

# HomeTimes

Your Independent Senior Living Resource for Aging in Place

From America's Choice in Homecare.



## What is Alzheimer's Disease?

- The most common type of dementia.
- A progressive disease beginning with mild memory loss possibly leading to loss of the ability to carry on a conversation and respond to the environment.
- Involves parts of the brain that control thought, memory, and language.
- Can seriously affect a person's ability to carry out daily activities.
- Although scientists are learning more every day, right now, they still do not know what causes Alzheimer's disease.



### How is Alzheimer's Disease Treated?

Medical management can improve the quality of life for individuals living with Alzheimer's disease and their caregivers. There is currently no known cure for Alzheimer's disease.

- Treatment addresses several different areas:
- Helping people maintain mental function.
- Managing behavioral symptoms.
- Slowing or delaying the symptoms of the disease.

### Support for Family and Friends?

Many people living with Alzheimer's disease are cared for at home by family members. Caregiving can have positive aspects for the caregiver as well as the person being cared for. It may bring personal fulfillment to the caregiver, such as satisfaction from helping a family member or friend, and lead to the development of new skills and improved family relationships.

Although most people willingly provide care to their loved ones and friends, caring for a person with Alzheimer's disease at home can be a difficult task and might become overwhelming at times. Each day brings new challenges as the caregiver copes with changing levels of ability and new patterns of behavior. As the disease gets worse, people living with Alzheimer's disease often need more intensive care.

Visiting Angels non-medical home care services allow your loved one to maintain the independence of their daily routines and familiar surroundings. We can help your loved one avoid the emotional trauma of leaving their cherished home while helping cope with dementia and providing respite care so important for the family.

Please visit [www.VisitingAngels.com](http://www.VisitingAngels.com) for additional information about in-home care.



# Three Workouts Everyone Over 60 Needs

(BPT) - You want to live the healthiest life possible and you realize that to do so, you can't rely on the same old exercise routine. You need to change it up and adjust your plans as you grow older. It may seem daunting, but the good news is that staying fit can be easier than you think.

"Many older adults know their fitness routines have to change as they age because of injuries, chronic aches and pains, or even shifts in the exercises they enjoy," says Julie Logue, SilverSneakers(R) training manager for Tivity Health. "That's why finding the right health plan during Medicare's open enrollment period is so important. It's especially valuable to find a health plan that includes SilverSneakers, which is the nation's leading fitness program designed exclusively for older adults. It's much easier to be consistent with exercise when you find a program you love."

If you are an older adult who likes yoga, strength training or aerobic exercise - or if you are considering such a regimen - Logue suggests a few ways to switch up your routine, so you can continue living a healthy, active lifestyle.



## *Finding peace with your yoga routine*

Yoga is popular with fitness enthusiasts of all ages, and for older adults, practicing yoga can improve balance, flexibility, mental focus, core strength and breathing efficiency. It can also be a wonderful stress reliever.

If you are new to the practice of yoga, or if you feel unsure or unstable during any class, consider using a wall or chair to aid you in your balance for certain poses. Make sure to protect your joints by moving gently into stretches and poses, never forcing your body into any posture. You can regulate your blood pressure with even, continuous breathing. Additionally, be aware that inversions, those poses that place your head below your heart, can cause changes in blood pressure. Finally, while yoga can certainly be practiced alone, taking a class through SilverSneakers is a great way to bond with others during your workout and get expert guidance from a trained instructor.

## *Stepping up your strength*

Building muscle mass is a key benefit of strength training, but for older adults there are additional benefits. Strength training, sometimes called resistance training, supports bone health and aids in the prevention of osteoporosis, improves your balance and supports a healthy weight. Regular strength training also can make everyday activities easier.

The Centers for Disease Control and Prevention (CDC) recommends that adults of age 65 and older, who are generally fit with no limiting health conditions, should do resistance training exercise on two or more days a week, focusing on all major muscle groups. When beginning an exercise program, the best practice is to start with lighter weights, performing one to two sets of each exercise with 10 to 15 repetitions in each set.

