



CEC PACE Newsletter

Semi-Annual Issue

July 2020

Cherokee Elder Care-PACE Program

CEC Host Vanderbilt Students for Another Year of Volunteerism

Students here as part of their Alternative Spring Break Program.

Alternative Spring Break (ASB) is a student-run service organization that engages over 400 students each year. The ASB mission is to motivate students to become active citizens through intentional community engagement. The “Sunrise” group had the opportunity to connect with Participants and staff members during their visit. Students were also able to explore parts of our service area while visiting some Participants at their homes. Students had the advantage of jumping into Cherokee History at the Cultural Center and Cherokee History Museums. students gained a sense of pride by completing chores and spending time with elders in the Adult Day Health Center. Much of this work is carried out outdoors including raking leaves, cutting and clearing limbs, and removing trash and other debris.



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Participants Visit Jenks Aquarium

A group of Participants were able to spend some time visiting the Jenks Aquarium this spring. The Aquarium's mission is to "educate and inspire conservation of our aquatic world through interactive discovery." The Aquarium is a great place to visit despite the weather since all the activities are indoors. Many types of fish and other sea creatures live at the Aquarium including sharks. Many displays got Participants up close and personal with rare species.



Learn How to Avoid Heat-related Illnesses and Death

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death. In 2017, 87 people died in the U.S. from exposure to excessive heat, according to *Injury Facts*.



People most at risk include:

Infants and young children, especially if left in hot cars

People 65 and older

People who are ill, have chronic health conditions or are on certain medications

People who are overweight

Heat Exhaustion

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. According to the free NSC First Aid Quick Reference app, signs and symptoms include:

Sweating

Pale, ashen or moist skin

Muscle cramps (especially for those working or exercising outdoors in high temperatures)

Fatigue, weakness or exhaustion

Headache, dizziness or fainting

Nausea or vomiting

Rapid heart rate

Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly: *Continue Pg. 4 & 5*



Fun Fact: Check out this 100 Year Old Rhododendron and the Woman who planted it! This plant is found mainly in Asia, although it is also widespread throughout the lowland and forests of the Pacific Northwest, California, and the highlands of the Appalachian Mountains of North America.



Learn How to Avoid Heat-related Illnesses and Death Cont.

Give water or other cool, nonalcoholic beverages

Apply wet towels, or have victims take a cool shower

Heat Stroke

Seek medical help immediately if someone is suffering from heat stroke. Signs include:

Body temperature above 103 degrees

Skin that is flushed, dry and hot to the touch; sweating has usually stopped

Rapid breathing

Headache, dizziness, confusion or other signs of altered mental status

Irrational or belligerent behavior

Convulsions or unresponsiveness

Immediately Take Action:

Call 911

Move the victim to a cool place

Remove unnecessary clothing

Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer)

If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels

Keep cooling until body temperature drops to 101 degrees

Monitor the victim's breathing and be ready to give CPR if needed

DO NOT:

Force the victim to drink liquids

Apply rubbing alcohol to the skin

Allow victims to take pain relievers or salt tablets

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days.

According to the Centers for Disease Control and Prevention:

Air conditioning is the best way to cool off

Drink fluids, even if you don't feel thirsty, and avoid alcohol

Wear loose, lightweight clothing and a hat

Replace salt lost from sweating by drinking fruit juice or sports drinks

Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.

Wear sunscreen; sunburn affects the body's ability to cool itself

Pace yourself when you run or otherwise exert your body





Keep Each Other Safe

If your job requires you to work outside in hot weather, you and your supervisors can take precautions to minimize the risk of heat-related illnesses.

The National Institute for Occupational Safety and Health recommends:

Working shorter shifts until workers have adjusted to the heat

Staying hydrated and drinking before you get thirsty

Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke

Take time to rest and cool down

In your community, please check in on neighbors who are elderly, house-bound or otherwise may be reluctant to ask for help. You can offer to host them in the air-conditioned comfort of your living room on hot days, drive them to a local cooling center, or call relatives or city services to arrange for them to stay cool.

Brought to you by the National Safety Council and the Office of CEC Quality Improvement



CEC closed its ADHC temporarily as part of its preventative plan to protect participants from the COVID-19 outbreak. Just like all PACE programs throughout the US, protecting our most vulnerable population is the ultimate goal. Staff made activities kits and delivered them to participants at home to enjoy.

