

July 2012

Effective July 1, 2012, **ALL** caregivers of recipients under the Kansas Medicaid program are **REQUIRED** to utilize KS AuthentiCare.

KS AuthentiCare is a web-based electronic time and attendance reporting system that:

- Determines when the caregiver started work and ended his/her shift
- Identifies missed and late client visits
- Provides the Kansas Department of Aging with data to assist in making policy decisions regarding the delivery of home and community based care.

A basic use of the system requires the following steps:

- The caregiver goes to the home of the client to provide service.
- The caregiver uses the client's telephone to call the toll free number.
- KS AuthentiCare identifies the caregiver and the services authorized and prompts the caregiver to enter his/her Worker ID number and verify the service to be provided.
- The system verifies the information and advised the caregiver that he/she is "checked in" as of the time the contact was initiated.
- When the caregiver completes the service, he/she calls the same toll-free number to "check out" and record the activities performed as appropriate.

The use of KS AuthentiCare is **MANDATED** by the Kansas Department of Aging.

-William Van Ry

Memory Game



It is very important to exercise the mind as well as the body. With each edition of our newsletter, we will include a memory word game for you to complete.

Word Game



Last issues word: **OVERDOES**

odor	ever	deer	sere
over	redo	doer	serve
overdo	redoes	does	servo
overdose	reed	door	sever
veer	rode	dose	soever
verse	rodeo	dove	sore
verso	rood	drove	
erode	rose	seed	
erose	rove	seer	

The average is 13 words. Did you meet or beat this standard?

Can you find 26 words in next issues word **BROODING**

Cooling Centers

With temperatures expected to remain in the 100 degree range for the next few weeks, we want to let our clients know that there are area cooling centers open for those who do not have access to air conditioning, or for any other reason need a break from the heat.

The following locations will serve as cooling centers during the heat:

6723 State Avenue, Kansas City, KS

420 East Santa Fe, Olathe, KS

In addition, all branches of the Public Library system are acting as cooling centers during this hot summer.

How To Prevent Heat-Related Illness

A healthy body temperature is maintained by the nervous system. As the body temperature increases, the body tries to maintain its normal temperature by transferring heat. Sweating and blood flow to the skin help to keep our bodies cool. A heat related illness occurs when our bodies can no longer transfer enough heat to keep us cool.

Heat related illnesses include:

- Heat rash, which occurs when the sweat ducts become blocked or swell, causing discomfort and itching.
- Heat edema in the legs and hands, which can occur when you sit or stand for a long time in a hot environment.

- Heat syncope, which occurs from low blood pressure when heat causes the blood vessels to expand and body fluids move into the legs.
- Heat exhaustion, which generally develops when a person is working or exercising in hot weather and does not drink enough liquids to replace those lost liquids.
- Heatstroke, which occurs when the body fails to regulate its own temperature and body temperature continues to rise. Heatstroke is a medical EMERGENCY. Even with immediate treatment, it can be life-threatening or cause serious long-term problems.

Most heat related illnesses can be prevented by keeping the body cool and by avoiding dehydration in hot environments.

The following tips can help you prevent a heat related illness:

- Be aware of the warning signs of heat-related illness, such as light-headedness, mild nausea or confusion, sleepiness or profuse sweating.
- While outdoors, rest frequently in a shady area so that your body's thermostat has a chance to recover.
- Schedule outdoor activities carefully, preferably before noon or in the evening.
- If unaccustomed to working or exercising in a hot environment, start slowly, pick up the pace gradually and limit your exercise or work time.
- Wear sunscreen to protect your skin from the sun's harmful rays. Sunburn affects your body's ability to cool itself and causes a loss of body fluids.
- Wear lightweight, light-colored, loose-fitting clothing.
- If you are 65 years of age or older, have a friend or relative call to check on you

twice a day when hot weather advisories have been issued.

- Stay indoors and in an air-conditioned environment. If air conditioning is not available, consider a visit to a shopping mall, public library, movie theater, supermarket, or other air-conditioned location for a few hours.
- Increase your fluid intake – regardless of your activity level. Don't wait until you feel thirsty to drink fluids.
- Avoid drinks containing caffeine, alcohol, or large amounts of sugar. Also, avoid very cold beverages because they can cause stomach cramps.
- Electric fans may be useful to increase comfort and to draw cool air into your home at night. Do not rely on a fan as your primary cooling device during a heat wave. When the temperature is in the upper 90s or higher, a fan will not prevent heat-related illness. A cool shower or bath is a more effective way to cool off. In order for a fan to be effective, the skin surface must be moist. When the skin surface is moist, moving air removes heat from the skin as the moisture evaporates. Unfortunately, when a person begins to develop heat stroke, they stop sweating. In addition, elderly persons may not sweat due to poor heat regulation messages sent out by their brain centers. If a fan is to be effective, the skin must be moist either with sweat, or with dampened clothing, or with moisture added by rubbing wet cloths over the skin surface.
- Avoid hot foods and heavy meals.
- Ask your doctor whether medications you take affect your body's response to the heat.

The warning signs of heat stroke vary but may include:

- Extremely high body temperature (above 103 degrees F Do NOT orally).
- Red, hot and dry skin (no sweating)
- Rapid pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness.

What to Do:

- **Call for immediate medical assistance.**
- Move the victim to a cool or shady area.
- Cool the victim rapidly using whatever methods you can. (for example, immerse the victim in a tub of cool water, place in a cool shower; spray with cool water from a garden hose or sponge with cool water.)
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102 degrees F.
- Drink plenty of non-alcoholic and caffeine-free beverages. Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible.

DID YOU KNOW?

Eating foods rich in vitamins and antioxidants may help prevent age-related macular degeneration. Macular degeneration is a leading cause of blindness in older adults. EyeCare America has teamed up with celebrity chefs to create a cookbook, filled with eye-healthy recipes. You can download at www.eyecareamerica.org.



Alliance