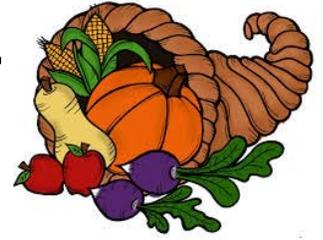


A Grandparents Newsletter

will be mailed separately



Upcoming Wellness Programs

Diabetes Empowerment in JACKSON COUNTY

*Mondays from December 2nd until January 6th • 9:30 am - 11:30 am
Wellston Church of the Nazarene, Wellston*

Chronic Pain Self-Management in GALLIA COUNTY

*Tuesdays from January 7th until February 11th • 10:30 am - 1:00 pm
Holzer Wellness Center, Gallipolis*

Chronic Pain Self-Management in JACKSON COUNTY

*Thursdays from January 9th until February 13th • 9:00 am - 11:30 am
Oak Hill Senior Center, Oak Hill*

Chronic Pain Self-Management in JACKSON COUNTY

*Thursdays from January 9th until February 13th • 1:00 pm - 3:30 pm
Jackson Senior Citizens, Jackson*

Matter of Balance Falls Management in ADAMS COUNTY

*Tuesdays from January 14th until March 3rd • 9:30 am - 11:30 am
Adams County Senior Center, West Union*

Chronic Disease Self-Management in SCIOTO COUNTY

*Mondays from February 3rd until March 9th • 1:00 pm - 3:30 pm
Kings Daughters Medical Center, Portsmouth*

Matter of Balance Falls Management in JACKSON COUNTY

*Mondays from March 9th until April 27th • 12 Noon - 2:00 pm
Seton Square, Wellston*

Classes are free, but pre-registration is required. Call 1-800-582-7277 to register or to learn more information.

Our schedule is updated often - log on to our website at www.aaa7.org to see our recent Upcoming Events.

When you walk through your house wearing street shoes, you're tracking in everything you've stepped on outside, including E. coli and other bacteria that can cause illness. For the cleanest floors and carpets, leave your outside shoes at the door. If you do wear shoes inside, wash floors and vacuum carpets once a week—or more often if they seem dirty. Answer True or False to the questions below.

1. *Sponges and scrubbers provide the warm, moist conditions and trapped food particles on which bacteria thrive. T F*
2. *The most effective way of reducing hand-borne bacteria is to dry thoroughly washed hands on clean paper towels. T F*
3. *When you walk through your house wearing street shoes, you're tracking in everything you've stepped on outside, including E. coli and other bacteria that can cause illness. T F*
4. *To prevent cross-contamination, use a different implement (broom, mop, sponges) for each cleaning task in the kitchen and bathroom. T F*
5. *Hand washing is almost always an issue in dementia care. T F*
6. *Running water is not scary for a person with Alzheimer's. T F*
7. *Bath towels harbor bacteria, and can serve as a terry-cloth Petrie dish if they're folded and left in a damp bathroom. T F*
8. *The toothbrush can be sanitized by soaking it in peroxide or antibacterial mouthwash. T F*
9. *Never shake soiled linens because germs may contaminate the floor and be spread throughout the house on the soles of shoes. T F*
10. *Dangerous organisms, such as Salmonella, could be multiplying in the vacuum cleaner bag, waiting to be released into the air every time you vacuum. T F*

KEY: 1. T 2. T 3. T 4. T 5. T 6. F 7. T 8. T 9. T 10. T