HOPE HOSPICE AND PALLIATIVE CARE, INC. JUNE 2019

HOSPICE HAPPENINGS

TO ALL THE FATHERS AND STEP-FATHERS



ENJOY YOUR DAY, YOU HAVE EARNED IT.

Tick bites are generally without symptoms and are harmless. A bite may leave a small red bump, which is normal, and can become infected if not cleaned properly. If a person is allergic to tick bites, there may be pain or swelling, a rash, burning, blisters, or even difficulty breathing, says healthline.com. Some ticks do carry diseases. These diseases, if transmitted to humans, can cause flu-like symptoms, such as nausea, fever, headache, vomiting or muscle aches. Some tick-born diseases include Lyme disease, Colorado tick fever, and Rocky Mountain spotted fever. Although rare, these diseases are serious and require medical treatment, reports WebMD.

Ticks are small, eight legged bugs that live outside and feed on human or animal blood. Ticks prefer warm, moist areas of the body such as armpits, groin or scalp. Once a tick has bitten a host, it remains attached to the body while feeding and can stay there for days or weeks. It is important to remove

a tick as soon as possible
Use tweezers to grab the
gently without squeezing
the tick bite area with
medical treatment if any
within a few days or
Mayo Clinic.



Credit: Andy Murray CC-BY-SA 2.0

to avoid infection or disease.
tick near its head and pull
it. Carefully wash hands and
warm, soapy water. Seek
unusual symptoms appear
weeks of a tick bite, instructs



June 13 thru June 19, 2019 is Nursing Assistant week. Thanks to all of our Nursing Assistants, we couldn't do it without you.

YOU KNOW YOU'RE A CNA IF:

- 1. You can set speed records for AM/PM care and still do it very well.
- 2. You feel naked without rubber gloves on and bags in your pockets.
- 3. You've told a confused patient your coworkers name and told them to just give a yell if they need anything.
- 4. Your last work "party" consisted of paper plates, tons of finger food all served over the ice chest in the pantry or in the utility room.
- 5. You would like to maim the inventor of the call bell.
- 6. You know what a hopper is and know what it's used for.
- 7. Almost everything is amusing.....once

you get a break.

- 8. Your hands have been places you never thought possible.
- 9. You can deliver in-services as needed to the confused person in the incontinence products aisle at the drug store.
- 10. Strangely enough and to the horror of friends and family, you find you really like your job. When it's all said and done, you see the appreciation in your patient's eves and you come back for more. Cause you know it isn't all for the money.

TRIBUTE TO A CNA

Of all the gifts God made To care for all the sick Your special role portrayed

The reason you were picked

Your role was heaven made So very long ago The Angel's sang with pride To see God's love bestowed

And every Angel knows The radiance of this gift That God Almighty gave They see it shift to shift As in your heart of gold

Your comfort healing hearts At every patient's side God's love you do impart

> To honor your hard work A treasured prize was made It sits in Heaven's home On shelves all made of jade

Of all the gifts God gave For patient's to get well Your heart of gold has won Truly a Prize Nobel



Hope Hospice participated as a vendor in the 6th Annual "Independence Your Way" event which was held in Ladysmith for Rusk Co. residents on May 9, 2019. This event featured various vendor booths, presentations by area businesses and a free lunch. The goal was for residents to learn about different community resources available to those in Rusk Co. while maintaining as much of their independence for as long as possible.



OFFICE ASSISTANT



Welcome Ashley Stillman

Hi, I am Ashley Stillman, I live with my boyfriend Robert and our two boys; Jaxson who is 4 and Colt who is 8 months.

My feverite things are riding

My favorite things are riding horse, eating sushi, baby giggles and chocolate!

Facts about Mosquitoes

Debbie Hadley is a science educator with 25 years of experience who has written on science topics for over a decade.

Mosquitoes, the insects that are universally hated the world over. These pesky, disease-carrying pests make a living by sucking the blood out of just about anything that moves, including us. But take a moment to look at things from the mosquito's perspective. Mosquitoes are actually interesting creatures.

Mosquitoes Are the Deadliest Animals on Earth

Take that, shark week! More deaths are associated with mosquitoes than any other animal on the planet. Mosquitoes may carry any number of deadly diseases, including malaria, dengue fever, yellow fever, Zika, and encephalitis. Mosquitoes also carry heartworm, which can be lethal to your dog.

How Long Do Mosquitoes Live?

An adult mosquito may live 5–6 months. Few probably make it that long, given our tendency to slap them silly when they land on us. But in the right circumstances, an adult mosquito has quite a long life expectancy, as bugs go. Most adult females live for two to three weeks. For those that winter in your garage, though—look out. Eggs can dry out for eight months and still hatch.

