Hello, everyone! We decided to focus on the important topic of nutrition for this issue. As we grow older and our metabolisms slow, getting all the nutrients we need while taking in fewer calories in order to maintain a healthy weight can be a challenge. Caregivers are also challenged to take the time to care for themselves and make healthy food choices so they have the energy to keep up with their busy jobs... caring for others!

When we talk about healthy eating habits, many of us focus on what we should NOT be putting on our plates. Fried foods, high calorie processed snacks and sugary drinks are just a few of the “no-nos” when it comes to eating right. But what about what you DO put on your plate? Are you ensuring that you’re getting enough of the “good foods” that can help you to feel your best?

With March being National Nutrition Month, we invite you to join us in taking a look at what is on our plates. See inside for a Registered Dietician’s analysis of one Caring Hands employee’s eating habits for a day.

Please contact your physician before making changes to your diet and lifestyle. As always, please call us with any questions or for more information.

Kim Park, LNHA, RD, Regional Private Duty Consultant
Eating Right for Older Adults
Eating right doesn’t have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Try these eating right tips.

- Make half your plate fruits and vegetables.
- Make at least half your grains whole.
- Switch to fat-free or low-fat milk, yogurt and cheese.
- Vary your protein choices.
- Cut back on sodium and empty calories from solid fats and added sugars.
- Enjoy your food but eat less.
- Be physically active your way.

For more information, visit: www.eatright.org/nnm.

Caring Hands can help clients needing assistance with cooking and meal preparation. We collaborate with our clients to assess their nutritional needs to promote healthy eating habits. Free, no-obligation consultations may be scheduled with our experts to discuss your needs, or the needs of your loved one.

“Thank you for all your services and support in caring for our son Nick D. Especially Bernard who has worked so well with him. All Caring Hands staff have been wonderful!”
- Sharon D. (mother of Nick who has muscular dystrophy and cerebral palsy)
Have you ever wondered if your diet is the best it can be? **Caring Hands Regional Private Duty Consultant, Kim Park**, is also a Registered Dietician. Below, Kim looks at the plate of a Caring Hands employee for one day and shares her thoughts and advice on small changes to make each meal more nutritious.

**Breakfast:** Every day for breakfast I have the same thing: a bowl of either Special K cereal or Cheerios with 2% milk. Some days I might stop at McDonald’s and get a sausage egg and cheese McMuffin!

**Dietician’s advice:** A healthy cereal with milk for breakfast is always a good start. How about adding some fruit to this meal? Fresh strawberries or blueberries are a great choice. Remember, breakfast really is the most important meal of the day. So don’t skip it!

**Lunch:** Yesterday for lunch I ate a tuna salad sandwich, a pickle spear, and a small bag of potato chips (140 calorie bag). I passed up the cookie that came with it.

**Dietician’s advice:** Tuna fish is a great choice. Just be sure that the tuna salad you eat isn’t loaded with mayonnaise and extra fat and calories. Try to always use whole grain breads instead of white bread. Pickles are great. They are very low in calories and are a great snack to help maintain or lose weight. Cookies and sweet treats are okay sometimes, but should definitely not be eaten with every meal. Good job!

**Dinner:** Last night for dinner I had a small salad with ranch dressing, spaghetti with meat sauce, and 1 piece of garlic bread.

**Dietician’s advice:** Pairing a salad with a meal is a great habit to get into. Be sure to limit extra fat by limiting the salad dressing to one tablespoon, or dip the salad into the dressing. Choose lean beef, then rinse the cooked ground beef with water and drain to avoid added fat intake. Whole grain pasta is a great choice, and tastes good, too. Making your own garlic bread makes it easy to limit the fat intake. Remember, 1 tablespoon of butter or mayonnaise = a fat serving (45 calories).

**Important Reminder:** Remember to drink plenty of water! Sometimes when we think our brain is telling us we are hungry, we are actually thirsty!

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Go Green For A Healthy St. Patrick’s Day

Greens are very high in calcium, magnesium, iron, potassium, phosphorous, zinc and vitamins A, C, E and K. They are loaded with fiber, and folic acid.

