



## January is National Blood Donor Month



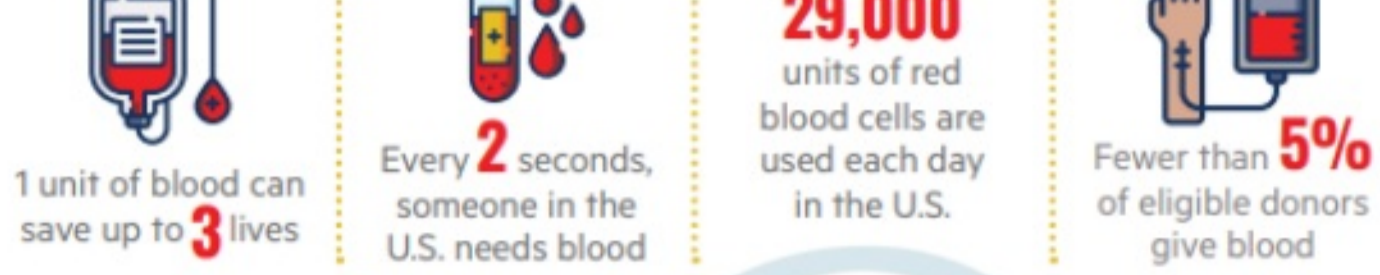
More than 50 years ago — on December 31, 1969 — the president of the United States signed a proclamation designating January as National Blood Donor Month (NBDM). The new monthly observance was meant to honor voluntary blood donors and to encourage more people to give blood at a time when more blood is needed.

Throughout the decades, AABB marked NBDM with a series of activities that highlight the importance of blood donation.

For more information, [click here](#).

## BLOOD IS AN ESSENTIAL MEDICINE

THERE IS NO SUBSTITUTE FOR HUMAN BLOOD



**BLOOD CONSISTS OF SEVERAL COMPONENTS**  
THOSE MOST NEEDED BY PATIENTS ARE:



### WHO NEEDS BLOOD?

1 IN 7 HOSPITAL PATIENTS NEED BLOOD FOR MANY REASONS, INCLUDING:

- Trauma
- Postpartum Hemorrhage
- Cancer
- Sickle Cell Disease
- Hemophilia
- Kidney Disease
- Liver Disease
- Preterm Infants
- Transplants
- Critical Care
- Burns



### HOW MUCH DOES IT TAKE?

AN AUTOMOBILE ACCIDENT VICTIM MAY NEED UP TO **50** RED BLOOD CELL UNITS

A CANCER PATIENT UNDERGOING CHEMOTHERAPY MAY NEED UP TO **8** PLATELET UNITS / WEEK

AN ORGAN TRANSPLANT RECIPIENT MAY NEED UP TO **25** PLASMA UNITS, **30** PLATELET UNITS, AND **40** RED BLOOD CELL UNITS

### Additional Resources:

- [Give Blood Locator](#)
- [Blood Donations FAQ](#)
- [Transfusion Medicine](#)
- [Donor Services Training Manual](#)

## The #1 Exercise To Do As You Get Older

As you age, you naturally lose muscle mass, so it's important to strength train to stay strong. Ideally, you should work all of the major muscle groups in your upper and lower body at least twice a week.



But if you have time for only one exercise, you'll get the most bang for your buck by doing a set of squats, experts say.

"The squat is the most important exercise for seniors," says Eric Daw, a personal trainer dedicated to older adults and founder of Omni-Fitt in Toronto, Canada. "When you have to go to the washroom, that's a squat. When you get in the car, that's a squat. Every time you sit down or stand up, that's a squat. If you don't do them well, it affects the way you live."

Squats strengthen all of the muscle groups in your legs, including your calves, quadriceps, hamstrings and glutes, as well as muscles in your lower back and core. Those muscles provide the foundation for most activities of daily living, such as getting off the toilet, climbing a set of stairs and simply standing up from a chair.

Squats can also help protect your joints, improve your balance and prevent falls, says Denise Austin, health and fitness expert and creator of DeniseAustin.com.

For more information, [click here](#). Content Credit: AARP

## Staying Hydrated Could Mean Less Disease, Slower Aging



### Could hydration hold the key to longevity?

Lars von Trier diagnosed with Parkinson's disease Protecting yourself against Lyme disease and tick bites

Maybe, suggests new research that discovered older adults who are properly hydrated may be healthier and live longer than those who aren't, having less incidence of

conditions like heart and lung disease.

"Staying well-hydrated may slow down aging, prevent or delay development of chronic diseases, and therefore prolong disease-free life," said lead investigator Natalia Dmitrieva, a researcher from the Laboratory of Cardiovascular Regenerative Medicine at the U.S. National Heart, Lung and Blood Institute.

