



## Handwashing Tips For People With Eczema And Other Skin Conditions

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Because she's so accustomed to the routine to care for her skin, Dr. Nduaka's not worried about his daughter's eczema right now, and neither is she. "She's doing OK," he says.

Dr. Levenberg shared the following advice for people with eczema on how to help keep their hands clean and healthy.

### USE THE RIGHT KIND OF CLEANSER

People with eczema or other skin conditions should consider use of a gentle cleanser, which comes in bar and liquid form, says Dr. Levenberg. "Try to avoid certain ingredients, harsh detergents or fragrance," he says. "Those can potentially irritate the skin, and these patients may be more susceptible to not only irritation, but an allergy from it as well." He also recommends washing hands with lukewarm water, rather than hot or cold, to avoid further irritation.

### DRY BUT DON'T OVER-DRY

Drying after every handwashing is important, because, according to the CDC, germs can transfer more easily to and from wet hands than from dry. Dr. Levenberg recommends people with skin conditions gently pat their hands dry using a clean towel, disposable paper towel, or air dry if available. He says, "It's important to try not to over-dry your hands and make sure not to rub your hands vigorously with a paper or cloth towel in a harsh way that may traumatize the skin."

### ALWAYS MOISTURIZE

After light drying, immediately apply a moisturizer. Dr. Levenberg recommends products such as ointment

or cream, which tend to be thicker and have better moisturizing properties. "Ointments and creams tend to be a little bit heavier than, for example, a lotion and may do a slightly better job to soften and seal in moisture in the skin," he says.

### CARRY YOUR OWN HAND PRODUCTS WITH YOU

People with eczema and other skin conditions may benefit from carrying travel-size versions of their cleanser and moisturizer with them when they leave the house, says Dr. Levenberg. That way, they can stick to the same routine with products they and their skin are accustomed to.

However, he adds, when that's not an option, it's OK to use products that are generally available at that time. "If faced with the choice of not washing your hands because you don't have your personal cleanser with you or washing them with a suitable cleanser available at that moment, you should go ahead and wash your hands," he says. "You err on the side of caution and you do what's best for yourself and for public health."

Washing your hands frequently and correctly is always important. And right now, as people try and stop the spread of COVID-19, Dr. Levenberg says keeping your hands healthy is critical for overall health. "It may lower your risk for infection personally or spread of infection to others, and in general, when washing appropriately, allows you to try and maintain healthy skin barrier function," says Dr. Levenberg.

Source: <https://www.brandpointcontent.com>

  
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# Newsletter

Summer 2020

## Well-Deserved Honor for SCAH Member Irma Schachter

Earlier in 2020, Senior Choice at Home member and Northfield Mount Hermon alumna Irma Schachter of Westport was honored with the school's Lamplighter Award. The highest honor given by the school's Alumni Association, the award is for service to the school "far beyond the call of day."

This was Irma's 75th reunion year for Northfield Mount Hermon. Over the years, she held numerous volunteer roles for her class, including reunion chair, class agent and gift chair, which is her current role since 2000.

In 2005, for her 60th reunion,



Irma and her husband Joe Schachter.  
Photo courtesy of [www.06880danwoog.com](http://www.06880danwoog.com)

Irma achieved 100% participation from her class for their reunion gift. No class has since matched that, according to the school.

After Connecticut College, and before the Harvard MBA Program accepted women, Irma enrolled in Harvard Radcliffe's Management Program taught mostly by the same professors. She held executive positions at A&S in New York City, as well as at Burdines and Bloomingdales. She also spent time at Lord & Taylor as a vice president in charge of seven metropolitan stores.

"I love Northfield," the proud alumna says.

The Senior Choice at Home family is proud of you too, Irma! Congratulations on this well-deserved honor and recognition.

**DID YOU KNOW** that Senior Choice at Home now offers **flex pricing** for new members? This allows members to pay a lower or higher membership fee up front, along with a higher or lower monthly fee, respectfully, when they join Senior Choice at Home. Now, you can choose how you want to structure your payments! Please feel free to call the Senior Choice at Home office at 203-365-6491 to learn more and discuss this new payment option.

*Senior Choice at Home*, administered by Jewish Senior Services®, is a comprehensive program that provides, coordinates and pays for long term care for adults 55 and over for the rest of their lives. It is designed to provide protection for independent individuals who wish to remain in their homes, ensure their care is paid for, and protect their assets as their healthcare needs evolve. Should one need to live in an assisted living community or receive nursing home care, the program will provide for these too.

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## How does telehealth really compare to in-person health care?

Following the outbreak of the COVID-19 pandemic in the United States, the adoption of telehealth services has been on the rise and people are turning to digital technology more than ever to address their personal health care needs without having to leave their homes.

But while many have begun to embrace telehealth offerings as a new way to connect to care and address their personal health needs, myths surrounding what telehealth services are intended for and how they compare to in-office visits continue to prevail.

To help determine how digital care can best meet health care needs during quarantine and beyond, here are the facts behind four common misconceptions about telehealth:

### MYTH #1: Telehealth is only for basic or urgent care needs.

**FACT:** Telehealth can often be the first stop for preventive, primary care and other health and wellness needs. Patients can connect with a doctor or nurse practitioner to receive care for a range of acute, preventive and chronic care needs, including illness and injury, mental health services, and management of conditions like asthma, diabetes and more. Whether patients live in a rural area or simply want an easier way to manage their health, telehealth can adapt to their needs.

