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Subject: News You Can Use for Seniors

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NEWS YOU CAN USE

BY COMFORT KEEPERS®

Managing Mobility Problems in Seniors

Problems associated with aging can affect a person's ability to move around, or mobility. Mobility problems may include unsteadiness while walking, difficulty getting in and out of a chair, or falls. Muscle weakness, joint problems, pain, disease, and neurological difficulties can all contribute to mobility problems.

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Dehydration: Its Dangers and Ways to Prevent It

Water is vital to keep our bodies functioning properly. We lose about 68 ounces of water a day, mostly through perspiration, respiration, and urination. This water must be replaced to prevent excessive fluid loss, or dehydration.

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Recommended Immunizations for Seniors

Several preventable diseases can cause serious illness and even death in unvaccinated seniors. Many adults believe that they do not need vaccinations, or worry about their side effects, but people age 65 and older are at higher risk of complications from the actual diseases.

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We have 3 local offices to serve you:

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Fast Facts

Mobility is a serious safety issue. Within a year, 20% of people with hip fractures die from complications.

Dehydration is one of the most common preventable medical conditions in the world, and affects millions in the U.S.

It is estimated that 45,000 adults die annually from complications due to vaccine-preventable diseases.

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