

CLINICAL TIP OF THE MONTH

This spring, as the days get longer and warmer, it is important to keep the sun protection in mind for your residents. Many patients are on medications that can put them at increased risk for sun damage. Be aware of photosensitivity, this is the ability of a medication to make the skin more sensitive to the sun, making it much easier to burn. Examples of these drugs include anti-diabetic medications such as glipizide, hypertension medications such as hydrochlorothiazide, tetracycline antibiotics and the antipsychotic chlorpromazine to name a few. A combination of sunscreen, shade, cover-ups and limiting exposure to sun should be used for all residents enjoying time outside and those on medications that may put them at risk for increased sun sensitivity.

ATTENTION:

We are closed over the lunch period from 12:30 to 1:30 Monday-Friday at the LTC Building.

Included for your convenience is a reorder sheet that you may copy for weekly med orders.

FEATURED HOME

Touch of Home North understands that each resident is an individual with unique needs and preferences. That is why they meet with each resident and family and conduct an assessment prior to move-in and at regular intervals after move-in to understand the need for assistance and support in the following areas:

- Personal hygiene & grooming
- Dressing and clothes section
- Medication management
- Continence management
- Showering or bathing
- Socialization and activities
- Mobility and transferring
- Monitoring of safety



Touch of Home North

NUTRITIONAL TIP Nutrition Made Easy

If you have ever tried watching your weight by counting calories and measuring food, you know that this can be overwhelming. Measuring and weighing food to monitor portions can be unrealistic. Isn't there an easier way? Yes! There is an easier way when you use "The Plate Method". The Plate Method is a visual tool to plan healthy, balanced meals. One quarter of your meal should be grains, focusing on whole grains. Another quarter should be a protein food, trying to avoid or limit fried foods. Finally, the last quarter to half of your plate should be vegetables. In addition to these foods, you can add a low-fat dairy product, like skim milk and



Nutritionist
Kristin Klinefelter

a serving of fruit at each meal. An example of a meal using the plate method would be 1/4 plate whole grain rice, 1/4 plate skinless chicken and 1/2 plate vegetables served with 8 oz. of skim milk and an orange. Of course, the foods do not have to be eaten separately, but you can visually separate each food to eat the appropriate portion size. For example, the above foods can be eaten as stir fry over rice with mandarin oranges mixed in. Focusing on variety, balance, and moderation can make meal planning easier and allow you to meet your health goals. Here's to healthy eating! Enjoy!

615 Anne Street, Suite B Bemidji, MN 56601
Ph (218) 444-5228
Fax (218) 444-2451

medsaveltc.com