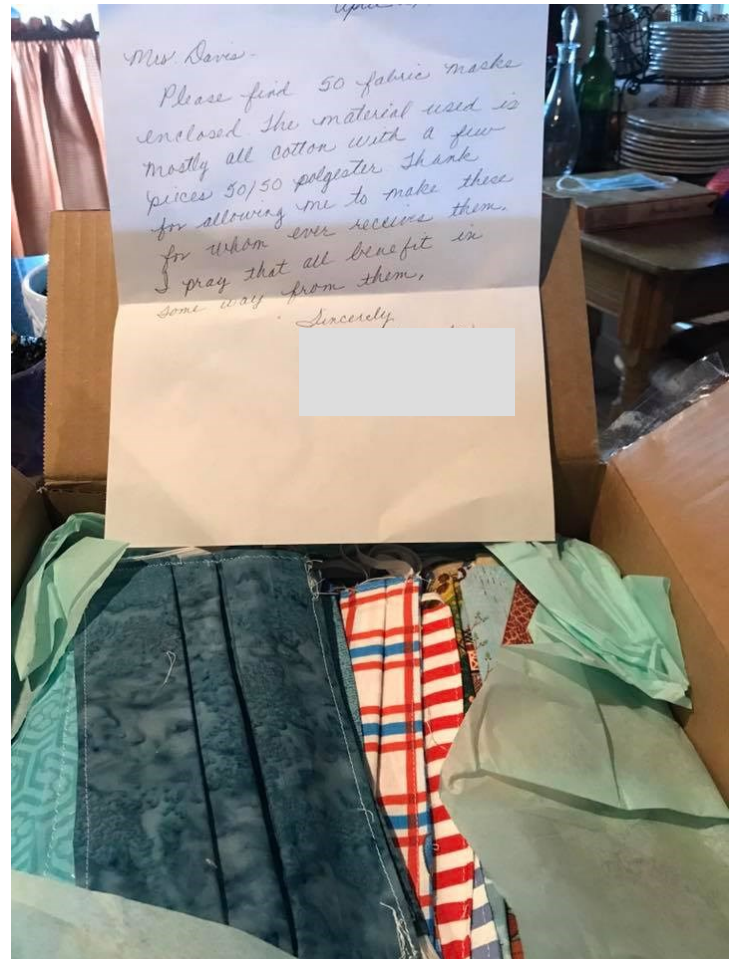




Volunteers Make Fabric Masks for CEC

We would like to acknowledge all the volunteers, Participants, staff and their family members, who worked to make fabric masks and donated materials to Cherokee Elder Care so that we could better protect everyone during the pandemic. We saw donations come in from all across our local communities and as far away as South Carolina. Many heard our call for help and jumped into action.

Pictured is a letter that accompanied a box of 50 masks made and donated by a special volunteer from Choteau OK



New Employees at CEC

WELCOME

Kassandra Peace- Driver/C.N.A.

Maxwell Campanella- Physical Therapy Assistant

Arney's Recipe Corner

*Disclaimer: These recipes are provided for your enjoyment, not because of their "healthy eating" status. I will promise that they are Arney Certified to be yummy. Please follow the recommendations of your physician/NP/dietician if you are on a special diet.

Sheet Pan Roasted Garlic and Herb Chicken and Veggies

This recipe can easily be cut in half

Ingredients:

- 1 ½ pounds of boneless skinless chicken breasts, raw, cut into 1-inch pieces
- 2 cups of broccoli florets (can use frozen, just microwave long enough to thaw a bit)
- 1 large zucchini, cut into 1-inch pieces
- 1 medium onion, cut into 1-inch pieces
- 1 bell pepper, any color, cut into 1-inch pieces
- 1 cup grape tomatoes, but in half. (Or any tomato, cut into 1-inch pieces. Grape tomatoes work the best in my opinion)

For the garlic and herb marinade:

- ¼ cup olive oil (or vegetable oil)
- 4 cloves of garlic, crushed or finely chopped (1/2 tsp of garlic powder is equivalent to this if you do not have garlic cloves, but I have never tried this recipe using garlic powder)
- 2 Tbsp dried parsley (may use dried chives or basil for alternates)
- 2 Tbsp dried cilantro
- 1 tsp chili pepper flakes (omit if you do not like spicy food)
- Salt and pepper sprinkled in
- 1 tsp ginger (optional)
- Juice from ½ lime

Instructions:

- Preheat oven to 450 degrees F.
- In a medium bowl, whisk the garlic, herbs, salt and pepper, lime juice and oil together for the marinade.
- Place the chicken and veggies on a sheet pan and drizzle with the marinade. Combine with hands until all the chicken and veggies are completely coated.
- Bake for 20-22 minutes or until the chicken and veggies are cooked through. (If you have a meat thermometer, the chicken needs to reach temperature of 165F.)
- Serve immediately with rice or quinoa.



CEC will be Closed for These Holidays

Independence Day	July 3, 2020
Labor Day	September 7, 2020
Indigenous Day	October 12, 2020
Veteran's Day	November 11, 2020
Thanksgiving	November 26 & 27, 2020
Christmas Eve	December 24, 2020
Christmas Day	December 25, 2020



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