

Fall 2020



Landmark **AT HOME**

Member Newsletter



Landmark

A note of thanks

from Chris Dennis, MD, MBA, FAPA
Landmark Chief Behavioral Health Officer

Dear Landmark Member,

Thank you for opening your doors (and phones!) to Landmark. Being part of the Landmark community means you live with chronic conditions and are in a high-risk group for COVID-19. That can cause additional stress and concern during this pandemic.

We are working to help you stay safe at home, while meeting your behavioral health and medical needs. I hope that Landmark brings you peace of mind in these challenging times. We're always just a phone call away.

Thank you for entrusting us with your care.

Stay safe and be well,



Dr. Chris Dennis

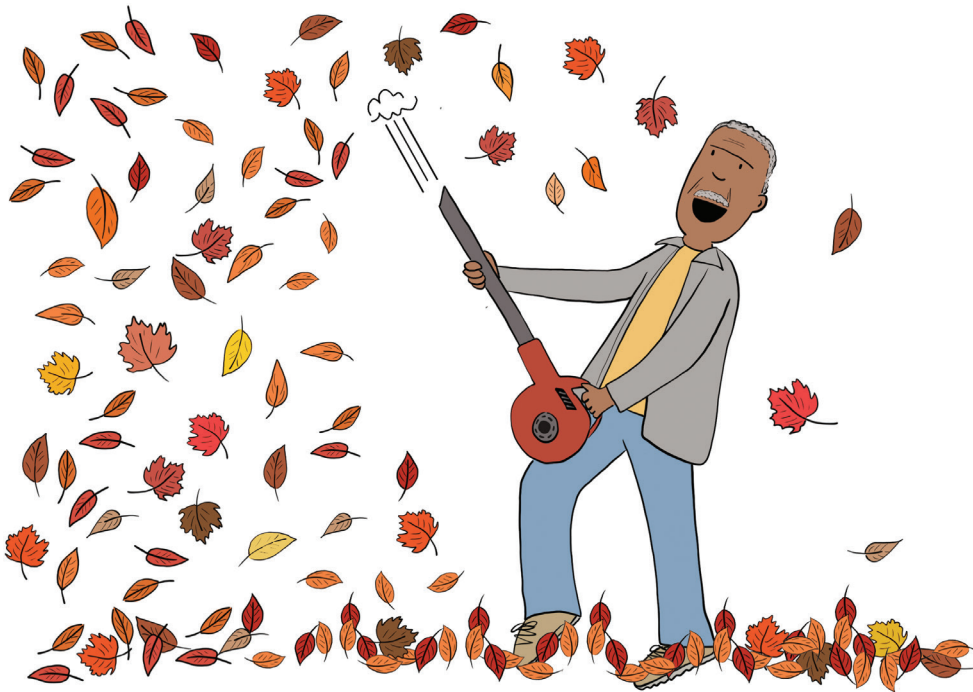




Safety Tips for the Fall

As autumn sets in, remember these safety tips:

- 🍂 Rain and sudden changes in temperature can make driving conditions hazardous. Before traveling, be sure to check the weather forecast.
- 🍂 Sunrise and sunset times change at daylight savings time. Be aware that this can affect visibility when you are driving.
- 🍂 Fallen leaves may be slippery and could cause you to slip and fall. Be sure your property is cleared of leaves frequently.
- 🍂 Fall and winter can mean more fireplace use. Test your smoke alarms and carbon-monoxide detectors monthly, and replace batteries at least once a year.





Conversations Worth Having

Stay Healthy and Happy During the Holiday Season

Like many seniors, Landmark patient Alton Tripp, 80, avoids exposure to viruses and is careful to control his chronic conditions. Knowing that his age and compromised immune system are risk factors, Tripp says, “I’m one of those double-risk people.”

As a precaution, Tripp and his wife, Alice, limit their time in public. Tripp’s family members do the grocery shopping and essential errands for him. Tripp stays well by eating a healthy diet, exercising, and staying busy at home.

