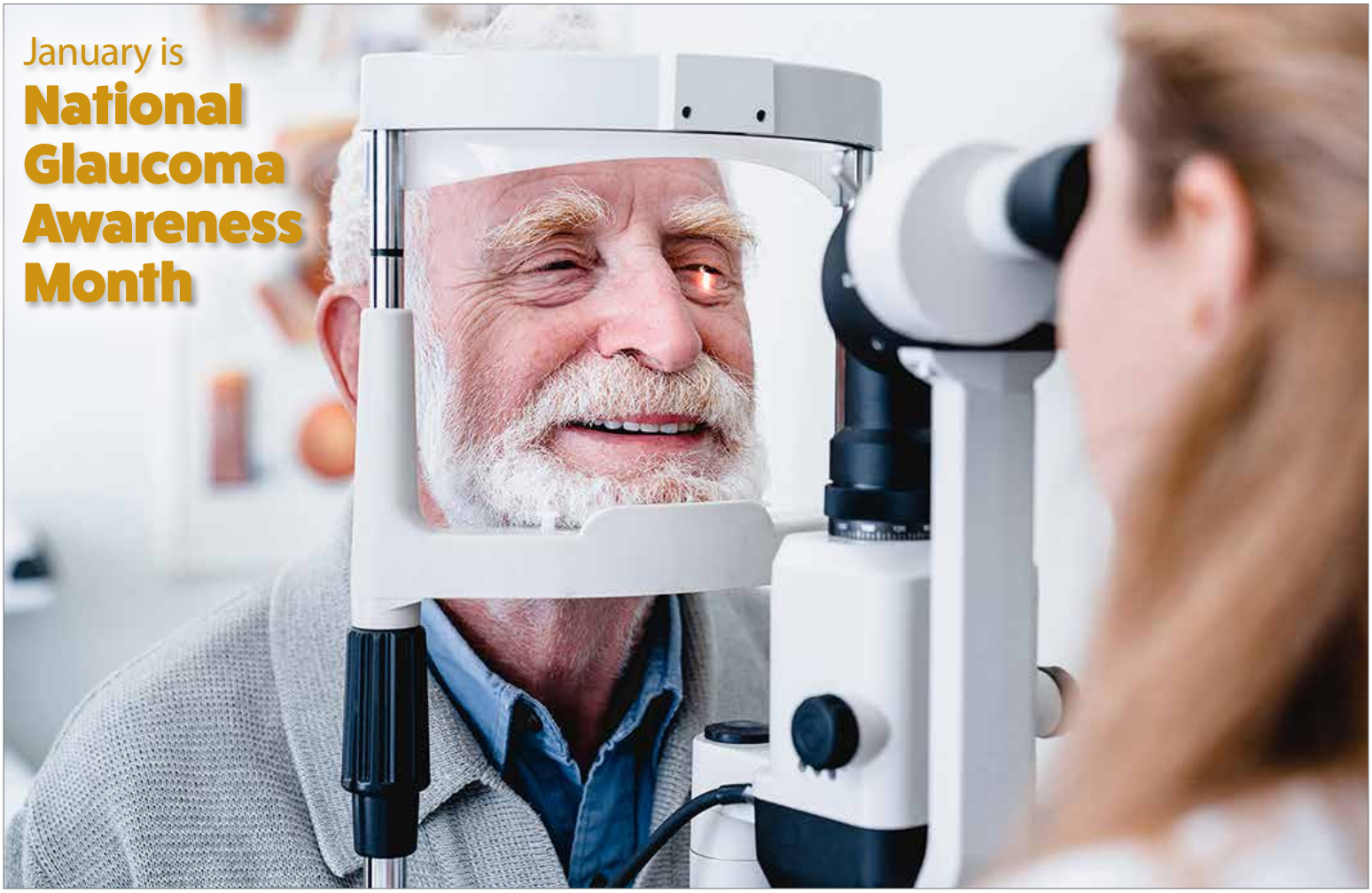
Assisting Hands® Home Care

Hand in Hand

eNewsletter

Read online at www.assistinghands.com/newsletter

JANUARY/FEBRUARY 2023



Eye opening facts about Glaucoma

January is National Glaucoma Awareness Month, and it's an important time to share information about this sight-stealing disease. Glaucoma is a disease of the eye that can damage the optic nerve and result in various degrees of vision loss, and even blindness. It occurs when the inner pressure of the eye slowly rises. Regular eye exams are vital, as glaucoma – along with other eye problems – can be caught and with early treatment, it is possible to protect your eyes from vision loss.

Anyone can develop glaucoma, but there are those at higher risk for developing it, including:

- African American, Asian, and Hispanic individuals (It is the primary cause of blindness in African Americans and Hispanics)
- Everyone over age 60
- People with a family history of glaucoma

A complete eye exam can reveal any additional factors that may increase your risk such as high eye pressure, thinness of the cornea, and abnormal optic nerve anatomy. A thorough exam can help ensure you get the treatment necessary to protect and preserve your vision. In

continued on page 2

individuals with combinations of risk factors, it has been found that medicated eye drops can reduce the risk of developing glaucoma by almost 50%.



There are two primary forms of glaucoma – open-angle and angle-closure. Open-angle is more common. Individuals initially do not experience symptoms, but eventually peripheral vision deteriorates. Without medical treatment, vision can be entirely lost. This type develops slowly and changes may not be noticeable. Many people have no symptoms or early warning signs. Peripheral vision loss is usually the first indication of a problem. Open-angle glaucoma responds well to medication, especially if caught early.

