Assisting Hands® Home Care

Hand in Hand

eNewsletter

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MAY/JUNE 2022



June is Alzheimer's & Brain Awareness Month

Boost your brain health

June is Alzheimer's & Brain Awareness Month, and the Alzheimer's Association gains support via funds from individuals, companies, and other non-profit organizations to shed light on information and resources for this disease and other forms of dementia. The funds aid in research and spreading awareness about the disease and the ongoing work to find a treatment. According to alz.org, 6.5 million Americans are living with Alzheimer's disease. By 2050, this number is projected to rise to nearly 13 million.

Alzheimer's disease is a leading cause of death, yet has no cure and only one treatment shown to likely reduce cognitive and functional decline in people living with early Alzheimer's. Other treatments temporarily slow the worsening of symptoms to improve quality of life. Even though current research suggest it cannot be prevented, studies show that forming certain habits can boost brain health and reduce the risk of cognitive decline. The Alzheimer's Association has created this list of 10 ways we can nurture our neurological health:

Eat a balanced diet

Eating lower-fat foods along with plenty of fruits and

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vegetables can reduce the risk of cognitive decline. The Mediterranean and Mediterranean-DASH diets may also decrease risks associated with cognitive function.

Take care of your heart

Knowing and understanding your risk of cardiovascular disease and stroke from conditions such as diabetes, hypertension, and obesity, goes hand in hand: ***Take care of your brain by taking care of your heart.***

Get enough sleep every night

Conditions such as insomnia or sleep apnea can affect memory as well as create cognitive problems, so be sure you're getting the sleep you need. It's recommended that most people get 7-9 hours of sleep each night.

Exercise regularly

Regular cardiovascular exercise gets your heart rate up and boosts blood flow to your brain and all of your body. Studies suggest this can also reduce your risk of cognitive decline.

Don't smoke

Stopping a smoking habit can put your risk of cognitive decline on par with people who have never smoked. Smoking is strongly associated with increased risk of decline, along with a myriad of other health issues.

Stay socially active

Finding ways to stay socially engaged could help support brain health. Choose activities in your community that are meaningful to you and capture your personal interests. Stay connected to your friends and family.

Keep your mind active

Challenge your brain with new activities. Play strategy games, learn a new language, learn how to play an instrument, work jigsaw puzzles, or build something – it could benefit your cognitive health for the near or long term.

Protect your brain

Take steps to stay safe enjoying the activities you love and the ones of everyday living. Always wear a helmet to ride a bike and a seat belt in the car.

Learn something new

Education reduces your dementia risk at any stage of life. Taking a class online can enrich your knowledge and help keep your brain healthy.

Take care of your mental health

If you experience symptoms of depression, anxiety, or other mental health issues, it's important to seek medical advice and treatment. Depression has been linked in studies to a higher risk of cognitive decline. Better managing stress can improve overall health.

To learn more about Alzheimer's Disease and how you can participate in Alzheimer's & Brain Awareness Month, visit alz.org.

Recommended Reads for Seniors

House of Glass: The Story of Secrets of a Twentieth-Century Jewish Family *by Hadley Freeman*
An interesting and remarkable unraveling of the author's family history.

The Giver of Stars *by Jojo Moyes*
This work of fiction is crafted around Eleanor Roosevelt's innovative pack mule library in Appalachia during the depression.

The Murmur of Bees *by Sofia Segovia*
This work of fiction will take you on a magical journey spanning generations. It's the saga of a family in Mexico and an adopted child who changes the course of all their lives.

A Long Petal of the Sea *by Isabel Allende*
Prolific Chilean author has produced another novel that spans continents, connecting the history and politics of Spain and Chile.

The Boys in the Boat: Nine Americans and Their Epic Quest for Olympic Gold at the 1936 Berlin Olympics *by Daniel James Brown*
Dramatic depiction of the American team that rowed its way into the history books at Hitler's 1936 Berlin Olympics.

Darling Rose Gold *by Stephanie Wrobel*
A tale of a mother and daughter, this book will keep you on the edge of your seat, trying to figure out the twists and turns of this complex tale.

Citadel *by A.J. Cronin*
Tells the story of a doctor who journeys through life, struggling with morals, fortune, and fame.

Easy garden craft ideas for seniors

As nature comes into bloom, the blossoms and warmer weather is drawing us outdoors. These garden craft ideas can help brighten your garden space or container garden.