Females Bite Humans While Males Feed on Nectar

Mosquitoes mean nothing personal when they take your blood. Female mosquitoes need protein for their eggs and must take a blood meal in order to reproduce. Because males don't bear the burden of producing young, they'll avoid you completely and head for the flowers instead. When not trying to produce eggs, females are happy to stick to nectar, too.

Some Mosquitoes Avoid Biting Humans

Not all mosquito species feed on people. Some mosquitoes specialize on other animals and are no bother to us at all. *Culiseta melanura*, for example, bites birds almost exclusively and rarely bites humans. Another mosquito species, *Uranotaenia sapphirina*, is known to feed on reptiles and amphibians.

Mosquitoes Fly Slowly

Mosquitoes average a flight speed of 1 to 1.5 miles per hour. If a race were held between all the flying insects, nearly every other contestant would beat the pokey mosquito. Butterflies, locusts, and <u>honeybees</u> would all finish well ahead of the skeeter.

A Mosquito's Wings Beat 300-600 Times Per Second

This would explain that irritating buzzing sound you hear just before a mosquito lands on you and bites.

Mosquitoes Synchronize Their Wing Beats

Scientists once thought that only male mosquitoes could hear the wing beats of their potential mates, but recent research on *Aedes aegypti* mosquitoes proved females listen for lovers, too. When the male and female meet, their buzzing synchronizes to the same speed.

Salt Marsh Mosquitoes May Live 100 Miles Away

Most mosquitoes emerge from their watery breeding ground and stay pretty close to home. But some, like the salt marsh mosquitoes, will fly long distances to find a suitable place to live, with all the nectar and blood they could want to drink.

All Mosquitoes Need Water to Breed—but Not Much

Just a few inches of water is all it takes for a female to deposit her eggs. Tiny mosquito larvae develop quickly in birdbaths, roof gutters, and old tires dumped in vacant lots. Some species can breed in puddles left after a rainstorm. If you want to keep mosquitoes under control around your home, you need to be vigilant about dumping any standing water every few days.

Most Mosquitoes Can Travel Only 2-3 Miles

Your mosquitoes are basically your (and your neighbors') problem. Some varieties, like the Asian tiger mosquito, can fly only about 100 yards.

Mosquitoes Detect CO2 75 Feet Away

Carbon dioxide, which humans and other animals produce, is the key signal to mosquitoes that a potential blood meal is near. They've developed a <u>keen sensitivity to CO2</u> in the air. Once a female senses CO2 in the vicinity, she flies back and forth through the CO2 plume until <u>she locates her victim</u>.

Bug Zappers Don't Attract Mosquitoes

Bug zappers give off light that attracts gnats, beetles, moths, and the like, but because mosquitoes are attracted to you by CO2, they are not effective at killing mosquitoes. They likely kill more beneficial insects and those eaten by songbirds than mosquitoes. They even take out parasitic wasps, which control other species.

How Do You Kill Mosquitoes?

Fogger machines that attract mosquitoes with CO2 and then trap them do work, but repellants for your yard and self may be the easiest and most cost-effective way to go.

Why Do Mosquitoes Exist?

Basically, mosquitoes exist because they're next to impossible to wipe out. Species don't exist in a vacuum; as long as they can find food and don't have environmental pressure against them, they'll continue. Mosquitoes are millions of years old as a species. In the ecosystem, they do serve as food for other species (birds, frogs, and fish) and as pollinators. The larvae eat detritus in the water, helping to clean it. There are more than 3,000 species of mosquitoes, but only about 200 bite humans.

Not Everyone Is Allergic to Mosquito Saliva

Mosquito saliva, which lubricates the proboscis to glide into the skin, is responsible for the itching and bump on your skin, but not everyone is allergic to mosquito saliva. Some people even avoid getting bitten, and their sweat is being studied to develop repellents.

Mosquitoes Have Benefitted Science

The design of their proboscis has inspired scientists to design less-painful hypodermic needles, examine strategies to make needle insertion easier, and create insertion guides to better place tiny electrodes into the brain.



Yoga for Caregivers

Trying to cope with all your emotions, grief, guilt, anger...?



Come to this Free introductory class and learn how yoga can help you cope and start to find some balance in your life. You don't need to learn complicated poses or be a certain size. You will learn that yoga is accessible to everyone.



Sign up today for the FREE class sponsored by Taylor County Commission on Aging & Mind Body Spirit Yoga

Monday, June 24, 2019, 5:30 p.m.



Multi-Purpose Room 845 E Broadway Ave, Medford, WI 54451

RSVP to Taylor County Commission on Aging 715-748-1491

Taylor County Commission on Aging 845B E Broadway Ave Medford, WI 54451 715-748-1491

