

By Gladys Owens, Activity Director

on Thursday, June 6.

Nurse aides contribute so much to the care and well-being of our residents through their close, daily contact with them. Being a nursing aide

To further recognize the nurse aides, Heritage House has decorated the walls of the facility with com-

Heritage House has many very efficient nurse aides who help each resident maintain the resident's dignity and self-esteem in daily activities. Although the job the nurse aide performs can be demanding, it can also be very rewarding. The residents place their trust in them, and a friendship begins to blossom. Nurse aides are a vital part of the nursing home and the staff of Heritage House salutes them and the job that each one performs.

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1. Do not take medicine from containers that show signs of tampering.
2. Never give your medicine to someone else. What may be good for you, may not be good for another person.
3. Some medicines should not be taken at the same time alcohol is being consumed. Ask your pharmacist about your medicines.
4. Do not take medicines in the dark. Read the label of all medicines before they are taken to make certain you take them properly.
5. In general, oral tablets and capsules are best taken with a full glass of water. Sometimes it is advisable to take oral medicines on an empty stomach or with food. Ask your pharmacist if you have questions about how your medicines should best be taken.

By Dr. Eric R. Tepper, Podiatrist

## TWISTS AND TURNS

"At least it's not broken..." Many patients have this reaction when told their ankle injury is a sprain rather than a fracture. Sprains, however, can take longer to heal than a simple fracture. The reason is that the ligaments, the partial bands of the ligaments surrounding a joint, may require casting or surgery. They may be difficult to differentiate from a fracture because both types of injury cause swelling, pain, and bruising. However, while most fractures show up on the X-ray, sprains do not. A normal X-ray, therefore, does not guarantee a minor injury. Twists and turns is the most common cause of ankle sprains. The good news is that applying your doctor's instructions, with minor sprains, an Ace bandage is sufficient. Be sure to wrap the joint firmly, but not too tightly. Use ice for the first 24-48 hours. After that, heat (soak or pad) helps increase blood flow and speed healing.

A twisted ankle may rest next to the stubbed toe as one of the most frequent, and painful, foot related injuries. Please call your doctor for further information or for an appointment, at the Eagle Lake Community Hospital at 409-234-5571. I am the first and third Tuesdays of the month. As a family practice, I offer comprehensive diagnosis and treatment of foot problems, as well as preventive foot care and direction.

To relieve a sprained joint or diminish swelling, try to keep above the level of the heart. For an ankle injury, a footsool or pillow is helpful.

You know the power line is there. And, you know you need to be careful. But, it's so easy to get distracted. Don't.

If you must trim trees near power lines, keep your priorities straight. Safety first; then the job. Better yet, call an

expert. Whatever the cost, it's worth it.

One brush with a power line could be a shortcut to tragedy.

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