To continue to benefit from strength training safely, increase your resistance slowly, always using proper technique to avoid strains and other injuries. You can manage your blood pressure by exhaling during the most challenging part of each exercise. Choosing to work out with a partner or coach can help keep you motivated and make you more aware of your form and alignment, keeping you safer during your workout. Finally, take a break. Allowing a day between strength training workouts helps your muscles recover so you come back to your next routine even stronger. Download the new SilverSneakers GO(TM) app and discover programs to fit your personal activity level.

## *Keeping the Cardio*

Whether it's dance or another calorie-burning cardio exercise like cycling or walking, getting your body moving is a fun and healthy way to improve your lifestyle. Cardio exercise has also been shown to improve your coordination, agility and reaction time, as well as help you manage your blood pressure and improve cognitive function. Plus, it's just flat-out fun, especially if you enroll in a class as a SilverSneakers member.

To keep your cardio routine interesting and effective, pay attention to the impact that some types of exercise can have on your joints. Walking, cycling and water exercise are all efficient ways to get a great workout while being gentle on your joints. And, with social isolation affecting as many as 43 percent of older adults, asking a friend to join you is a great way to stay motivated, connect with others and enjoy life.

## *Don't delay in improving your healthy lifestyle today*

Improvements to your regular exercise routine will support you in your goal of living a healthy life, but you can take the next step with the support of a program that includes classes, digital tools and workouts designed with seniors in mind. Medicare open enrollment takes place from Oct. 15 to Dec. 7, so as you review your plan options, look for a health plan that offers SilverSneakers. Members have access to more than 15,000 fitness locations and community organizations across the country, so don't delay. No matter where you live, a better, healthier you is waiting to be discovered.

To learn more about SilverSneakers, visit [www.silversneakers.com](http://www.silversneakers.com).





## Bow Tie Pasta with Broccoli, Garlic, and Lemon

1/4 cup extra-virgin olive oil	1/8 teaspoon ground black pepper
3 cloves garlic, minced	1 (8 ounce) package farfalle (bow tie) pasta
3 tablespoons freshly squeezed lemon juice	1 head broccoli, cut into florets
1/2 teaspoon salt	1/4 cup grated Parmesan cheese

### 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.

Warm olive oil in a small frying pan over low heat. Slowly cook garlic in oil until golden, about 2 to 3 minutes. Be very careful not to burn garlic. Stir in lemon juice, and season with salt and pepper.

Meanwhile, cook pasta in a large pot of boiling salted water. About 5 minutes before pasta is done, drop broccoli into the pasta water. Continue to cook until pasta is cooked and broccoli is crisp-tender. Drain.

Toss pasta, broccoli, and lemon sauce in a large bowl. Sprinkle with grated Parmesan cheese.

Serving Size: 4 servings • Calories: 380

[www.allrecipes.com/recipe/108980](http://www.allrecipes.com/recipe/108980)



## Chocolate Covered Blueberries

1 cup semi-sweet chocolate chips	2 cups fresh blueberries, rinsed and dried
1 tablespoon shortening	

### Instructions

Melt chocolate in a glass bowl in the microwave, or in a metal bowl set over a pan of simmering water. Stir frequently until melted and smooth. Remove from the heat, and stir in the shortening until melted.

Line a baking sheet with waxed paper. Add blueberries to the chocolate, and stir gently to coat. Spoon small clumps of blueberries onto the waxed paper. Refrigerate until firm, about 10 minutes. Store in a cool place in an airtight container. These will last about 2 days.

