



A publication of the Brown Medicine  
Geriatrics Department 401-649-4010

## Did you know?

Brown Medicine-Geriatrics offers after hour access to on-call physicians, same day sick visits and weekend appointments for urgent issues. Please call the office for more information and/or to schedule an appointment.

### 3 ways to get the Geriatrics Newsletter:

1. It's available at our Geriatrics office in East Providence, check-in.
2. [Brownmed.org/division-of-geriatrics-and-palliative-medicine](http://Brownmed.org/division-of-geriatrics-and-palliative-medicine)
3. Log into: Patient Portal

## Drink Responsibly this Holiday Season: Seniors & Alcohol

Join in the Holiday celebrations while being cautious of your alcohol consumption. The effect of alcohol can sneak up on you more quickly than they did when you were younger. As people age, their bodies change. Health problems and chronic diseases can develop, and all of these changes can make alcohol use a problem for older adults.

Aging lowers the body's tolerance for alcohol, and older adults can develop problems with alcohol even though their drinking habits haven't changed. Memory impairment, problem with



balance and increased falls can be attributed to drinking too much alcohol. Many prescribed medications, over-the-counter, or herbal remedies can be dangerous when mixed with alcohol. Please check with your doctor or pharmacist to see if you can safely drink alcohol. Some major life changes like death of a friend or loved one, moving to a new home, or failing health can lead to drinking too much. These kinds of changes can cause loneliness, boredom, anxiety, or depression.

Eating food while you drink alcohol is important. It is particularly good to eat protein foods such as cheese and peanuts, which help to slow the absorption of alcohol. Also drinking plenty of water in between cocktails helps to avoid dehydration.

Enjoy the holidays but remember to drink responsibly.

## Caregivers and Depression

Do you care for a chronically ill person who also suffers with depression? If so, guard and protect your mental health. Research has shown that caregivers are more at risk for depression themselves if they care for a person with depression. Seek a social support and psychological support system, and practice basic stress management skills.

Most professional counselors can screen for depression in minutes.

Caregiver support and care resources are available to you at our practice.

Please contact our Clinical Social Worker, Kerri Kelley LICSW (ext. 1004), for more information and/or to schedule an appointment.

Source: [www.caregiver.org/depression](http://www.caregiver.org/depression)

## Save the Dates: Free Educational Classes

### Diabetics

Mary Flynn Dietician will be discussing Healthy cooking for Diabetics. All are welcome. We are offering this Free class at the Geriatrics office.

February 6, 2019 11:30a-12p

March 6, 2019 11:30a-12p

Please register by calling Kay McKay RN NCM ext. 1007. Seating is limited, so register early.

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### 10 Warning Signs of Alzheimer's Disease

Know the ten warning signs of Alzheimer's Disease – All are welcome. We are offering this Free class at the Geriatrics office.

Date to be determined, April 2019

Please register by calling Kerri Kelley LICSW ext. 1004. Seating is limited, so register early.

## Weekend Sick Visits for Primary Care Patients

Saturday and Sunday appointments are available for urgent care visits when you are sick.

### Avoid going to the Hospital Emergency Room or another Urgent Care Facility:

- Avoid long wait times.
- Avoid large co-pays.
- See doctors with access to your medical records.



These appointments are at the Brown Physicians Patient Center:  
375 Wampanoag Trail  
East Providence, RI 02915

Call your provider's office to schedule an appointment:  
Geriatrics Primary Care: 401-649-4010

*If you are experiencing a medical emergency, please call 911 immediately.*



**BROWN MEDICINE**  
BROWN PHYSICIANS, INC.

Division of Geriatrics &  
Palliative Medicine

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