Hello, all!

The month of February is American Heart Month, and we here at Caring Hands Private Duty Services are definitely showing our heart healthy spirit!

While heart health is something we should care for all year, awareness months give us the chance to really hone in and work together with the community on these important topics. There are few things more vital than a healthy heart!

According to the CDC, every year, 735,000 Americans have a heart attack. About 610,000 people die from heart disease in the United States each year – that’s 1 out of every 4 deaths. Heart disease is also the leading cause of death for both men and women.

In light of these staggering statistics, what better time to take action and be proactive about heart health?

Please read on in this newsletter for heart healthy tips and recipe! A healthy diet and lifestyle are your best weapons in the fight against heart disease.

Wishing you a happy and heart healthy 2017!

Kim Park, LNHA, RD, Regional Private Duty Consultant
January is . . .

National Oatmeal Month
Start the year off right. Did you know that all whole grains have many great health benefits and can reduce the risk of some chronic diseases. Here are some tips, notes, and variations:
- Try hot oatmeal with oatmeal cookies for dippin!
- Eat sweet oatmeal as a dessert, use brown sugar!
- Try hot oatmeal with sliced bananas! Healthy!

National Hot Tea Month
A warm, steaming cup of tea is welcome at any time of day, especially in the cold winter months. Hot Tea:
- Improves body’s defenses
- Quickens response to bacteria and viruses
- Wards off those pesky germs

Caring Hands can help you achieve these goals and resolutions. Free, no-obligation consultations may be scheduled with our experts to discuss your needs, or the needs of your loved one.

Caregiver’s Friends and Family Top 10 Resolutions

1. Go beyond one-time help. Find repeatable ways to help the caregiver in your life. Ideas include mowing the lawn, grocery shopping, providing rides to appointments, and preparing or delivering a meal.

2. Help with family meetings. Family meetings are a good way to keep everyone engaged and working together. Ask the caregiver if you can help by scheduling a time, preparing an agenda, or even setting up a conference call number.

3. Provide emotional support. Set up a weekly time to call or visit your caregiving friend or family member. Try to provide a comfortable way for him or her to vent frustrations or to simply stay connected.

4. Establish a weekly practice. If possible, find one activity you can do every week for the caregiver. Ideas: take the care recipient to church, watch him or her for a couple of hours at the same time every week, or pick up medications.

5. Cold, hard cash. Can’t be there in person to help your sister? Don’t underestimate the power of money to cover caregiving costs, including respite care that will let her take the breaks she needs.

6. Get your own house in order. Give some thought to how you’ll pay for your own long term care. Research all the options and put your plan in place.

7. Bon voyage! Help finance or arrange a vacation, including the necessary substitute care. Even helping your family member or friend get away for a night or two can make a big difference.

8. Research community help. Chances are your friend or family member doesn’t have time to research all the help available in the community. Find out what’s available in terms of respite care, adult day care, transportation, home improvements, and so on.

9. Help with home safety. Provide peace of mind by helping to make the care recipient’s home safer. If you’re handy (or know someone who is), offer to do an inspection of the home and make any changes needed, such as installing grab bars in the bathroom or adding more lights.

10. Be an exercise buddy. Regular exercise does wonders for caregivers’ stress levels. Commit to regular walks, trips to the gym, or gardening with your family member or friend. Both of you will be glad you did.

For more information visit www.agis.com
Stress Busting Tips For Caregivers*
When a loved one is sick, caregivers are often so busy providing care that they forget to take care of themselves! Consider the tips below, and take care of yourself! If you’re feeling exhausted or overwhelmed, call Caring Hands and ask about our caregiver respite services. When you need a rest, we’re here to help!

Make The Freezer Your Friend
Telling caregivers to eat right can be futile! Caregivers usually know what to eat, but it is a matter of making time to actually cook a nutritious meal. If you find yourself short on time, consider “batch cooking” which allows you to freeze individual portions and reheat them throughout the week. A nutritious soup or stew with vegetables and meat could be a lifesaver to a stressed and short-on-time caregiver.

