

HomeTimes

The newsletter for "Those Who Care" from Your Choice in Homecare. 424-772-6604



Americans Finding Creative and Inspiring Ways to Raise Funds for Alzheimer's Cause

(BPT)- If you hear engines roaring, get a whiff of burnt rubber and see an endless line of motorcycles, don't be alarmed. And if you're hearing reports of bridge games going on for 12 hours or more, you're not imagining things. Those are just two of the many creative ways Americans across the country are doing their part in the fight against Alzheimer's disease.

According to the Alzheimer's Association, 47 million people live with Alzheimer's and other dementias worldwide, and that number is set to rise to nearly 76 million by 2030. In the U.S., Alzheimer's is the only cause of death among the top 10 that can't be prevented, cured or even slowed. Throughout the country, Americans are finding creative and inspiring ways to cope with the disease, increase awareness and raise funds for research.

In a new annual tradition, San Diego bridge players have teamed up with members of the San Diego Harley Owners Group (H.O.G.) chapter for The Longest Day, an Alzheimer's Association event to raise funds and awareness for Alzheimer's care, support and research. The motorcyclists held a ride around area bridges while members of the San Diego Bridge Academy and the Redwood Bridge Club, both part of the American Contract Bridge League (ACBL), played a daylong game in a partnership set to raise more than \$4,000.

The unique pairing is just one of hundreds of creative marathon fundraisers that take place around the country. Every year on the summer solstice, the Alzheimer's Association encourages people to participate in The Longest Day, part of Alzheimer's and Brain

Awareness Month in June. The sunrise-to-sunset event symbolizes the challenging journey of those living with the disease and their caregivers. Participating teams are encouraged to create their own experiences by conducting activities through the day as they raise funds and awareness to honor those affected by Alzheimer's.

These activities ranged from bridge to bowling to ice skating and biking. Ginny Rudell, in Florida, for example, worked with her local network to bring music to residents at care facilities. By doing this, she honored her mother's fight against Alzheimer's disease. In Connecticut, Cynthia Phillips hosted a local baseball game in honor of her husband.

Some teams even held multi-day fundraisers, like Kathy McElligott of Illinois, who cycled from San Diego to St. Augustine, Florida with 20 other women. Then there's Brady Hoover, who worked with friends and fellow hikers to reach all 48 mountain summits in New Hampshire as a multi-day activity in support of The Longest Day. The Longest Day had more than 5,000 participants and over 2,000 teams registered for the 2015 event by mid-June.

"For those facing Alzheimer's every day is the longest day," said Angela Geiger, Chief Strategy Officer, Alzheimer's Association. "The Longest Day honors the strength, heart and endurance of people with Alzheimer's and their caregivers. We want to demonstrate in a meaningful way that they are not alone."

Recently the Association also published 10 Ways to Love Your Brain, tips that can reduce your risk of cognitive decline. Many of these tips will sound familiar - because often, the same healthy habits that are good for your overall health are good for your brain, including breaking a sweat, healthy eating and keeping your mind active and challenged. To learn about the 10 Ways to Love Your Brain as well as the other ways you can get involved in the fight against Alzheimer's disease, including information about The Longest Day, and the Purple Pledge, visit alz.org/10ways.

Contact your local Visiting Angels agency to obtain, "Alzheimer's: The Facts" a guide to help you identify signs and how to address them.

For more information, visit <http://www.visitingangels.com>

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The Workout That Works for Seniors of All Ages and Mobility Levels: Resistance Training

(BPT)- Think you're too old and frail to work out? Think again! The health benefits of daily exercise are widely known, but seniors facing health and mobility issues may feel working out is beyond their abilities. Sixty-three percent of people 60 and older don't engage in daily exercise, according to the National Council on Aging's The United States of Aging Survey.



But resistance training can help seniors who fear falling or damaging aging muscles and bones while exercising. For seniors with health issues that might make strenuous

exercise difficult, resistance training can be an accessible, healthful option that provides both physical and mental benefits, a new study indicates.

"Resistance training- also called strength training- is an especially safe, valuable mode of exercise for seniors," says Dr. Kevin O'Neil, chief medical officer for Brookdale senior living. "As you age, you lose muscle mass, bone density, strength, balance, coordination and flexibility- all of which can result in higher risk of falls and increased difficulty in performing daily tasks. Resistance training allows seniors to exercise in their own home. They can use items found in their house and they can even exercise while sitting down."

As the name implies, resistance training relies on the use of resistance to build muscle strength. Slow, measured movements are easier and more stable for seniors to perform than the strenuous activity of many types of aerobic exercise. "Smooth, controlled movement gives seniors the benefits of the specific exercise with less risk of injuries or falls," says Nicholas Swanner, a licensed physical therapist, geriatric clinical specialist and healthcare services manager for Brookdale's healthcare services division.

Before starting any kind of exercise program, seniors should talk to their doctors. Once they have the go-ahead to begin resistance training, many forms can be beneficial to seniors, Swanner says.