Try these simple suggestions for an easy way to get more greens in your daily diet:

- Bake kale chips sprinkled with your favorite spices to munch on instead of potato chips.
- Snack on fresh, raw snap peas.
- Sauté bok choy in garlic, ginger and a little sesame oil as a side dish in your next cooked meal.
- Use green cabbage cooked or in the form of sauerkraut.
- Salads can contain a variety of ingredients. Instead of just lettuce, add arugula, spinach or mustard greens.

Adapted from news.heart.org/go-green-for-a-healthy-st-patricks-day/
Quick Tips To Stop Hoarding Before It Starts

Here are some excellent tips for controlling clutter and break the hoarding habit.

- Recognize what hoarding is and what it is not.
- Start slow by going through one small space or collection.
- Handle objects only once rather than putting something aside “for now.”
- Scale down collections.
- Put undecided items in a box. After 6 months, you can let it go without regret.
- Toss un-used items.
- Consider consignment.

For more information, visit personalorganizing.about.com

Spring Cleaning Tips

1. **Make Doormats Welcoming.** Shake ‘em, wash ‘em, swat ‘em with a broom. They’re your front line against tracked-in dirt—so keep them clean enough to function at peak efficiency.

2. **Clean Carpets and Upholstery.** If you’re not the furniture-shifting and machine-renting type, use a professional carpet and upholstery cleaner. Open the windows to speed the drying process, which can take a day or more.

3. **Wash your Walls, Baseboards, Cabinets, and Woodwork.** The walls may not look as if they need a bath. Use two buckets: one for dishwashing detergent solution and another for wringing your sponge. Dry the walls and woodwork with a clean cloth.

4. **Vacuum with Intelligence.** Simply move those big items a little to the left or to the right. Vacuum the area previously occupied by the furniture and then move it back into place.

5. **Clean Ceiling Fixtures.** Remove dust and dirt from ceiling fans and air-conditioner vents with a cloth and a vacuum with a soft nozzle attachment.

6. **Clean Light Fixtures.** All-purpose cleaner, a sponge, and a polish cloth will give new light to your life. If your home has skylights or tall ceilings, extended-reach dust-and-dirt-removal tools.

7. **Check you Coils.** You should clean the refrigerator’s condenser coil, usually found behind the toe grille, with a long-handled bottle brush and a vacuum cleaner with an attachment hose to remove dust and lint. Built-up dust can shut down the unit by causing it to overheat.

A little housekeeping help from a caregiver for just a few hours a week can help keep the home clean while offering your loved one companionship and support on a regular basis. Please call your nearest Caring Hands office for more details on how we can help.
1. **Make Up Your Mind to Get and/or Stay Healthy.** Taking control of your personal health can make a great difference in the amount of stress you feel. The best way to reclaim control of your life is by taking charge of your body. Whether it is through diet, exercise, or simply getting that checkup you’ve been putting off, let April be the month you put yourself back in control.

2. **Make a Change.** It can be as simple as clearing the clutter off your desk or as elaborate as taking a well-deserved vacation, the important thing is that you do something different. Even a small change can make a big difference when it comes to stress.

3. **Focus on Now.** Most folks live their entire lives in yesterday or tomorrow. In truth, however, there is only Now. Focusing on this perfect moment, right now, provides a magical escape from the disappointment of what once was and the fear of what might be, and leaves stress stuck in a time warp.

4. **Talk to Yourself.** Sometimes a good pep talk is all that is needed to keep stress at bay. Maybe it is high time you gave yourself one by affirming what is right with your life instead of dwelling on what’s wrong.

5. **Get the Giggles.** It’s true; laughter really is the best medicine. Watch a funny show or video, tell a funny joke, or go to a card shop and read funny cards. Whatever it takes, give yourself time for laughter each and every day.

6. **Meditate.** A still mind is a stress-free mind, so take a deep breath, quiet your thoughts and let the stress melt away. Even ten minutes of meditation done daily for the next 30 days will do wonders for releasing stress in your life.