In a year of COVID-19 precautions, holiday gatherings come with additional challenges. Landmark medical director Anthony Zizza, MD, says, “It’s important for older adults to keep their distance, but not be isolated. You can safely stay connected to health care providers, loved ones and friends. This can help prevent anxiety and depression.”

Dr. Zizza says, “Getting preventative care is the best thing you can do to stay healthy. Keep your chronic conditions well-controlled. In addition to in-home visits, Landmark can do phone or video visits. Watch for new symptoms and call us if you have any concerns.”

To stay safe and healthy:

- Schedule regular phone check-ins with loved ones.
- Minimize your time out in public. Consider using food and prescription delivery services.
- Wear a mask if you interact with others, including healthcare providers, and wash your hands frequently.
- Eat well, according to your health conditions, and stay mobile. Walk your hallways or go outside for some fresh air and sunlight.

Dr. Zizza says, “As time goes on, it’s easy to cut corners. Stay vigilant and practice good habits.”

If you have any questions about how to stay safe, yet connected, during the holiday season, reach out to your Landmark provider.



*Happy
Holidays*
to you and your
family from Landmark.



Landmark Caregiver Awards

Landmark celebrates caregivers everywhere who improve the lives of their loved ones. In 2019, we awarded three caregivers our Outstanding Caregiver Award for their love, dedication and selflessness. These incredible individuals help their loved ones live well at home.

Nominate an outstanding caregiver today!

If you provide care to a loved one, you know it is both rewarding and challenging. Every day, people's lives are touched by their caregivers. Last year, Landmark honored three special caregivers, and we are excited to do the same in 2020!

We will select three caregivers who improve the lives of Landmark patients. The winners will be featured in the next "Landmark at Home" newsletter, and on the Landmark website. Nominate a special caregiver today at www.landmarkhealth.org/caregiverawards2020



Roger Sharp / Peggy Sharp
Roger Sharp, winning caregiver, and his mother, Peggy, at the Landmark regional meeting in Southern California.

Flu Season Is Back

When you have chronic health conditions, the flu can be serious. Getting a flu shot is the best way to avoid getting the flu.



Get a flu shot as soon as you can at your doctor's office, pharmacy, or through Landmark. To request a flu shot at home, call us. Supplies may be limited.



If you do get the flu, call Landmark right away.



Avoid going out when you're not feeling well, and wear a mask if you have to go out.

Getting the flu shot and being treated early for the flu is good for you and good for your community, too!





Caring for your Kidneys

Your kidneys help filter waste from your blood, balance your body fluids, regulate your blood pressure, and produce blood cells. Unhealthy kidneys can cause harm to the heart, bones, nervous system, immune system, and urinary tract. Those with kidney disease are more prone to infections, including COVID-19.

Support Your Kidney and Urinary Health

Small changes to your lifestyle and diet can improve your overall health as well as your urinary health. Follow these tips to support your kidney health:

- Stay hydrated and eat a balanced, fiber-rich diet to improve bowel function.
- Do not hold urine for prolonged periods of time.
- Keep your blood pressure in check. If you're diabetic, keep your blood sugars well-controlled.
- Avoid cigarettes, alcohol and caffeine.
- Exercise—even a brisk walk is beneficial.

