1. The Centers for Disease Control and Prevention urges you to take the following actions to protect yourself and others from the flu:

1. Take time to get a flu vaccine.

- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza.
- While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- A seasonal vaccine will not protect you against 2009 H1N1.
- A new vaccine against 2009 H1N1 is being made.
- People at greatest risk for 2009 H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.
- Ask your doctor if you should get a 2009 H1N1 vaccine.

2. Take everyday preventive actions.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available,

continued - use an alcohol based rub.

- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other measures to lessen the spread of flu.

3. Take flu antiviral drugs if your doctor recommends them.

- If you get seasonal or 2009 H1N1 flu, antiviral drugs can treat the flu.
- Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body.
- The priority use for antiviral drugs this season is to treat people who are very sick (hospitalized) or people who are with chronic health conditions. (Most people have been able to recover at home from 2009 H1N1 and the seasonal flu without needing medical care.)
- Antiviral drugs can make illness milder and shorten the time you are sick.
- Antiviral drugs are not sold over-the-counter and are different from antibiotics.
- For treatment, antiviral drugs work best if started within the first 2 days of symptoms.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever.
- Visit the CDC 2009 H1N1 website (<http://www.cdc.gov/h1n1flu/>) to find out what to do if you get sick with the flu and how to care for someone at home who is sick with the flu.

Reprinted from www.cdc.gov/flu/protect/preventing.htm