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Questions or comments call Megan Olman, MA, Manager of Social Services at (888) 994-3863, ext. 2390

OUTPATIENT SURGERY CARRIES RISKS

A new study from the University of Pennsylvania School of Medicine found that being 65 years or older, having a medical procedure that lasts longer than 120 minutes, cardiac problems, peripheral vascular disease, cancer, and the use of regional or general anesthesia, are all linked with an increased risk of hospital admission after a person has outpatient surgery.

The researchers analyzed data on more than 783,500 people who had undergone outpatient procedures. Of those studied, 4,351 were sent to the hospital immediately following surgery. While the researchers concede that most complications from outpatient surgery are minor, they do caution patients and physicians to consider all risk factors before deciding on a course of treatment.

FREE ENTERTAINMENT FOR SENIORS

Whether you're living on a fixed income or just looking for new ways to be smart about how to save money, below is a list of free entertainment activities bound to increase your fun and enjoyment.

- Free nights at museums. Many museums offer free admission at least one night each week.
- Volunteer to usher. Many professional theater, opera, and dance companies use volunteer ushers to help customers find their seats, and you receive a free admission to the performance.
- Go to the library. The public library offers a rich collection of reference materials and free internet access. Drop in and check out a book or read the current issue of a favorite magazine.
- Literary readings. When authors go on tour to promote their books, they may be heading to a bookstore or library near you. Call your local bookstores and library for information on upcoming readings or lectures.

SPRING FORWARD WITH SEASONAL FRUITS AND VEGETABLES

It's springtime again...and with spring comes a whole host of wonderfully nutritious seasonal fruits and vegetables. Some fruits currently in season include mangoes, berries, bananas, peaches, nectarines and plums. Some veggies currently in season are asparagus, spinach, beets, peas and peppers.

Did you know that you could get almost 60% of the recommended daily allowance for folic acid in a six-ounce serving of asparagus? And, all berries contain an abundance of phytochemicals and antioxidants that fight diseases and protect our cells. So head to your local farmers market or grocery store and stock up on delicious fruits and vegetables.

BLUEBERRY SALAD DRESSING

1 cup fresh blueberries
4 tablespoons olive oil
2 tablespoons honey

Combine all ingredients in a bowl and whisk together OR combine all ingredients in a blender/food processor.

SKINCARE — PROTECT YOURSELF FROM SUN DAMAGE

Most skin cancers are preventable. Try to avoid the sun between 10:00 a.m. and 4:00 p.m. because the sun's rays are strongest during this period. Remember, you absorb UV radiation year-round and clouds offer little protection from damaging rays. It is also a good idea to wear sunscreen year-round and use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15 when you go outside. Use a generous amount of sunscreen on all exposed skin, including your lips, the tips of your ears, and the back of your hands and neck.

Also, be aware of sun-sensitizing medications. Some common prescription and over-the-counter drugs, including antibiotics, certain cholesterol, high blood pressure and diabetes medications can make your skin more sensitive to sunlight. Ask your doctor or pharmacist about the side effects of any medications you take.

QUOTE OF THE MONTH

“Only two things are infinite, the universe and human stupidity, and I'm not sure about the former.” — Albert Einstein (1879 – 1955)

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