

How Aging Affects The Digestive Tract

Employee Anniversaries

Marie A.	04/05/2007
Marie J. P.	04/05/2004
Mavis C.	04/07/2003
Nerlande J.	04/17/2009
Estela L.	04/20/2002
Hesper M.	04/21/2009
Marie C.	04/28/2007
Erika T.	04/30/2009
Pauline W.	05/02/2009
Dieulange M.	05/14/2008
Abby H.	05/16/2008
Surujdei R.	05/21/2008
Roda M.	06/01/2009
Suza E.	06/01/2004
Esrene C.	06/05/2008
Nellie D.	06/05/2007
Chandra A.	06/06/2009
Marie C.	06/16/2006
Thelma P.	06/23/2006
Rose Marie Ch.	06/24/2006
Rosemarie C.	06/27/2002
Myrtle S.	06/29/2002
Mae R.	06/30/2008
Debbie S.	06/30/1994

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Aging brings many changes to the body and puts you at a higher risk for a variety of health ailments and conditions. To deal with them, you might be taking a bunch of different pills. But all those pills, along with changes in your habits and lifestyle, and just getting older, can affect your digestive tract, resulting in discomfort. The muscles in the digestive tract become stiffer, weaker, and less efficient. As a result, here are some of the digestive tract problems that can occur as we get older:

- Heartburn
- Peptic Ulcers
- Diarrhea
- Constipation
- Stomach Pain
- Irritable Bowel Syndrome

The main reason that aging affects the digestive tract is because aging usually brings on other health conditions such as:

- Diabetes
- Artery Blockages
- Arthritis and Hypertension

Older people tend to have more joint problems with arthritis, and therefore may need medication to treat that. They are at increased risk of peptic ulcer disease when they take anti-inflammatory drugs. People taking over-the-counter anti-inflammatory drugs for everyday aches and pains are also at risk of developing ulcers and other digestive tract problems.

Fortunately, your digestive tract doesn't have to become a victim of age. Like the rest of your body, it can often be protected with a healthy lifestyle. If you want to keep your digestive tract in good shape, try these tips that can make digestion a little easier:

- Stay hydrated by drinking a lot of water.
- Limit bad fats in your diet, and maintain a healthy body weight.
- Load your diet with fiber.
- Stick to healthy portion sizes and avoid overeating.
- Get regular exercise.
- Incorporate a vitamin A supplement and Essential Fatty Acids.

Now more than ever, maintaining a healthy lifestyle with a diet chock-full of fruits and vegetables and with regular exercise is key. You'll feel young and healthy both inside and out.

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Employee of the Quarter



Elva J.P. is recognized for her dedication and devotion to the wonderful care of her client. On our supervisory visit to the client's home we were very satisfied to see how well Elva is taking care of her client. Elva has been with her client for many years and that is why she can anticipate her client's actions and needs before the client does. The client told us that Elva knows her so well she can read her mind and that is why she never wants to be without her. Elva has so much respect and consideration for her client and her client feels the same way. Thank you Elva for always being a loving caregiver.

We Change As We Age

As we age, changes in our vision, flexibility, strength, range of motion, and even height may make us less comfortable and reduce our control behind the wheel. Older drivers may need to find ways to cope with physical changes that include:

- Reduced strength and physical endurance.
- Stiff neck and limited head rotation.
- Visual impairments, including problems with depth perception, high and low contrast vision and night vision.
- Effects of medications.
- Reduced overall range of motion and flexibility.

Increasing exercise, improving nutrition and making sure you get regular eye exams and medical checkups may help. In addition, automakers are designing vehicles geared to the needs of older drivers. These new models provide features such as more precise seating adjustments, clearer dashboard displays, wider doors, easier seat controls, night vision technology and adjustable gas and brake pedals.

If you find that your vehicle is not a perfect fit, you probably do not need to replace it. A variety of adaptive features can be added to help compensate for physical changes or simply to make the vehicle fit you more comfortably and safely. Some of these devices are simple changes you can make yourself. But many will require some training by a driver rehabilitation specialist.

Among simple adaptive devices that do not require any special training are:

- Seat Belt Extenders
- Steering Wheel Covers
- Visor Extenders

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Employee Birthdays

Dottlin C.	Apr. 01
Abby H.	Apr. 01
Cedilia C.	Apr. 08
Marie E.	Apr. 08
Michelda S.	Apr. 10
Thelma S.	Apr. 11
Sandra O.	Apr. 16
Stephanie P.	Apr. 17
Beth S.	Apr. 20
Senoria P.	Apr. 22
Marie Nicole N.	Apr. 25
Derrick B.	Apr. 26
Rose Marie C.	Apr. 26
Jennifer S.	Apr. 26
Marie J.P.	May 01
Inna O.	May 05
Simone V.	May 05
Paulette W.	May 07
Cedelaine M.	May 09
Audrey H.	May 11
Talia D.	May 13
Kerlyne S.L.	May 30
Elva J.P.	Jun. 04
Julienne S.J.	Jun. 08
Paulette E. W.	Jun. 12
Marck J.B.	Jun. 13
Rita J.	Jun. 15
Merline S.	Jun. 25
Marie C.	Jun. 27