

April 2015

UPCOMING
HOLIDAY
CLOSINGS

The FBS office will be closed on the following holidays. Meals are provided to clients in advance of the holiday closure.

- Good Friday
Friday, 4/3/2015
- Memorial Day
Monday, 5/25/2015
- Independence Day
Friday, 7/3/2015

Spring is in the air!

And so are allergies...

Summer is just around the corner and with it comes warmer weather, more outdoor activities and more allergens in the form of pollens and molds. The following tips are offered by the American Academy of Allergy, Asthma and Immunology:

1. Avoid allergens and molds as much as possible. Instead of walking outside in the park or on hiking trails, try walking in the local shopping mall. Most malls have walking clubs with mall businesses offering discounts. It will be much cooler too!
2. When you have to go outside try to avoid grassy areas (especially those areas with fresh mown grass) or areas with lots of foliage.
3. Keep windows closed at night to prevent pollens or molds from drifting into your home.
4. Use an air conditioner and dehumidifier to keep air clean, cool and dry.
5. Keep car windows closed while traveling.
6. Be aware of local pollen counts and avoid outdoor activity on days when it is high. To find out the pollen count for your area, visit the NAB Web site.
7. If you live in an area that has high smog levels, be aware of those levels and take appropriate measures on high smog days such as staying indoors or limiting activity.
8. Plan your vacation at the beach rather than the mountains; pollen counts are much lower at the beach near the ocean.
9. If you must mow or rake - activities that stir up a lot of pollen and mold - wear a paper respiratory mask to lower your exposure.
10. Even though "line-dried" clothing and linens have a wonderful "fresh" scent, use the dryer, as pollens and mold can collect on items drying on the clothesline.
11. Take medications as prescribed in the recommended dosage. Even if your symptoms are severe, stick with the recommended amounts of medication.
12. Shower after being outdoors to remove any pollen and mold that may be left clinging to your skin and hair.

Mission Statement: Fort Bend Seniors is committed to helping seniors remain independent by enhancing their quality of life through services and resources.

CASE MANAGEMENT STAFF CONTACTS :

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April 2015

World Health Day,
April 7 2015

7 Facts on Food Safety

1. More than 200 diseases are spread through food.

Diarrheal diseases alone kill an estimated 1.5 million children annually, and most of these illnesses are attributed to contaminated food or drinking water.

2. Contaminated food can cause long-term health problems.

Food contaminated with heavy metals or with naturally occurring toxins can also cause long-term health problems including cancer and neurological disorders.

3. Foodborne diseases affect vulnerable people harder than other groups.

For infants, pregnant women, the sick and the elderly, the consequences of foodborne disease are usually more severe and may be fatal.

4. There are many opportunities for food contamination to take place.

Today's food supply is complex and involves a range of different stages.

5. Some harmful bacteria are becoming resistant to drug treatments.

Overuse and misuse of antimicrobials in agriculture and animal husbandry, in addition to human clinical uses, is one of the factors leading to the emergence and spread of antimicrobial resistance.

6. Everybody has a role to play in keeping food safe.

Food safety is a shared responsibility between governments, industry, producers, academia, and consumers. Everyone has a role to play.

7. Consumers must be well informed on food safety practices.

People should make informed and wise food choices and adopt adequate behaviors. They should know common food hazards and how to handle food safely, using the information provided in food labeling.

FORT BEND SENIORS WELCOMES
NEW STAFF MEMBERS

Fort Bend Seniors has a new development team ready to rock and roll! Lori Dunaway and Ashley Roberts were appointed as Director of Development and Public Relations and Development and Public Relations Manager respectfully. Together they bring over 25 years of fundraising and development experience.

FBS also hired two new drivers to join the team. Kevin Grooms and Cathryn Hodgetts began in March and play instrumental roles in allowing us to continue to serve over 1,000 seniors daily.

Thank you all for continuing to support Fort Bend Seniors. We are so excited to welcome onboard these new and smiling faces. We know they will do wonders for our seniors and our community. If you see someone new, help us say 'Hello'!



MEALS SERVED IN MARCH

Home Delivered: 21,172

Congregate: 5,452

CLIENTS SERVED IN MARCH

Home Delivered: 794

Congregate: 399

Transportation Units

Clients: 123

Rides: 3,138