7. **Keep a Happiness Journal.** Every evening for the next 30 days spend a few minutes reflecting on the day you just experienced and list five things about the day that delighted you.

8. **Put a Positive Spin on It.** No matter what challenge you may be facing, do your best to think about it positively and then let that new positive mindset become your focal point.

9. **Help Someone Else.** Sometimes the best way to deal with stress is by providing relief to someone else. Putting your focus on others takes the focus off your own challenges leading to less rumination and stress. So look around you, see who needs a hand up, and then offer yours.

10. **Read Happy.** Read a happy book. Find a positive, uplifting book that will help you discover the secret to a happier, less stressful way of life. Happy people experience far less stress than unhappy ones.

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If you are feeling exhausted or overwhelmed, call Caring Hands and ask about private duty services to help you with your needs. When you need a rest, we are here to help.

Amazingly Easy Irish Soda Bread
Prep 15m | Cook 50m | Ready In 1h 5m

Ingredients:
- 4 cups all-purpose flour
- 4 tablespoons white sugar
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup margarine, softened
- 1 cup buttermilk
- 1 egg
- 1/4 cup butter, melted
- 1/4 cup buttermilk

Directions:
1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

Recipe by MP Welty. Copyright © 2017 Allrecipes. Reprinted from Allrecipes.com

**TAX TRIVIA / TAX FACTS**

1. What day is traditionally called Tax Day?
2. Who exactly is the “taxman”?
3. What was the highest tax rate ever?
4. Who has the biggest income tax bill?

- There are at least 480 different tax forms, each with many pages of instructions. Even the easiest form, the 1040E has 33 pages in instructions, and all in fine print.
- The IRS employs 114,000 people; that’s twice as many as the CIA and five times more than the FBI.
- 60% of taxpayers must hire a professional to get through their own return.
- Taxes eat up nearly 40% of the average family’s income; that’s more than for food, clothing and shelter combined.

1. April 15th, however the first Tax Day was on March 1. Pushed back due to the work involved by the IRS.
2. IRS Commissioner - The current “taxman” is John Koskinen. As for the man that inspired the Beatles song written by George Harrison, that would be then-Prime Minister Harold Wilson and his government’s 95-percent tax bracket that affected the Beatles.
3. During World War II, the highest tax bracket was taxed at 91 percent and the lowest tax bracket was taxed at 23 percent.
4. ExxonMobil pays the highest, at about $30 billion a year in corporate income tax, followed by Chevron and Apple, as of 2014.

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**SPRING WORD HUNT**

**EASTER**

**FLOWERS**

**BLOOMING**

**SHOWERS**

**BEGINNING**

**GREEN**

**FRESH**

**PUDDLES**

**FERTILE**

**HATCHING**

**BREEZY**

**CHIRPING**

**CRISP**

Caring Hands offers Trivia and other interactive presentations that are fun and informative. Our “Be Kind To The Mind” presentation will educate your group on the importance of brain and mind health and includes tips for keeping the brain healthy. For more information or to schedule an educational presentation at your facility, you may contact your nearest Caring Hands location.
## March 2017

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<td>World Compliment Day</td>
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<td>Dentist's Day</td>
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<td>Napping Day</td>
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<td>International Day of Happiness</td>
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## April 2017

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<td>Chocolate Mousse Day</td>
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<td>Siblings Day</td>
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<td>Blah Blah Blah Day</td>
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<td>Talk Like Shakespeare Day / Oatmeal Cookie Day</td>
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<td>Get Organized Day</td>
<td>Thank You Thursday</td>
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If you or your facility needs training in CPR for an OSHA-mandated job requirement or you just want to know how to keep your loved ones safe, Caring Hands now offers **FREE CPR Training and Certification** classes. Our certified instructor will provide you the information and skills you need to help adults, children and infants during breathing and cardiac emergencies. Successful completion of the course gives you a two-year certification in CPR.

We offer On-Site Training (provided at your facility location and at your convenience) or Community Classes at any of our office locations.

For more information, to register for a class or to request a CPR training at your facility, please call Toll Free **844.202.1316** or your nearest Caring Hands location.