



Staying Healthy: Spring and Summer Months

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It is spring time now and that only means that summer is right around the corner. Soon everyone will be out and about enjoying the warm sunshine. But staying well hydrated with the heat is also a very important measure to make sure you stay safe and healthy. Here are some tips to keep in mind when preparing to spend either a few minutes or the whole day outside:

1.) STAY HYDRATED—This is extremely important because dehydration can cause a crisis. Drink plenty of fluids (especially water) before, during, and after any activity. The amount of water you should drink depends on your gender, age, and what types of activities you are performing. It is recommended that for men they drink roughly 1 gallon of water a day, and for women a little bit more than half a gallon of water a day.

2.) KNOW WHAT ACTIVITIES ARE SAFE—Build up any exercise plan slowly and do not overdo it! Make sure to avoid performance tests like mile runs or interval sprints. Set your own pace and give yourself frequent rest periods! Some activities to include in your plan may be walking, jogging, or gardening.

3.) AVOID EXTREME TEMPERATURES —Avoid jumping in a freezing cold pool or going for a fun dip when it is 100 ° F outside because this may trigger a sickle cell pain crisis. Try to maintain a constant temperature. Swimming in a heated pool is a good option and can even be therapeutic.

4.) KNOW WHEN TO GO BACK INSIDE—Do not exercise when you have a fever (>99° F). Stop any activity if you have muscle cramping, pain, swelling, inability to catch your breath, or become fatigued. Exercise is important for staying healthy but you do not want to trigger a crisis.



www.modelmedia.com

Gina Marchesiello, University of Delaware Nursing Student

Message from Dr. Nina: Farmers Markets

Farmers Markets are Booming in Delaware! After leaving work on Fridays, I head to the farmers market to buy fresh meats, fruits, vegetables and seafood. Open markets have wall to wall vendors and serve swarms of people who wait in line to buy from local businesses which support our local economy. Take a ticket and wait patiently for someone to shout out your number to personally serve you. What you get is, access to high quality food and the most fresh seasonally grown produce. Although, buying meats and produce grown without pesticides, chemicals and hormones may be more costly, to me it is worth the extra expense. Secretary of Agriculture., Ed Kee states, "Over the last few years, we have seen an incredible rise in people wanting to eat healthy and buy fresh, local foods for themselves and their children (News Journal)." Delaware has the 13th highest obesity rate in the country with over a 31.1% adult obesity rate (Robert Wood Johnson Foundation). Recently, there has been a push to get farmers' markets to accept Supplemental Nutrition Assistance Program (SNAP) benefits. The policy has seen a positive response with the total value of SNAP redemptions at farmers' markets and food stands reaching an all-time-high. Today there are more farmer's markets accepting Electronic Benefit Transfer (EBT) cards around the country. This program would benefit working families and allow them to make healthier choices buy purchasing high quality foods. For more information on farmers markets near you, go to www.tovacaresblogspot.com.

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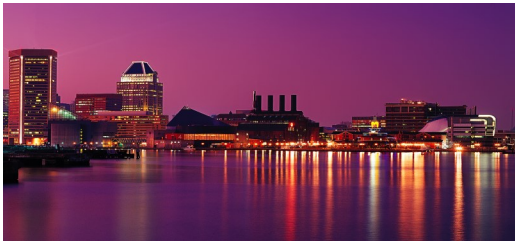
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Portion of the Proceeds will go to Tova Community Health
Sickle Cell Specialty Center



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Link into Your Health Matters new Blog Site

<http://www.tovacares.blogspot.com>
Leave a Comment:

- What tips can you share for staying Healthy during the summer months ?
- Is Palliative Care an Option for you?

Committed to meeting your healthcare needs.

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Palliative Care: What's that?



www.hospiceandlifecarecenter.org

**TOVA
Disability
Advocacy
Network**



Palliative Care is comfort care designed for persons who have a serious or life-threatening disease. Palliative care focuses on communication, timely access to care, intense symptom control, flexibility with interventions, high quality of life, and the patient's wishes.

Patients can begin to receive palliative care from the time of diagnosis or from a few months before their passing. This type of care focuses on symptom control, comfort, and pain control to keep one functional rather than trying to cure the disease. This type of care seems to fit well with patients who have Sickle Cell Disease Anemia and it may be an important option to consider for yourself or your children.

Palliative Care can be available in many places including hospitals, outpatient clinics, long-term care facilities, hospices, or even in the patient's home.

Palliative care includes medications, massage therapy, relaxation techniques, music therapy, acupuncture, aromatherapy, energy restoration, dietary changes, emotional/spiritual support and guidance. It also includes refusing some treatments because they will not improve the person's overall quality of life.

Speaking with a patient who has Sickle Cell and Avascular Necrosis of both hips (bone rubbing on bone), palliative care seems like a smart option. This patient takes only two pain medications, exercises by walking everyday, and uses deep tissue massage to get some relief. He is also faced with the option to have hip replacement surgery done but refused because it would not improve his quality of his life at this point. Take the time to research your own options....palliative care may be the right option for you or your loved one's specific medical needs! Mr. Carl Webster is a member of American Association of Retired Persons (AARP) and he can be reached at, carl211@msn.com.



Gina Marchesiello, University of Delaware Nursing Student & Mr. Carl Webster

Community News

**TOVA Disability Advocacy Network
Sickle Cell Patient, Family & Caregiver
Support Group**

— Dates Coming Soon —

**Combs Entertainment will be hosting an
All White Summer Party**

Saturday, August 15, 2015

**See you there in, Dressed to Impress
Proceeds will go to the Sickle Cell Fund
E-mail: combsentertainment@gmail.com**



@tovacommunityhealth



TOVA is a
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The Tova Cares newsletter "Healthy Tidbits" aim is to provide health education and community-based health care outreach programs in the Delaware community. Our mission is to educate the community about their healthcare needs in order to improve their overall health and wellbeing. © All Rights Reserved.



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SAVE THE DATE for a Fantastic Event

Tova Community Health appreciates all who supported our Annual James Faucett III for Sickle Cell Awareness 5k RUN

We want to increase awareness about sickle cell anemia and trait during September, NATIONAL SICKLE CELL AWARENESS MONTH.

We Look forward seeing you back on

Saturday, SEPTEMBER 5, 2015

Together lets "BREAK THE SICKLE CYCLE"

REGISTRATION OPENS @ 9:00 am

RACE STARTS @ 10:00 am

Sign up:

www.race2run.com

(302) 654-6400

Join US for the
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Brandywine Park
Races 2 Run

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