

# HomeTimes

Your Independent Senior Living Resource for Aging in Place

From America's Choice in Homecare.



## Does Osteoporosis Run in Your Family?

If one of your parents has had a broken bone, especially a broken hip, you may need to be screened earlier for osteoporosis. This is a medical condition where bones become weak and are more likely to break. Share your family health history with your doctor. Your doctor can help you take steps to strengthen weak bones and prevent broken bones.

### How can osteoporosis affect my health?

People with osteoporosis are more likely to break bones, most often in the hip, forearm, wrist, and spine. While most broken bones are caused by falls, osteoporosis can weaken bones to the point that a break can occur more easily, for example by coughing or bumping into something. As you get older, you are more likely to have osteoporosis and recovering from a broken bone becomes harder. Broken bones can have lasting effects including pain that does not go away. Osteoporosis can cause the bones in the spine to break and begin to collapse, so that some people with it get shorter and are not able to stand up straight. Broken hips are especially serious—afterward, many people are not able to live on their own and are more likely to die sooner.

### How can I improve my bone health if I have osteoporosis?

There are steps you can take to improve your bone health and strengthen weak bones:

~ Take medications to strengthen your bones and avoid medications that can make your bones weaker.

- ~ Eat a healthy diet that includes adequate amounts of calcium and vitamin D.
- ~ Perform weight-bearing exercises regularly.
- ~ Do not smoke.
- ~ Limit alcohol use.

Don't wait until you have a broken bone to take steps to improve your bone health—you can start at any age! You can also take steps to prevent falls, including doing exercises to improve your leg strength and balance, having your eyes checked, and making your home safer.

Be sure to visit CDC's webpage for more safety tips.  
<https://www.cdc.gov/features/osteoporosis/index.html>

America's Choice in Homecare  
VisitingAngels<sup>®</sup>  
LIVING ASSISTANCE SERVICES

## Fall Prevention

How to Reduce the Risk of Falling for Older Adults

FOR FAMILY, FRIENDS & LOVED ONES  
CARE GUIDE

Contact Visiting Angels to request your copy of the "Fall Prevention: How to Reduce the Risk of Falling for Older Adults" guide to learn more.

# 4 Ways to Reduce Your Stress

*(BPT) - Stress. No one wants it but we all experience it from time to time. Higher levels of stress can cause problems at work and at home. But stress is not just hard on your mental well-being, it is hard on your body and can lead to many negative health outcomes.*

*Stress levels can also increase significantly when economic times are tough. In England, the British Health and Social Care Information Centre found that stress had increased by 47 percent during that country's recession and that stress was the single biggest cause of sickness in the UK, affecting 20 percent of the population. In the United States, a survey by the Anxiety and Depression Association of America found that seven out of 10 people reported feeling some stress daily. To help you stay calm and focused, consider these four ways to reduce stress.*



## Exercise

Regular exercise, even if mild, may be the best stress reducer there is. When you are active the body releases endorphins, which produce a feeling of well-being. Regular activity can improve your concentration as well as your sleep, which can often be negatively affected by stress.

Just going for a daily walk can help improve how you feel. And the results of exercise can also improve your self-image and confidence.

Wintertime can be stressful for many people. The cold and shorter days mean less sunlight and fewer opportunities for outdoor activities. That is why it is important to take the time to take good care of yourself and your family by looking for ways to relax.

## Pets

Animal therapy has long been used to relieve stress, improve mood and treat anxiety. Some studies have also indicated that just being around an animal can reduce blood pressure. This pet therapy has been used in hospitals and nursing homes and even with military veterans suffering from depression. And it is not limited to dogs and cats. Rabbits, Guinea pigs and even horses are used. An added benefit is that having a pet encourages exercise.



## Salt

Stress is characterized in the human body by high levels of the hormone cortisol, referred to as the "stress hormone." Scientific research has shown, in animals and in humans, that increased levels of salt consumption are very effective in reducing levels of cortisol. Research from the University of Haifa, published in the science journal *Appetite*, confirmed the relationship between salt and stress in humans. Researchers found an inverse correlation between salt and depression/stress, especially in women. Craving salty foods may very well be a biological defense mechanism we evolved to cope with daily stress.



## Smells

Certain smells can bring back very specific and detailed memories. These could be of a person, event or place. Most often the memory also has a deeply emotional feeling that is recalled. This is because smells are processed by a specific part of the brain that stores emotional memories. Taking the time to seek out the smells that bring back those happy memories can help reduce stress levels.