### MYTH #2: There aren't any telehealth providers in the area.

**FACT:** Many trusted local and national health care systems provide telehealth services across the nation. Today, more than half of providers in the United States offer some form of telehealth service, according to an April 22, 2020, Merritt Hawkins survey, "Physician Practice Patterns Changing as a Result of COVID-19." Additionally, recent government, health system and reimbursement policy changes have improved patient access to telehealth services and are encouraging use as a safe way to access care during the pandemic.

In fact, locating telehealth providers is easier than ever before with platforms like Walgreens.com/FindCareServices, which helps patients access care when and how they need it. Patients can choose from more than 30 telehealth providers treating over 100 conditions, while searching from the comfort of their own home. Available through an app and online, the platform makes it easy to find and compare available



providers by location, preference, insurance coverage, services and price.

### MYTH #3: Virtual care isn't as good as in-person care.

**FACT:** Telehealth services can offer high-quality, convenient access to care. Much like face-to-face office visits, telehealth visits can facilitate a trusting, open dialogue with a doctor or nurse practitioner.

Most providers have a web-based interface or mobile app, making it easy to log onto and use secure, quality video for consultations and to visually help communicate about injuries or conditions.

Telehealth also reduces time spent in waiting rooms and commuting to appointments, putting more power in the hands of patients. It can be particularly valuable for enabling remote monitoring and regular check-ins for patients with chronic conditions.

While telehealth can be a convenient alternative to in-person care, there are still instances where in-person

appointments are recommended, such as in the case of a medical emergency. To consider the best option for care needs, check with a doctor.

### MYTH #4: Telehealth is too expensive.

**FACT:** Telehealth and other services can help save money while expanding access to care. When looking for a telehealth provider, it can prove cost-effective to compare options based on pricing, insurance coverage, preferences and services provided. Look for telehealth options that list transparent pricing information to help guide the search.

If a consultation requires a prescription, Walgreens also has 24/7 pharmacy chat capabilities through its app and Walgreens.com/SaveOnRX with discounted pricing on a range of medications.

Telehealth is more accessible than ever as more providers evolve and adapt technologies to meet patient needs at a safe distance. But even as social distancing constrictions lift, digital wellness offerings will present greater flexibility and convenience in meeting individual health care needs.

Source: <https://www.brandpointcontent.com>

## The Importance of Care Coordination

The microwave oven. An ATM card. Your smartphone. There are some of the acquisitions in life that we may not have had all along, however when we finally get one, we wonder how we lived without it. Some we may not need at every stage of our lives however become important, and arguably necessary, at certain times.

One thing that falls into this category, yet may not be as tangible or enjoyable as those examples mentioned above, is Care Coordination. Care Coordination is not something one usually seeks out proactively, but scrambles into when they need it. And, wow, can it be important! Sometimes when a crisis occurs, or there is a significant change in condition, people hire a private care coordinator, also known as a geriatric care manager, to

help themselves or their loved one manage through care transitions (i.e., going home after a hospital or short-term rehabilitation stay) and new situations, ensuring they get and continue to receive the care they need.

Care Coordination is one of the many benefits and services included with Senior Choice at Home membership. Our Care Coordinators manage the process a little differently, in a good way. We get to know our members early on - when they join our program and are active, independent and generally quite healthy (requirements to become a member) - and continue to be in regular contact with them as they continue in our program. This allows us to build relationships with our members over time and get to know them. So when a member approaches us with a delicate

topic they would like to discuss, or our Care Coordinators would like to share their observations and suggestions with them, it is not a conversation with a stranger or someone they have just met. This results in more productive communication and better overall planning. As our members require more care and the navigation and coordination of that care, we are with them every step of the way.

**The true value and success of our Care Coordination is in the details, because details matter when it's about your health and well-being. Knowing the situation at home and the intricacies of someone's life. It's one of the reasons why people continue to join Senior Choice at Home.**

## Handwashing Tips For People With Eczema And Other Skin Conditions

If you are one of the 31.6 million people in the United States living with some form of eczema, continual handwashing and sanitizing to avoid spreading illness this season might be a source of added stress and anxiety, as this can dry out your skin and cause eczema to flare. Sticking to a three-step routine can help - wash, dry, moisturize.

"Regular handwashing is important to remove dirt or soil and potentially contagious germs from your skin. For patients with eczema, it's particularly important that they take care of their skin to not only maintain good skin hygiene, but to maintain control of their disease and avoid factors that may exacerbate their condition," says Mark Levenberg, DO, FAAD who is a board-certified Dermatologist and Senior Medical Director, U.S. Medical Affairs, at Pfizer Inc.

According to the Centers for Disease Control and Prevention (CDC), regular handwashing is one of the most effective ways people can keep from getting

sick - and to help protect others from viruses such as COVID-19. But for those with eczema, hands may become irritated when washed too vigorously, dried too harshly or not moisturized properly, and potentially exacerbate or trigger a flare, says Dr. Levenberg. That's why it's important to stick with a handwashing routine that will keep hands as clean - and healthy - as possible.



Dr. Chudy Nduaka knows about this firsthand. Dr. Nduaka, who is Dermatology Team Leader, North America Medical Affairs at Pfizer Inc., has a 10-year-old daughter with eczema. Ever since she was little, she's been instructed to care for her hands by washing, drying and moisturizing frequently, he says.

"Even before COVID-19, we had a rule that as soon as you walk into the house from school or from playing, you go straight to the bathroom and wash your hands and then use moisturizer," he says. "I always make sure to remind my daughter to use moisturizer after every hand-wash."

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