

TO YOUR HEALTH

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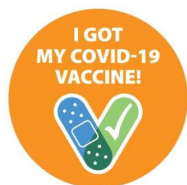
Holiday Guidelines

By Maeve Lobo, LICSW and Susan Cusson, NP

Reviewing some of the headlines from last November, the CDC was encouraging people to stay home for the Thanksgiving holidays. The advisory was to only celebrate with members of your immediate family. Air travel was down by 61% from the previous year and 29% of Americans stayed home for the Thanksgiving holiday in 2020. This year the tone from the CDC is more optimistic, noting that holiday traditions are important for friends and family.

Gatherings

To have a safe and healthy holiday season, the CDC is asking eligible individuals to get the Covid-19 vaccination. This will ensure that younger family members are also protected. The thrust of all the messaging is to get the Covid-19 vaccinations. In addition,



continue to wear a well-fitted mask when visiting indoors with people you don't live with and keep groups small. Outdoor events are preferred. If getting together indoors, try to stay in a well-ventilated room. The safest way to gather is for everyone to get tested the day before congregating together, especially if you'll be spending time with friends or family from other parts of the country.

Travel

Traveling increases the risk of getting and spreading Covid-19. The CDC urges Americans to avoid travel if they are not fully vaccinated. Don't travel if you have symptoms and suspect you may have Covid-19. Most importantly, don't travel if you have been in contact with anyone who has had Covid-19 in the last 14 days.

- Testing before and after travel or social gatherings offers added assurance. The Clinic offers testing for Residents who plan on traveling and require a PCR test. The test is administered to Residents at a cost of \$45 and takes 1-2 days to get the results.
- Short trips and flights with no layovers are safer forms of travel. Traveling with people who are vaccinated is much safer. Avoid long distance bus and train trips. Cruise and river boat trips are not advisable.
- Consider purchasing travel insurance in case your itinerary changes or travel plans gets cancelled. The AARP is one of many companies that offer insurance.



Older Populations

The risk of Covid-19 increases with age and certain medical conditions. In order for you and your family to stay safe here are some simple measures that can be adopted:

- Get vaccinated
- Wear a well fitted mask
- Regularly wash hands
- Practice physical distancing
- Get tested

Testing

To protect yourself: before gathering, consider asking your friends or family to get tested just before the visit. Rapid tests are available at some retail pharmacies and provide same day results.

To protect the CWV community: after traveling or attending a gathering where you might be exposed, get yourself tested 3-5 days later. PCR tests are available in the Clinic as noted above. Please refrain from visiting or dining with other CWV Residents while waiting for your results.

November is National Diabetes Month

1 in 4 Americans over the age of 65 have diabetes. 1 in 2 Americans over the age of 65 have pre-diabetes. 88 million Americans are pre-diabetic and most are not aware of their status.



These are grim statistics, but the NIH has come up with their *Small Steps Big Difference* program to encourage Americans to better monitor their situation. Making small incremental changes is probably the best way to modify a lifestyle. Here are a few tips to gradually transform your life.

- Breaking daily habits can be very hard. Initially try to reduce and then replace your habits.
- Move for about 30 minutes a day. Do some physical activity in 5–10-minute intervals.
- Eat foods with high fibre and low sugar. Eat more fruit and vegetables. Drink more water as it helps with digestion and curbs cravings.
- Try losing between five to seven pounds of your body weight. This can delay the onset of diabetes.
- Stay up-to-date with your vaccinations. People with diabetes are more likely to get sick with Covid-19 or the flu.



Source:

niddk.nih.gov
health.clevelandclinic.org
CDC Morbidity and Mortality Report 2019

Let's Talk Research Participation

A program is available for individuals concerned about their memory or with a family history of Alzheimer's disease or related dementias who would like to learn about participation in research. Each information session will feature an overview of the different types of Alzheimer's and related dementia research being conducted. Two individuals currently involved in Massachusetts Alzheimer's Disease Research Center (MADRC) research studies will share their experiences. A question-and-answer session with research professionals will follow. Attendance is limited to 15 people. Reserve your spot today for one of these sessions:

Wednesday, November 10th from 7-8pm
Wednesday, December 1st from 7-8pm

Register online here: <https://bit.ly/LTRPevents>

Announcement

Welcome Kimberly Carvahlo-Moriera, our new Clinic Coordinator. Kimberly has over eight years of experience in a similar role at Cambridge Health Alliance. If you haven't met Kimberly yet, please stop in to say hello.