"The best way for people to keep well-hydrated is to be aware of the amount of fluids they drink without engaging in intensive sports activities or [spending] a long time in a hot environment," Dmitrieva said.

The current recommendations vary from 2 to 3 liters of fluid daily -- for women, that's 6 to 9 cups of fluids like water each day, while men need around 8 to 12 cups, she said.

To read more, [click here](#). Content credit: US News

## January Recipe of the Month: Sweet Potato & Black Bean Chili



This vegetarian sweet potato chili is a breeze to make. Make it once, and you'll come back to it again and again.

### Ingredients

- 1 tablespoons plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile
- ¼ teaspoon salt
- 2 ½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

### Step 1

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

### Step 2

Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

To see the full recipe, [click here](#). Content Credit: [EatingWell.com](#).

## We're Hiring!

### RN Case Manager

Full Time position - Responsible for providing skilled nursing care to patients home health care. Duties include but not limited to client assessment, care planning, therapeutic intervention, and overall supervision of client care and outcomes. Provides functional support and supervision to home health aides. Must be a graduate of an accredited or approved school of nursing, licensed to practice in the state of CT, and have a minimum of one year med-surg clinical experience. Home health care/OASIS/visit documentation experience preferred. We offer flexible scheduling and a competitive wage/benefit package. Please submit resume to [info@visitingnurses.org](mailto:info@visitingnurses.org).

### RN Per Diem Position

Registered nurses to work per diem weekdays. Duties include, but not limited to: client assessment, OASIS timepoints, HHA supervision, and functioning as part of the team. Must be a graduate of an accredited or approved school of nursing, licensed to practice in the state of CT, have a minimum of one-year med-surg clinical experience. Home health care/OASIS experience preferred. Please submit your resume to [info@visitingnurses.org](mailto:info@visitingnurses.org).

Our ideal candidate will have at least 1 year of med-surg experience preferably in home health care, have excellent communication and documentation skills and have CPR certification. We offer a competitive salary and benefit package. Please submit resume to [info@visitingnurses.org](mailto:info@visitingnurses.org).

### Let's Stay Connected!

To learn more about Visiting Nurses of the Lower Valley, [click here](#). To learn more about Lower Valley Care Advocates, [click here](#).

Questions? Call Us! 860-767-0186





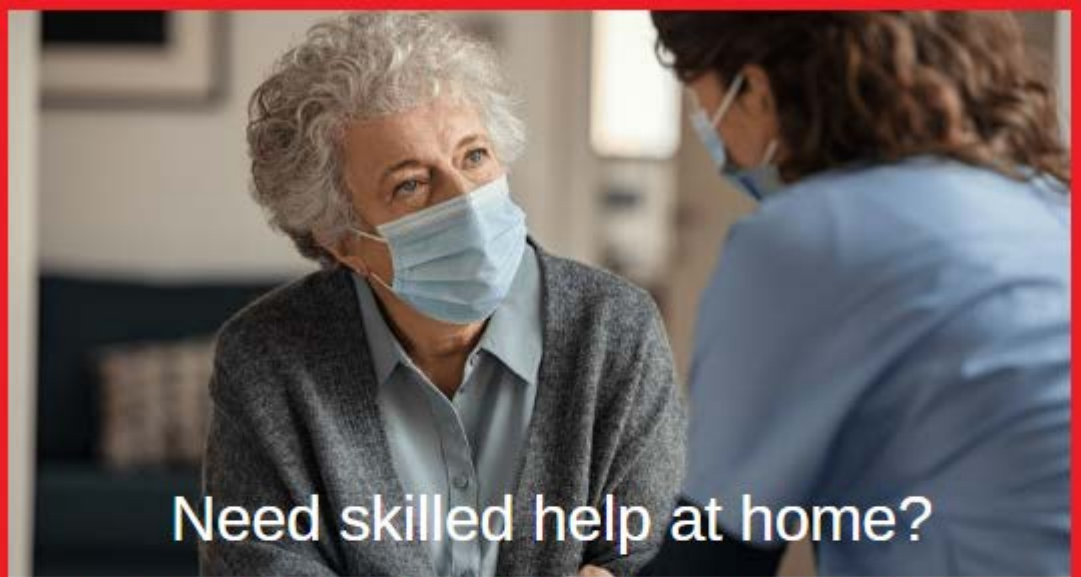
Nursing, Physical, Occupational & Speech Therapies,  
Social Work, Home Health Aides, Telehealth, and  
Transitional Care

- In-home clinical assessment within 24 hours after discharge
- Video conferencing available to support services
- Private pay personal care available via Lower Valley Care Advocates
- We accept all insurances except Connecticare and Cigna

VNLV's Service Area:



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