Mix in Meditation
UCLA researchers report that just twelve minutes a day of meditation can significantly improve the mental health of caregivers. In that study, 65 percent of family caregivers who practiced a chanting yogic meditation called Kirtan Kriya every day for eight weeks saw a 50 percent improvement on a depression-rating scale. Meditation also increased telomerase activity – a sign that cellular aging had slowed.

* Adapted from AARP.org’s Caregiving Stress Busters

“Thank you for your help, care, advice and support you gave to Mark and me during this last year. It has been a long road for him and he is now at peace. I appreciate your kindness! Thanks again.”
- Janet K
February Marks American Heart Month: Small Changes Can Make A Big Difference

People can make a big difference in their heart health by taking these small steps during the month of February and beyond.

- Schedule a visit with your doctor to talk about heart health. Don’t be afraid to ask questions and trust their advice.
- Add exercise to your daily routine. Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week.
- Increase healthy eating. Cook heart-healthy meals at home at least 3 times each week.
- Take steps to quit smoking. If you currently smoke, quitting can cut your risk for heart disease and stroke.
- Take medication as prescribed. Talk with your doctor about the importance of high blood pressure and cholesterol medications.

For more information visit:
www.cdc.gov
www.heart.org

In a 2010 CDC study, more than 30% of adults aged 65 or older report no leisure-time physical activity. But even older people need regular exercise.

Exercise Tips:

- **Older adults can work with their health care provider** to develop an activity plan to consider chronic conditions, activity limitations, and reducing risk of falls. Fitness professionals can also be a good resource for recommendations on physical activity and injury prevention for healthy, asymptomatic older adults.
- **Focus more on increasing moderate activity** and give less emphasis to attaining high levels of activity which has a risk of injury and lower adherence. Pick activities you enjoy and exercise at an intensity appropriate for you. You may find that you can gradually increase your physical activity over time.
- **Pick activities that are fun**, suit your needs and that you can do year-round.
- **Wear comfortable clothing** and footwear appropriate for the temperature, humidity and activity.
- **If you decide that walking is a great activity for you**, choose a place that has a smooth, soft surface; that does not intersect with traffic; and that’s well-lighted and safe. Many people walk at area shopping malls.
- **Find a companion** to exercise with you if it will help you stay on a regular schedule and add to your enjoyment.
- **Because muscular adaptation and elasticity generally slows with age**, **take more time to warm up and cool down** while exercising. Make sure you stretch slowly.
- **Start exercising at a low intensity** (especially if you’ve been mostly sedentary), and progress gradually.
- **If you plan to be active more than 30 minutes**, then **stay hydrated by trying to drink** some water every 15 minutes, especially when exercising in hot, humid conditions. As you age, your sense of thirst tends to decrease and you may not be able to completely rely on your internal sense of thirst.
Sure, you know that living an active life is good for your ticker. But do you really know why exercise is such a powerful heart-disease protector? Be active, and see all that you’ll reap:

1. **Better blood-sugar control.** People with diabetes have a significantly higher risk of heart problems, so anything that keeps that disease in check protects the heart, too.

2. **Improved circulation.** Your heart is a muscle, and exercise helps make it stronger. A strong heart pumps blood more efficiently, and delivers more oxygen and nutrients to every inch of your body. This improvement in circulation increases energy levels so you can do more activities without getting tired.

3. **Lower blood pressure.** Being active helps reduce the risk of developing high-blood pressure, and it helps control it if it sets in.

4. **Healthier cholesterol levels.** Physical activity increases HDL (good) cholesterol, decreases LDL (bad) cholesterol and decreases triglycerides.

5. **Reduced stress.** Exercise triggers biochemical changes in your brain that temper feelings of anxiety and depression, a condition that has been linked to heart disease.

6. **Weight loss.** Sweating it out forces the body to burn more calories, which means there are fewer available that can be stored as fat.

7. **Sounder sleep.** Living actively can help improve the quality of your sleep as well as help you fall asleep faster. And that’s good news for your heart: Research has linked chronic sleep deprivation to heart disease.

8. **Appetite control.** Working it may help curb your appetite, which can make it easier to lose and control your weight.