Painted rocks

This is an incredibly easy and cute idea for gardens, and they make thoughtful, inexpensive gifts. To begin you simply need to find some smooth rocks, then purchase outdoor paints, a paintbrush, and sealer to protect your work from the outdoor elements. This does not require great painting skill as you can paint your rocks in an interesting, abstract way, or use nature as inspiration by painting ladybugs, bees, frogs, cactus or flowers on them. Simply paint, seal, and place them in your garden, in a flower pot, or on your windowsill to enjoy.

Unusual flower pots and containers

Who says you have to plant flowers in flower pots? As long as the container has drainage holes to allow for water drainage and airflow, many different vessels can be used as flower pots. Turn an old watering can, tea tins, galvanized buckets, or even an upside down umbrella into



fun flower containers that will make others smile at their touch of whimsy.

Stepping stones

Add some fancier flair to your garden by making a mosaic stepping stone. Kits with a mold are available at craft stores and online, so you don't have to try to figure out which cement mix to use. Once you've picked a kit, you simply follow the instructions. This typically involves preparing the cement mix, pouring it into the mold, and decorating with stained glass, ceramic pieces, or other decorative materials. Have a loved one or your caregiver help you with this project. When you're finished, find a home for this durable piece of artwork in your garden where it can be enjoyed by you and your visitors.

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Just for FUN

Sudoku:

The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3×3 boxes. This puzzle is INTERMEDIATE!

Visit www.krazydad.com for further tips and help about how to play – and good luck!

Sudoku puzzle courtesy of www.krazydad.com



Simply Delicious

RASPBERRY SOUR CREAM COFFEE CAKE

Prep Time: 20 mins; ***Bake:*** 30 min.+cooling ***Serves:*** 8

Ingredients

- 1 cup fresh raspberries
- 3 tablespoons brown sugar
- 1 cup all-purpose flour
- 1/3 cup sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1 large egg, room temperature
- 2/3 cup sour cream
- 3 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 1/4 cup sliced almonds

ICING:

- 1/4 cup confectioner's sugar
- 1-1/2 teaspoons 2% milk
- 1/4 teaspoon vanilla extract
- Additional raspberries, optional

Directions

- Preheat oven to 350°. In a small bowl, toss raspberries with brown sugar. In a large bowl, whisk flour, sugar, baking powder, baking soda and salt. In another bowl, whisk egg, sour cream, melted butter and vanilla until blended. Add to flour mixture; stir just until moistened (batter will be thick).
- Transfer half of the batter to a greased and floured 8-in. round baking pan. Top with raspberry mixture. Spoon remaining batter over raspberries; sprinkle with almonds.
- Bake until a toothpick inserted in center comes out clean, 30-35 minutes. Cool in pan 10 minutes before removing to a wire rack to cool.
- In a small bowl, mix confectioners' sugar, milk and vanilla until smooth; drizzle over top. Serve warm. If desired, serve with additional raspberries.

– courtesy of tasteofhome.com



VEGAN CAESAR PASTA SALAD

Prep Time: 15 mins; ***Cook:*** 10 mins; ***Serves:*** 4

Ingredients

- 8 ounces rotini or bowtie pasta (gluten free, if desired)
- 1 batch vegan Caesar dressing (see below)
- 2 hearts romaine, chopped
- 1 firm but slightly ripe avocado, diced or sliced
- 1 ½ cups halved cherry or grape tomatoes
- 1 ½ cups roasted chickpeas
- Freshly ground salt and pepper, to taste

Directions

- Boil the pasta according to directions on the package. Drain, then transfer to a large bowl.
- While pasta is cooking, you can make the vegan Caesar dressing. Once done, toss the dressing in the bowl with the cooked pasta until well combined.
- Next, add in the romaine, sliced avocado, halved tomatoes and roasted chickpeas; toss again until well combined. Add more salt and pepper to taste.

VEGAN CAESAR DRESSING

Ingredients

- 1/4 cup drippy tahini (such as Soom tahini)
- Juice from ½ large lemon (about 2-3 tablespoons fresh lemon juice)
- 1 clove garlic, grated or finely minced
- 1 teaspoon very finely diced capers
- 2 teaspoons caper brine (from the jar of capers)
- 1 teaspoon Dijon mustard
- 1-3 tablespoons warm water, to thin to your liking
- Freshly ground salt and black pepper, to taste.

Directions

Mix the dressing ingredients together in a small bowl until smooth. Taste and add a pinch of salt, if necessary.

– courtesy of ambitiouskitchen.com

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