

July 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.

- Independence Day  
Friday, 7/3/2015
  
- Labor Day  
Monday, 9/7/2015
  
- Fort Bend County  
Fair Day  
Friday, 9/25/2015

**How to Stay Hydrated This Summer**

Some of us are experiencing the dog days already, while others are still waiting for summer warmth to come. Either way, make sure you stay hydrated with these 10 tips.

**Start Your Day with a Glass**

Make it a goal to start each day by drinking a full glass of water to get a head start on your fluids. Try putting a glass of water by your bed to drink right after you wake up.

**Gear Up**

If you find that you avoid using your water bottle because it's hard to clean, ugly or has a funky smell, it may be time to get a new bottle that you will use.

**Get an Insert**

If you prefer wide-mouth bottles for how easy they are to fill, look for a lid insert that fits inside the mouth. This will make it easier to sip while you're active.

**In the Clear**

If you're in the market for a new bottle, get one that is clear. This way, you can see how much or little water you have consumed. This can be a helpful motivator to fill up and drink up.

**Three Times Full**

If you have a 16-ounce water bottle, make it a goal to refill your water bottle at least three times throughout the day.

**More than Just Water**

Add fruits and vegetables with high water content to your diet. These include cabbage, spinach, squash, watermelon, citrus, cantaloupe and strawberries.

**Start a Hydration Journal**

Write down how much water you drink to keep on track with your daily goal.

**Drink While Active**

Make sure to drink fluids during exercise, especially if you're exercising outdoors or in a hotter climate. Aim to stay hydrated without overhydrating. How can you tell? Your urine should be a pale yellow.

**Travel Tip**

If you're flying this summer, bring a small empty water bottle and refill it once you're in the boarding area. Without the need to buy bottled water, you will save money, limit waste and have access to water throughout your flight. Remember, an airplane cabin is a low-humidity environment, which can leave you dehydrated and more susceptible to jet lag.

**Flavor Your Water**

If you're tired of plain water, add strawberries, cucumber, lemon or mint to flavor your water. You can even purchase an infuser water bottle to take flavored water on the go.

Source: [www.foodandnutrition.org](http://www.foodandnutrition.org)

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

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## What is a Skilled Nursing Facility?

**It's important to know all your options.**

If you or someone you love has ever had a stroke or needed post-operative care, you've probably heard the term SNF or skilled nursing facility. Skilled nursing facilities offer a place for those who need short-term rehabilitation following a hospital stay or who may need long-term nursing supervision because of health issues or disabilities. They are licensed healthcare facilities that are inspected and regulated by the state's Department of Health Services.

Many patients who are sent to a SNF need 24-hour nursing care. Whether they require post-operative wound care or have intravenous medications which need to be dispensed and monitor, the skilled nursing facility is designed to handle a wide array of services. Physical, occupational and speech therapy are an integral part of the healing process. A physical therapist works with a patient to rectify strength and balance issues. A speech therapist assists a patient in reclaiming their ability to communicate (especially after a stroke). And, an occupational therapist can help a patient become independent again. Whatever the situation, the goal is to restore each patient as quickly as possible to their highest level of function and independence.

OakBend Medical Center has the only hospital-based skilled nursing facility in Fort Bend County. Because it is attached to the hospital, this allows for key higher level of care services to be available for 24-hours a day. Plus, access to a cardiac catheterization laboratory (cath lab), pharmaceuticals, laboratory and radiology services and most importantly, 24-hour emergency physician coverage. When seconds can make a difference between life and death, being in a hospital-based skilled nursing can save lives. If you or your loved one must be admitted to a SNF, OakBend's Skilled Nursing care involves trained professionals dedicated to help you become the best you can be.

### **About OakBend Medical Center:**

OakBend Medical Center is an independent, community-minded health care organization located in the heart of Fort Bend County, providing quality care and exemplary service with its two full-service hospitals, as well as many specialty centers.



### MEALS SERVED IN JUNE

Home Delivered: 19,705  
 Congregate: 5,597

### CLIENTS SERVED IN JUNE

Home Delivered: 763  
 Congregate: 402

### Transportation Units

Clients: 153  
 Rides: 2,968

