



## Know the Facts About Seasonal Stroke Risk



Fall is a wonderful time of year to take a scenic drive with your loved ones. As caregivers, we just need to keep a watchful eye on elderly friends and family members.

To most younger and middle-aged adults, seasonal temperature drops may seem insignificant. But recent studies have shown that cold weather increases blood pressure in elderly people, which can increase the risk of stroke or heart attack.

For some the change is slight, while in others it can be significant.

Cold weather interferes with the body's ability to regulate body temperature. Part of this system involves the constriction and dilation of different blood vessels in the body. If vessels constrict without need or too aggressively, blood pressure can spike. Sometimes the body keeps too much fluid in the blood, increasing blood volume and again increasing blood pressure.

When a person is cold, the blood vessels in the extremities contract, limiting the space the blood can flow within the body. This can also raise a person's blood pressure. In others, cold weather causes emotional stress as a result of the uncomfortable physical sensations brought about by being cold. That emotional stress can lead to reactions in the body that constrict blood vessels and increase heart rate, leading to higher blood pressure.

Some elderly people will experience more than one of these issues, or a combination of all of them. It's important to monitor blood pressure regularly during colder weather and to immediately notify a physician if changes occur.

## It's Good to Ring & Remember!



Traditions offer numerous benefits: they strengthen your family's bonds, enrich the life you share together, and create lasting memories.

That's why Hospice Alliance is inviting you and your family to join us in celebrating "Ring & Remember" in recognition of National Palliative & Hospice Care Awareness Month on November 13.



Hospice Alliance is offering bells for \$5 in honor or memory of your loved ones. [Download order form here.](#)

Additionally, we hope you will join us at our Pleasant Prairie office for a special celebration of loved ones who have touched our lives and hearts. The special event will include:

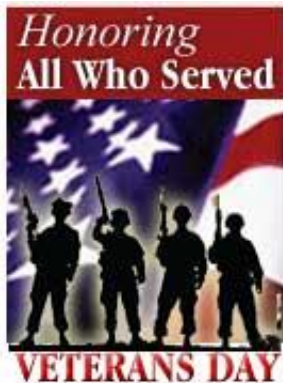
Music by a Bell Choir, Lighted Garden, Refreshments and a Holiday Raffle.

When: Thursday November 13, 2014 from 5:00 PM to 7:00 PM

Where: 10220 Prairie Ridge Blvd., Pleasant Prairie

Cost: No cost to attend. Bells are available for \$5 in advance. [Download order form here.](#)

## Hospice Alliance Honors Vets Every Day!



Hospice Alliance caregivers understand that veterans can respond to end-of-life in unique ways as a result of their service and their era of service.

The nuances of their life experiences and frame of mind are interwoven in the way our entire Care Team of Registered Nurses, Certified Nursing Assistants, Social Workers, Chaplains and Volunteers develop their custom care plans.

Due to a growing number of veterans in our care, 104 in 2013 and 142, through August 2014, we're growing our veteran recognition and educational programs.

This fall, we hosted Veterans Day Celebrations at partner senior care facilities. More resources for families, such as a contact list of County Veteran Service Offices, are now available from Hospice Alliance. Every veteran in our care is honored with:

A pin of recognition, framed certificate, keepsake handmade red, white and blue afghan or lap quilt.

Additionally, we've woven a special Veterans Memorial Program into our Annual July Memorial Service for increased awareness. We also joined "We Honor Veterans" – a national hospice provider awareness campaign conducted by the National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs.

For more information on how Hospice Alliance honors veterans and their families, please contact us at 1-800-830-8344 or (262) 652-4400.