The Red Hat Dispatch For Wednesday October 28



Onion Epsom Salt Poultice

Slice onions and place them on a pan. Place them in the oven on low heat until they look transparent. Take them out of the oven and sprinkle epsom salts on the hot onions. Place them on a linen cloth and over with the other part of the cloth. Place this over the chest. It helps to open bronchial tubes. You can keep warm with a heating pad.

Enjoy Your Throat Lozenge.

This was purchased from the health food store.

Red Hat Dispatch

DISPATCH: LIVE FREE LIFESTYLE INVESTIGATORS, October 28th, 2:33 p.m. You're requested to join EMS at a private residence for a seventy-six-year-old African American man with increasing confusion. His wife says

he's had memory problems for years, but lately they've gotten worse. Forgetting names and dates, asking the same questions over and over, not recognizing family at times, and getting lost in familiar places. She reports word-finding trouble, difficulty dressing, mood changes including agitation and anxiety, and wandering at night. Today she found him outside confused about where he lives and insisting he needs to go to work though he retired ten years ago. On arrival with EMS, you find him in the living room, frightened and asking who you are, then repeating it again. His wife is worried and says, "He used to be so sharp." EMS is evaluating for medical causes of sudden worsening confusion, while you begin your LIVE FREE lifestyle investigation.

As a LIVE FREE Lifestyle investigator, what lifestyle habits would you expect the person to have? You can email pastor@torsoe.org. 706-897-8537.

- Love God (Describe his stress level)
- Include Temperance (Describe him drinking, smoking, & overworking)
- Vital Water (List beverages he might drink? It's clearly not much water)
- Eat Healthy (What would you expect him eating habits to be?)

- Fresh Air (Describe a man who does not get out much.)
- Rest (Describe someone burning the midnight oil.)
- Exercise (Describe a man who does not even go the gym.)
- Enjoy Sunlight (Describe a person who is mostly in doors.)