"Resistance training can include using resistance bands, lifting weights or objects around your home, or using exercise equipment. Some of the exercises included in aquatics, Pilates, tai chi and yoga are types of resistance training, and those activities have the added bonus of social interaction when done in groups," he says. "Seniors can benefit from any type of resistance training as long as it's done safely and is part of a regular routine. Pushing up and down from a chair, opening and closing a door, lifting a can of soup or a 1-pound

weight are all types of resistance exercises that seniors can easily do in their own homes."

Swanner recommends that seniors start slow with lower-resistance exercises and listen to their bodies. "As you age, your body changes and this will impact how and what types of exercises you will be able to do safely. There are many ways to modify exercises, routines and individual styles of training to fit a senior's specific needs."

Resistance training offers many benefits for seniors, including improved strength, balance, coordination and posture, better bone density, plus lower risks of heart disease, arthritis, osteoporosis and other chronic illnesses, as well as improved cognitive function and mood. A recent study published in the Journal of the American Medical Directors Association also found that resistance training can positively affect cognitive abilities of seniors with dementia and Alzheimer's.



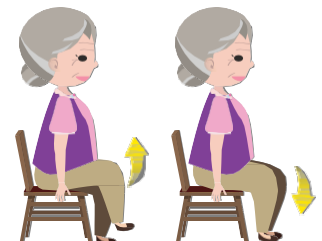
Engaging in exercise for 150 minutes a week can allow seniors to maximize the health benefits.

"We always tell our seniors, 'start low and go slow' when they're beginning an exercise program," O'Neil says. "Just 10 minutes a day provides health benefits and can feel much more achievable for seniors. Exercise duration can then be increased as endurance improves."

Resistance exercises should be done two to three days per week for each muscle group with a day of rest in between. This does not mean that other types of exercise, such as aerobic or flexibility exercises, should not be done on rest days. People who exercise daily might do resistance exercises for the upper body on one day and for the lower body on the next day.

"Even if a senior has mobility or health issues that hinder aerobic exercise, he or she can still do resistance training," Swanner says. "Talk to your physician and physical therapist to design a program that's right for you."

Seniors can exercise in one 30-minute session three or four days a week if they're able, or if that intensity is too strenuous, they can break their workouts into 10-minute intervals throughout the week and still reap the benefits.



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Gingerbread Apple Pancakes

Ingredients:

1 cup all-purpose flour
 1 1/4 cups whole wheat flour
 1/4 cup packed brown sugar
 2 tsp. baking powder
 1 tsp. ground ginger
 1 tsp. cinnamon
 1/4 tsp. nutmeg
 1/2 tsp. baking soda
 1/2 tsp. salt
 2 eggs, lightly beaten
 1 1/2 cups non-fat buttermilk
 3 Tbsp unsweetened applesauce

Preparation:

In a large bowl, combine flour, brown sugar, baking powder, spices, baking soda and salt and make a well in the center of the flour mixture. In a separate bowl, whisk together eggs, buttermilk and applesauce and add to the flour mixture, mixing until just combined. Batter will be slightly lumpy.

Heat a greased skillet over medium heat and spoon about 1/4 cup batter onto skillet. Cook over medium heat for about 2 minutes on each side or until pancakes are golden brown. Flip over when surface is bubbly and edges are slightly dry.

Serve warm and garnish with fresh apple slices and a bit of pure maple syrup, enjoy!

Nutritional Information :

Serving Size: 1 pancake • Calories: 92 • Fat: 0.7 g • Carbs: 17.5 g • Fiber: 1.4 g • Protein: 3.6 g • WW Points+: 2 pts

<http://www.eat-yourself-skinny.com/2012/10/gingerbread-apple-pancakes.html>



Clean egg & Zucchini Muffins

Ingredients:

14 egg whites
 4 whole eggs
 4 scallions, chopped
 2 carrots, shredded
 1/2 red pepper, minced
 1/2 zucchini, shredded
 1/2 tsp. basil
 1/4 tsp. oregano Sprinkle of sea salt and pepper

Preparation:

Preheat oven to 375 degrees F. Coat a muffin tin with spray and set aside.

Combine veggies in a large bowl and fill each muffin tin about 2/3 full. Whisk eggs and seasonings in a large mixing bowl and using a 1/3-cup measuring cup, scoop egg mixture and fill each muffin tin to the top.

Bake muffins for 30 minutes, until they've risen and are slightly browned. Enjoy!

Nutritional Information :

Serving Size: 1 muffin • Calories: 56 • Fat: 2 g • Carbs: 3 g • Fiber: 1 g • Protein: 7 g • WW Points+: 1 pt

<http://www.eat-yourself-skinny.com/2013/04/clean-egg-zucchini-muffins.html>

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Please Join or donate to the Visiting Angels of Southbay Team.

https://act.alz.org/site/SPageServer?pagename=walk_pc2_2015&pc2_page=center&fr_id=7330

Please contact Kathleen Mirkovich if you have any questions at (424) 772-6604

Walk To End Alzheimer's- Long Beach

Date: Saturday, October 17, 2015

Schedule: Registration at 7am/ Ceremony at 8:30am/ Walk at 9:00am/ \$10 parking fee per vehicle

Location: Rainbow Lagoon Park

340 E. Shoreline Drive

Long Beach, CA 90802

