



Senior Health & Wellness Newsletter



HEART AWARENESS MONTH

February is recognized as Heart Awareness Month and February 2, 2024 is National Wear Red to bring attention to women's heart health. Wearing red symbolizes support and awareness of the importance in making heart healthy choices and educating on signs of a heart attack, stroke and cardiac arrest. Learning these signs and symptoms for both men and women are important and could be lifesaving.

According to the American Heart Association, symptoms of a heart attack are chest discomfort that feels like an uncomfortable amount of pressure, squeezing, fullness or pain. This pain may last longer than a couple of minutes and may go away but returns.

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Heart Awareness Month

Other symptoms may be discomfort in other areas of the body (one or both arms, back, neck, jaw or stomach). Some may experience a shortness of breath, cold sweats, nausea, or lightheadedness.

Someone may be experiencing a cardiac arrest if they suddenly lose responsiveness, especially when you try to get attention of the individual. Irregular breathing may also be a sign of cardiac arrest, according to the American Heart Association. If you believe someone may be experiencing this, they may be in cardiac arrest when their breathing does not return to normal after you tilt their head up.

Stroke symptoms can be remembered by the acronym F.A.S.T. If an individual is experiencing any of the following symptoms: Face drooping or numbness, Arm weakness, difficulty with Speech, then it is Time to call 911.

If you see an individual experiencing any of these symptoms, it is critical to call 911 immediately and get them to the nearest hospital.

Source: <https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms>



Recipe

Original Fish Recipe

- 1 TBSP chopped parsley
- 1 TBSP butter
- 2 (4 oz) haddock or cod filets
- 1 TSP DASH Original Blend

1. Heat 1 tbsb butter in nonstick skillet.
2. Fry haddock or cod filets in pan for 3 minutes.
3. Turn over and sprinkle with 1 tsp DASH original blend.
4. Cook for another 3 to 4 minutes or until fish flakes easily.
5. Sprinkle chopped parsley over fish and serve.

Serve with steamed broccoli and wild rice. Garnish with lemon wedge.

Source: <https://mrsdash.com/recipe/original-fish>

IMPORTANT DATES IN FEBRUARY

- BLACK HISTORY MONTH
- HEART HEALTH AWARENESS MONTH
- NATIONAL CANCER PREVENTION MONTH
- FEB 2ND - GROUNDHOG'S DAY
- FEB 4TH - WORLD CANCER DAY
- FEB 14TH - VALENTINE'S DAY
- FEB 17TH - RANDOM ACTS OF KINDNESS DAY



Exercise Series!

Always consult your physician before starting a new exercise program. never perform any exercise that causes pain. never hold your breath while exercising.

Do each exercise below 10 times each.

cardio chair
DAREBEE
WORKOUT
© darebee.com

10 chair jack

10 cycling crunches

10 knee-to-elbow twists

10 leg raises with a twist

The complex block features a large grey background with the title 'cardio chair' in a large, bold, sans-serif font. To the right of the title is the text 'DAREBEE WORKOUT © darebee.com'. Below the title are four sets of line-art illustrations, each showing two figures demonstrating a different exercise on a chair. Each illustration is accompanied by a bold number '10' and the name of the exercise: 'chair jack', 'cycling crunches', 'knee-to-elbow twists', and 'leg raises with a twist'.

Dementia Corner

TIPS FOR CAREGIVERS: HELP SOMEONE WITH DEMENTIA EAT MORE

People living with Alzheimer's or dementia often eat less than they used to. This can be due to medical problems associated with chewing, swallowing or digesting food. Sometimes, people lose interest in food. This can happen for a long list of reasons, including loss of taste, the ability to smell, memory loss, and thinking they have already eaten. Certain medications can also affect appetite.

The ability and want to eat tend to get worse as the disease progresses and ensuring someone living with dementia eats a nutritious meal or eats enough can become a real practical and emotional issue for the carer. We have compiled a list here of 8 practical tips for helping someone with dementia to eat more.

Plate Color Matters

In a study conducted at Boston University, researchers found that patients eating from red plates consumed 25 percent more food than those eating from white plates. This appears to relate to the way someone living with dementia sees food on a plate. If you can't really see food because it's on a white background, you are much less likely to eat it. The use of color helps to stimulate interest in people with dementia, as often they have trouble distinguishing between colors.

Making Eating Easier

At some stage in the person living with dementia life, there's a good chance eating will become an issue. Using utensils can also become more difficult. It is worth considering finger food to help them eat more frequently, little and often.

Some examples include:

• Fruits – raspberries, strawberries, bananas and grapes are great examples and have contrasting solid colors.

- Nuts – almonds and brazil nuts are protein-packed and contain essential fats.
- Crisps – healthier options are available, even vegetable crisps.
- Bite-size protein – fish fingers, chicken pieces and prawns.
- Vegetables – crudites with dips.

Making the person feel as comfortable as possible at the table should also help with their eating, helping them to focus on the food. When you sit down at the table, sit directly in front of them, make eye contact, smile and wait for them to smile back at you. Then you can start eating without talking (you start first). Try to keep quiet, be patient, keep making eye contact and wait for them to follow your lead.

Dementia Corner

Arrange the Food on the Plate

You may need to experiment with different sizes, textures and flavors of food to see which the person responds to the best. Here are some tips to help you change things up:

- Add variety in the color of food – different color vegetables help to really brighten up the plate.
- Try fewer quantities of food and fewer individual items on the plate.
- Think about what types of food they have always enjoyed in the past. Put it on the plate with another food right next to it.

Eat Small All Day Long

Contrary to what we believe, we do not need three main meals a day. Research shows that there are no significant differences between 3 regular meals a day, two large meals a day or five little ones. In fact, five little meals can help to regulate steady blood pressure, which is a bonus.

If you can only get the person living with dementia to eat small amounts, that's not a problem as long as this is at regular periods throughout the day. It's all about finding what works best for you.

Eating smaller portions can also benefit people living with dementia who have difficulty swallowing. Difficulty swallowing is a symptom of some types of dementia.

Source: Age Space

Can you find it? Somewhere in the newsletter is a tiny Kentucky. Did you spot it?



LAST MONTH'S WAS LOCATED IN THE MY PLATE IMAGE.



happy valentine's day