Chronic Kidney Disease

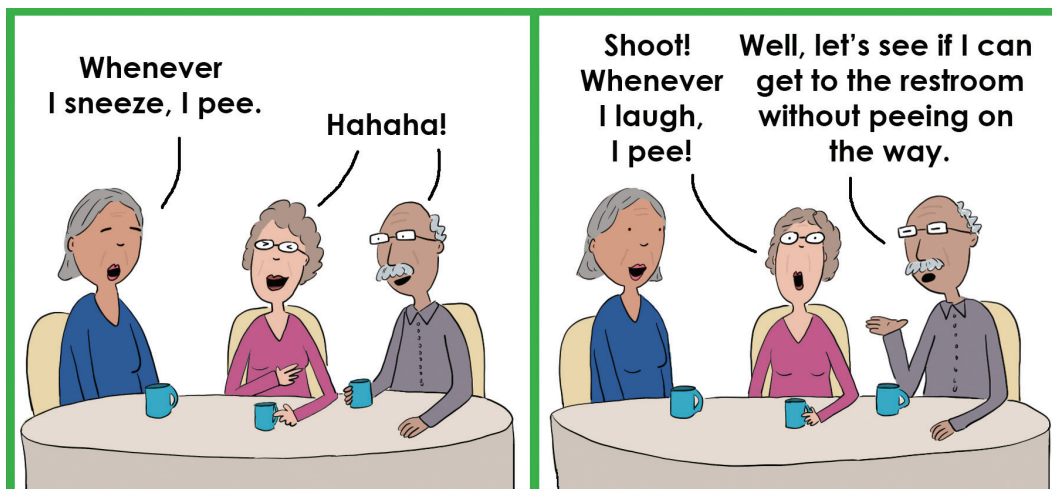
Chronic kidney disease, including end-stage renal disease, affects about 15% of American adults. Commonly caused by diabetes or high blood pressure, damage to kidneys can be slowed by controlling diabetes and maintaining a normal blood pressure. Those with kidney disease should stay current on vaccinations and dialysis (if applicable) to minimize risk of infections, stroke, and heart disease.

Urinary Tract Infections

A urinary tract infection (UTI) is an infection of any part of your urinary system: kidneys, ureters, bladder or urethra. If left untreated, a UTI can be serious and lead to other problems, including blood infection and sepsis. UTIs are preventable and treatable.

Urinary Incontinence

Urinary incontinence (leaking of urine) can be caused by many factors, and it affects up to 34% of older men and 55% of older women. Although this is a common problem, be sure to speak to your Landmark provider if you experience urinary incontinence.



Did You Know...



Social Work and Behavioral Health Support

Landmark social workers:

- Assess for social stressors.
- Discuss and address your concerns.
- Provide education and help connect you to community resources.

Landmark psychiatrists and psychiatric advanced practice providers:

- Talk to you about your mental health and well-being.
- Provide mental health evaluations.
- Prescribe medications to help you feel better, if necessary.
- Help manage your mental health medications over time.



“Our goal is to help our patients improve their ability to cope with life stressors and reconnect them to the supports and services available in their community.”

—Lisa Shiner, Executive Director,
Behavioral Health & Social Work

Announcing the NEW Landmark Phone App!

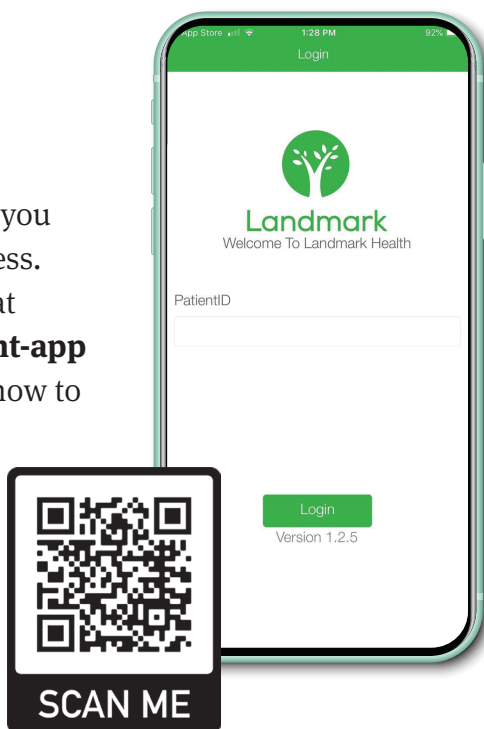


The new Landmark app will help you get the best care.

Our free app works on Apple and Android smartphones. Landmark patients and caregivers can use the app to:

- Securely visit with a Landmark team member by video.
- View scheduled appointments.
- Call Landmark 24/7.

Your Landmark care team can help you with the one-time registration process. Download the Landmark app now at **www.landmarkhealth.org/patient-app** and ask your Landmark care team how to get registered.



We don't discriminate. Landmark Health and its affiliated medical groups ("Landmark") comply with Federal civil rights laws. Landmark does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Health and wellness or prevention information

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