## Meatloaf Muffins w/Brown Gravy

3 slices thick-cut bacon, chopped	1 tablespoon dry ground mustard
1 sweet onion, minced	1 teaspoon ground cumin
2 1/2 pounds ground turkey	1 1/2 teaspoons ground black pepper
1 pound ground veal	1 1/2 teaspoons sea salt
2 cups dry bread crumbs	1 1/2 teaspoons crumbled dried sage
1/2 cup milk	1/2 cup barbecue sauce
2 eggs	2 (.75 ounce) packets dry brown gravy mix
1/3 cup steak sauce	2 cups water
2 tablespoons light brown sugar	
1 tablespoon garlic powder	
1 tablespoon dried basil	

### Instructions

Preheat oven to 350 degrees F (175 degrees C). Spray 2 12-cup muffin pans with cooking spray.

Place the chopped bacon and onion in a skillet, and cook over medium-high heat, stirring occasionally, until the onions are translucent and the bacon is half cooked, about 5 minutes. Drain excess fat.

Place bacon mixture into a large bowl, and mix in the turkey, veal, bread crumbs, milk, eggs, steak sauce, brown sugar, garlic powder, basil, ground mustard, cumin, black pepper, sea salt, and sage until thoroughly combined. Fill the sprayed muffin cups with meatloaf mixture, and make a hole in the center of each muffin with your little finger for even cooking.

Bake in the preheated oven until the juices run clear and the internal temperature is at least 160 degrees F (70 degrees C) when measured with a meat thermometer, about 30 minutes. Brush each muffin with barbecue sauce, return to the oven, and bake 5 additional minutes.

Whisk brown gravy mix and water in a saucepan, and place over medium heat. Continue whisking until the gravy comes to a boil. Reduce heat and allow to simmer until thickened, about 1 minute. To serve, place muffins in a deep serving dish, and pour the brown gravy over them.

Serving Size: 8 servings • Calories: 516

[www.allrecipes.com/recipe/216689/meatloaf-muffins-with-brown-gravy](http://www.allrecipes.com/recipe/216689/meatloaf-muffins-with-brown-gravy)



## Loaded Mashed Potatoes

4 slices bacon, or more to taste	8 ounces shredded Cheddar cheese
3 pounds potatoes, or more to taste, peeled and cut into chunks	1/2 chopped fresh chives (optional)
1/2 cup butter	salt and pepper to taste
1 (16 ounce) container sour cream	

### Instructions

Place the bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on paper towels.

Place potatoes into a large pot of lightly salted water; bring to a boil, reduce heat to medium-low, and simmer until tender, about 20 minutes. Drain potatoes and return them to the pot.

Mash butter into the potatoes with a potato masher or electric hand mixer until melted completely into the potatoes; add sour cream and continue to beat until combined. Crumble bacon into the potato mixture; add Cheddar cheese and chives and stir. Season with salt and pepper.

### Nutritional Information

Serving Size: 8 servings • Calories: 494

[www.allrecipes.com/recipe/240157/loaded-mashed-potatoes](http://www.allrecipes.com/recipe/240157/loaded-mashed-potatoes)



## Strawberry Spinach Salad

2 tablespoons sesame seeds	1/4 teaspoon Worcestershire sauce
1 tablespoon poppy seeds	1 tablespoon minced onion
1/2 cup white sugar	10 ounces fresh spinach- rinsed, dried and torn into bite-size pieces
1/2 cup olive oil	1 quart strawberries- cleaned, hulled and sliced
1/4 cup distilled white vinegar	1/4 cup almonds, blanched and slivered
1/4 teaspoon paprika	

### Instructions

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.

In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

### Nutritional Information

Serving Size: 8 servings • Calories: 494

<https://www.allrecipes.com/recipe/14276/strawberry-spinach-salad-i>

CHOCOLATE COMES FROM COCOA...

WHICH IS FROM A TREE.

THAT MAKES IT A PLANT.

CHOCOLATE IS SALAD.

# Visiting Angels in the Community

March 2019



**Saturday, March 23rd, 2019 10am-12pm** Visiting Angels is pleased to join the Arc of Montgomery County at the Respite Resource Fair! Learn about respite care, meet potential respite care providers (such as Visiting Angels) and much more! Discover how unpaid, live in, primary caregivers of children/adults with disabilities and frail seniors can get short-term relief and other support. This event will be held at the Activity Center at Bohrer Park, Summit Hill Farm, 506 S. Frederick Avenue, Gaithersburg. This event is open to the public!