### Nutritional Information

Serving Size: 36 servings • Calories: 30

[www.allrecipes.com/recipe/6462](http://www.allrecipes.com/recipe/6462)

### Visiting Angels Helps with Food Preparation



## Stretch your food budget

Get help paying for  
healthy food at

[BenefitsCheckUp.org/getSNAP](http://BenefitsCheckUp.org/getSNAP)

# Visiting Angels in the Community

April 2019



**Tuesday, April 9<sup>th</sup> from 12:45pm -1:45pm** Visiting Angels will be joined by Officer Laurie Reyes at the Benjamin Gaither Senior Center. Officer Reyes of the Montgomery County Police Department Special Operations Division, Autism/IDD, Alzheimer's Outreach, will present a program on the Overview of the Montgomery County Police Department Alzheimer's/Dementia Outreach Unit and the resources they provide. This is a FREE program open to the public at the Benjamin Gaither Senior Center 80-A Bureau Drive, Gaithersburg, MD 20878  
[www.montgomerycountymd.gov/lifesaver](http://www.montgomerycountymd.gov/lifesaver)

**Saturday, April 13<sup>th</sup> from 11am - 3pm,** Visiting Angels will be onsite at the 16<sup>th</sup> Annual World of Possibilities disAbilities Expo! The World of Possibilities disAbilities, Healthy Aging and Independent Living Expos are designed to bring people with disabilities, their families, caregivers, service providers and supporting agencies all together in one venue. Our Expos provide an opportunity for you to enhance your knowledge and explore disability related products, services, technology and resources available. This event is open to the public and will be held at the Gaithersburg Hilton at 620 Perry Parkway, Gaithersburg, MD 20877  
<https://expo.caringcommunities.org/>

**Tuesday, April 16, 2019**  
National Healthcare Decisions Day

**Sunday, April 21, 2019**  
Easter

**Monday, April 22, 2019**  
Earth Day



## Quote of the Month:

Write it on your heart that every day is the best day in the year.

-Ralph Waldo Emerson



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. Simply click one of the links below:

[Gaithersburg](#)  
[Silver Spring](#)  
[Edgewater](#)



## Making Healthcare Decisions

Don't know where to start when it comes to talking with loved ones about end-of-life wishes? Discussing such matters can be difficult, but not impossible. A good time to start is **National Healthcare Decisions Day, on April 16**, which encourages conversations about advance planning for health care. Decisions include naming someone to speak for you when you cannot speak for yourself and identifying the kinds of medical treatments you would or would not want at the end of your life.

According to a national survey by the Conversation Project, a public engagement campaign to promote end-of-life discussions, more than 90 percent of people think it's important to talk about loved ones' wishes for end-of-life care, as well as their own wishes, but fewer than 30 percent have actually done it.

Here are some simple steps to begin the conversation:

- Start with your loved ones. Honest communication can help families avoid the stress of guessing what a family member would have wanted. You may find that you and your loved ones may see some things differently. Be open with each other and focus on really understanding the views of those you love.
- Think about what is most important to you. Whom would you prefer to make decisions on your behalf with your physicians if you could not? How sure are you of your choices? Discuss these topics with your loved ones to reach a shared understanding of your desires.
- Make it official. Once you've had the conversation, put your decisions in writing. An advance directive establishes a legal decision-maker who can speak for you if you are not able. It can also state your medical wishes to guide treatment decisions in that situation.

Barbranda Lumpkins Walls. (2016, April 08). Advance Directive, End of Life Care Conversation and Wishes. Retrieved from <https://www.aarp.org/health/health-insurance/info-2016/end-of-life->



On March 7, Visiting Angels sponsored a table at the Grass Roots Organization for the Well-being of Seniors (GROWS) Networking Extravaganza. It was a wonderful event where we had the opportunity to network with various resources to best serve our clients!

On Saturday, March 23, Visiting Angels was excited to be a part of The ARC of Montgomery Respite Resource Fair at Boher Park. We were so pleased to see so many resources available to Montgomery County residents who are in need of respite care and honored to be among those who provide assistance as we do.

## Humor Corner



## Fun Fact

Dogs are as intelligent as the average two-year-old child, according to research by animal psychologists. Researchers have found that dogs are capable of understanding up to 250 words and gestures, can count up to five and can perform simple mathematical calculations.

## 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**  
Gaithersburg & Silver Spring  
301-355-6578  
Edgewater  
410-956-7771