9. **More efficient fat metabolism.** Exercising after a high-fat meal can help reverse some of the damage that fat does to your arteries.

10. **Improved symptoms.** If you already have heart disease, exercise may decrease symptoms of angina (chest discomfort) and heart failure. Ready to get moving? Get the all clear from your doctor and check out these resources for starting an exercise program.

“I had the opportunity to meet Dante on Friday while visiting my parents. He is a wonderful care giver and we are very fortunate to have him caring for our dad. Dante is so kind, attentive, respectful and competent. Thank you for making a terrific match for our family. With much appreciation.”

- Ceecee M
Apple and Walnut Chicken Salad with Green Salad
This delicious no-cook Simple Cooking with Heart recipe is a combination of two salads. It’s fresh, sweet, crunchy and creamy and is a satisfying lunch or a light dinner entrée.

Ingredients for the Chicken Salad:
- 1/4 cup fat-free, plain yogurt
- 2 Tbsp light mayonnaise
- 1/4 tsp salt-free, dried Italian spice blend or dried thyme, dried basil or both combined
- 2 cups skinless, shredded chicken breast of a rotisserie-cooked chicken OR 20 oz canned, salt-free white meat chicken (drained)
- 3 Tbsp chopped, unsalted, uncoiled walnuts (or whatever nuts are on sale)
- 1/2 cup halved, seedless grapes OR sugar-free, dried fruit like prunes or cranberries
- 1 red (sweeter) or green (more tart) apple, finely chopped

For the Green Salad:
- 1 head lettuce (green leaf, red leaf or romaine), cut into bite-size pieces
- 1/2 chopped cucumber (chopped, peeled if desired)
- 1 large tomato (chopped)
- 1 Tbsp extravirgin olive oil or canola oil
- 1 Tbsp red vinegar, white vinegar, or lemon juice

Directions for the Chicken Salad:
1. Combine yogurt, mayonnaise, and 1 tsp spice blend in a large bowl with a fork.
2. Add chicken, nuts, grapes, and 2 chopped apple. Stir to combine.

For the Green Salad:
1. In a bowl, combine chopped lettuce, cucumber, and tomato.
2. Add oil and vinegar, stirring to combine with salad.
3. Serve salad greens with chicken salad on top.

Recipe copyright © 2016 American Heart Association. This recipe is brought to you by the American Heart Association’s Simple Cooking with Heart ® Program. For more simple, quick and affordable recipes, visit heart.org/simplecooking.

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Presidential Trivia

1. Who was the tallest president?
   - Abraham Lincoln was 6'4”

2. Who was the shortest president?
   - James Madison was 5’4”

3. What 4 presidents have been assassinated in office?
   - Lincoln, Garfield (1881), McKinley (1897-1901), and Kennedy (1961-63)

4. Who was the only president to be born not in the continental United States?
   - Barack Obama was born in Hawaii

5. What U.S. Vice President and President was not elected to either office?
   - Gerald Ford became the vice president in 1973 after Spiro Agnew resigned. He then became president after Richard Nixon’s resignation in 1974.

6. “Read my lips: no new taxes?” was a statement by which US President?
   - George H. W. Bush at the 1988 Republican National Convention

7. This President was a general in World War 2?
   - Dwight D. Eisenhower

8. How many Presidents died on the 4th of July?
   - Three. Adams and Jefferson (1826) and Monroe (1831)

9. Who was the only President to serve more than two terms?
   - Grover Cleveland was the 22nd and 24th US President (1885-89) (1893-97)

10. Who was the only President to serve two non-consecutive terms?
    - Woodrow Wilson

11. Who was the only unanimously elected President by the Electoral College?
    - Grover Cleveland

12. Who was the first president to run against a woman candidate?
    - Woodrow Wilson

13. Which state is the birthplace of the most presidents?
    - Virginia

14. What president’s mug graces a $100,000 bill?
    - Thomas Jefferson

15. Thomas Jefferson oversaw acquisition of the vast Louisiana Territory from France in 1803, and sent out what expedition in 1804?
    - Lewis and Clark Expedition (1804-1806)
**January 2017**

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Caring Handyman Service

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