**Wednesday, March 6, 2019**

Ash Wednesday

**Sunday, March 10, 2019**

Daylight Savings Time Begins



## Quote of the Month:

Time is like a river. You cannot touch the same water twice, because the flow that has passed will never pass again. Enjoy every moment.

-Unknown Author



**Sunday, March 17, 2019**

St. Patrick's Day

**Wednesday, March 20, 2019**

First Day of Spring

**Tuesday, April 9, 2019 12:30pm-1:30pm**

Visiting Angels and Montgomery County Police Officer, Laurie Reyes will be at Benjamin Gaither Senior Center, 80 Bureau Dr A, Gaithersburg, MD 20878 giving a presentation on Alzheimer's Safety.



Our team works very hard for our clients every day. If you loved the services you received, please leave us a kind online review on Facebook, Google, or Yelp.



## KEEPING OUR SENIORS SAFE- FIRE SAFETY

Do you remember the previous national fire safety campaigns: "Only YOU Can Prevent Forest Fires" and "STOP, DROP and ROLL"? The newest fire safety campaign is "Close Before You Doze." This video explains why closing bedroom doors while you are sleeping can dramatically increase your chances of surviving a fire.



On Tuesday, February 19, Visiting Angels, in collaboration with the Benjamin Gaither Senior Center, presented a program on Fire Safety. Jim Resnick, Program Manager of Senior Outreach & Education for the Montgomery County Fire and Rescue Service, presented the program with a focus on "Close Before You Doze". In case of fire, a closed door can isolate the fire's flow, reduce room temperature and keep carbon monoxide levels down. "Close Before You Doze" aims to make closing doors at night part of people's bedtime routine. Here are some of the facts to help keep you safe: **1.** 100 beats 1,000: Researchers found that closed-door rooms on both floors during the fire's spread had average temperatures of less than 100 degrees Fahrenheit versus 1000+ degrees in open-door rooms. **2.** Carbon Monoxide is a killer: A bedroom with its door open has about 10,000 PPM CO (parts per million of Carbon Monoxide), which is extremely toxic. A bedroom with a closed door has approximately 100 PPM CO<sub>2</sub>. **3.** Fire is getting faster: 40 years ago, we had 17 minutes to escape our homes in the event of a fire. Today, due to synthetic materials, furniture and construction, we now have 3 minutes to escape our home. **4.** Fire danger doesn't sleep: About half of home fire deaths result from fires reported between 11pm and 7am, when most people are asleep. **5.** Breathe easier: In closed door rooms, oxygen levels are at a breathable 18%, while open door rooms oxygen levels are at 8%, which is extremely low. **6.** Life or death: In experiments done by FSRI, a victim in the closed bedroom was survivable and able to function well through every experiment and well after fire department arrival. In the open bedroom, potential victims would be unconscious if not deceased prior to fire department arrival or as a result of fire ventilation actions. **7.** Slow down: A closed door can slow the spread of fire, reduce toxic smoke levels, improve oxygen levels and decrease temperatures dramatically- and that could make a life-saving difference in your home. **8.** Close the door when you're leaving: When exiting a burning structure, don't forget to close the door! It will cut off the fire's oxygen supply and may stop the fire's growth. **9.** Check those alarms monthly: It's important to take other safety precautions as well- roughly 3 out of 5 deaths happen in homes with no working smoke alarms or no smoke alarms at all. **10.** Plan your escape: Having a fire escape plan for your home is also important to stay safe during a fire- visit every room with your family and decide on a designated meeting spot at the front of the house.

- An excerpt from the website [www.firstresponders.closebeforeyoudoze.org](http://www.firstresponders.closebeforeyoudoze.org)

## Humor Corner



## Fun Fact

- A Dragonfly has a lifespan of 24 hours.
- Children grow faster in the springtime.



## America's Choice In Homecare®

*Since 1998, Visiting Angels has been providing adults and seniors with the needed assistance to continue living at home. At our nationally known, locally owned agency, it is our mission to maintain the independence and familiar surroundings for those in need.*

We offer help with personal care, light housekeeping, meal preparation, transportation, shopping, companionship, respite care for families, live-in care and assistance with daily living activities. Call us today for a free, no obligation consultation! We care every day, in every way!



## We're Available 24/7, 365

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