



M E N O R A H
P A R K

EXCELLENCE IN CARING™

HEALTHY AGING INFORMATION

We have all your aging needs covered

Getting You Through the Flu Season

The flu in older adults merits medical attention, and arrangements for after-care are very important for recovery. ***Menorah Park is here to help.*** *Our services, including home health care, post hospital care and outpatient therapies are much needed resources available to you and the general community for care support if the flu strikes.*

Home care offers the *Temporary Illness Program*, partnering with patients and their doctors, and covered under Medicare and private insurance. This added support helps prevent hospitalization from complications of the flu.

- They report significant changes to patient's health to their physician
- Listen to lungs, check for swelling and help avoid dehydration
- Monitor any changes in mental status
- Ensure medications are taken properly
- Perform lab tests such as glucose monitoring, blood counts and urinalysis

If you do end up in the hospital, our *Five Star Post Hospital Program* helps each client individually, as complications from the flu can vary significantly and last for weeks. Returning home immediately after a hospital stay is not always the best decision, and post hospital eases you back to good health with a care plan tailored just for you.

Emergency Warning Signs of Influenza:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness, confusion, severe or persistent vomiting
- Flu-like symptoms that improve but may return with fever and a worsened cough

For more info, call Community Liaison Kathleen Parrino at 216-402-0895