



**Home Care  
Delivered, Inc.®**  
*More than just home delivery™*

# COMPLETE CARE Update

A MONTHLY MESSAGE FROM HOME CARE DELIVERED

SUMMER 2006

## SUMMER IS SIZZLING!

HCD has a few health tips for helping you beat the summer heat:

### 1. Drink plenty of water!

- In general, Americans don't get enough water
- Warmer weather means more fluids are needed to stay hydrated
- Don't wait until you feel thirsty—thirst is a late sign of dehydration
- Coffee and tea act as diuretics and cause body cells to lose water—replace them!
- We are made of water—drink it for good health!

### 2. Adequate water intake helps...

- Lessen dry skin
- Decrease constipation
- Keep kidneys healthy
- Remove body poisons
- Body healing processes

### 3. Don't like the taste of water?

- Try water with a wedge of lemon, lime or orange
- Dilute juices to increase water intake
- Keep a container of water in the refrigerator so you can keep track of how much you drink each day

**Senior Citizens are at particular risk for dehydration because kidney function decreases to some degree with age.**

### 4. Signs of dehydration include:

- Dark-colored urine
- Dizziness or lightheadedness
- Fatigue
- Weakness
- Headache
- Dry mouth or thirst

## GLUCERNA BARS

Glucerna Snack Bars are a delicious between-meal snack specially designed for people with diabetes or abnormal glucose tolerance. They are fortified with antioxidant vitamins, as well as a unique blend of slowly digested carbohydrates designed to minimize blood glucose response. The delicious flavors include: Lemon Crunch, Cranberry Orange, Chocolate Caramel, and Caramel Nut—deemed to be the overall Best Taste Award winners by the independent professional chefs of the American Culinary Institute. To order, call **1-800-565-5644** or visit [www.HomeCareDelivered.com](http://www.HomeCareDelivered.com)



## SUMMER JUMBLE

Unscramble each word, then use the letters in the squares to find this month's word.

c l e r a p e        \_\_\_\_\_

d u s f i l    \_\_\_\_\_   

r a d e t h y        \_\_\_\_\_        \_\_\_\_\_

k r i d n    \_\_\_\_\_        \_\_\_\_\_

t e w a r    \_\_\_\_\_        \_\_\_\_\_

Don't wait for ME  
to take a drink...  
What am I?

(This month's answer on back)

## Food for Thought!

Glucerna drinks, meal replacements, and snack bars are a few of our great products to take with you while traveling this summer. They are easy to pack and nice to have on hand when it becomes "too hot to cook"!

Many Glucerna products contain slow digesting carbohydrates, which are great for people with diabetes. These products allow for a more gradual rise in blood glucose after eating and help maintain a healthy digestive system.

*Tip: Try the recipe on the back using chopped Glucerna bars for a healthy snack with flavor varieties!*

**Call 1-800-565-5644 to order today!**

## CRUNCHY TRAIL MIX

**Number of Servings:** 8

**Serving Size:** 1/2 cup

**Prep time:** 10 minutes

**Cook time:** 20-30 minutes

**INGREDIENTS:**

1 1/2 cups corn squares cereal

1 1/2 cups rice squares cereal

1 cup fat-free pretzel sticks

1/4 cups sliced almonds

1/4 cup raisins

3/4 tsp. ground cinnamon

1/4 cup sugar-free corn syrup

1 Tbsp. vegetable oil

1/2 tsp. vanilla extract



**PREPARATION INSTRUCTIONS:**

1. Preheat oven to 325 degrees F

2. In large bowl, combine cereal, pretzels, almonds, raisins and cinnamon; mix well

3. In small bowl, combine syrup, oil and vanilla; slowly pour over cereal mixture. Stir well to coat evenly.

4. Spread on 15x10-inch baking pan coated with vegetable cooking spray.

5. Bake 25 to 30 minutes or until golden brown, stirring frequently. Cool. Store in airtight container.

**NUTRITION INFORMATION:**

*Amount per serving:* 1/4 cup

Calories	110	Sodium	170mg
- Calories From Fat	31	Total Carbohydrates	17g
Total Fat	3g	- Dietary Fiber	2g
- Saturated Fat	0g	- Sugars	0g
Cholesterol	0mg	Protein	2g

## A NOTE FROM OUR NURSE:

Some people who suffer from urinary incontinence purposefully decrease their water intake to avoid bladder accidents. This can actually make matters worse! Concentrated urine can act as a bladder irritant and worsen some types of incontinence. The chance of skin irritation and urinary tract infection also increases with concentrated urine. So unless your doctor has told you to restrict your fluid intake, it's important to drink plenty of water, so the urine is a light color. -Terri, RN, WOCN

*Answers to this month's jumble: replace, fluids, hydrate, drink, water. Solution: thirst.*

## THE FIVE POINT COMPLETE CARE PROMISE

- ProductCheck:** Choose from thousands of quality brand name medical supplies.
- InsuranceCheck:** We'll take the hassle out of the paperwork. We accept assignment of benefits. We will file your Medicare and Medicaid claims, along with some other insurance carriers. We will bill secondary insurance. We will review your coverage and help you get the products that you need.
- FastReliableDelivery:** We will deliver what you need within 1 to 2 business days right to your door. We will call you to confirm your supply needs on a regular schedule.
- CustomerCareCheck:** One of our caring customer service members will call you to make sure you received your order, that it is correct, and you are satisfied.
- NurseOnCall:** Our toll-free hotline lets you speak with a Registered Nurse for questions or help using your supplies.

Call us today at **1-800-565-5644**

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