Angle-closure glaucoma occurs when there is a sudden increase in eye pressure when the angle is blocked by part of the iris and fluid is trapped at the front of the eye. Symptoms include severe eye pain, headache, nausea, redness of the eye, and blurred vision. Anyone experiencing these symptoms should seek medical treatment immediately - including visiting the emergency room right away. Without immediate treatment to restore the flow of fluid, damage to the optic nerve and vision loss can occur in a matter of a day or two. Treatment is usually prompt laser surgery; medication to clear the blockage can protect sight.

In the United States and in the rest of the world, glaucoma is one of the main causes of permanent blindness. More than three million people in the United States suffer from glaucoma, with open angle glaucoma affecting 2.7 million people aged 40 and older. There are 80 million people with glaucoma worldwide, and this figure is anticipated to rise to around 111 million by 2040.

There is currently no cure for glaucoma, but with early diagnosis and effective treatment, glaucoma can be controlled, and vision loss and blindness can be prevented.

- Treatments for open-angle glaucoma include medications as well as surgery.

- New treatment research is centered around decreasing pressure inside the eye, finding medications to protect the optic nerve from irreparable damage, and the role of genetics.

Eye doctors use many tests to detect glaucoma. The methods include visual acuity testing, visual field testing, dilated eye examination, ophthalmoscopy, and optic nerve imaging. Experts generally recommend that individuals at high risk for glaucoma have a dilated pupil eye examination every year or every other year. Studies have shown that about half of people who have glaucoma are not even aware that they have the eye disease, which stresses the importance of examinations and eye health.

February is
American Heart Month

FACT: 121.5 million, or 47% of US adults are estimated to have hypertension.

FACT: 43 million women are currently living with some form of cardiovascular disease (CVD)

FACT: Unhealthy habits contribute to heart disease.

heart.org

Just for FUN

Find these sweet words hidden within the puzzle. Have fun!

VALENTINE'S DAY

♥ WORD SEARCH ♥

Q	Q	R	N	F	U	R	Z	F	K	Y	M	F	X	D	E	L	C	L	D
R	Z	C	U	C	E	P	N	R	A	I	R	A	L	I	I	H	E	Q	R
Y	W	F	H	R	I	G	L	O	X	L	S	A	O	O	O	P	X	N	G
F	D	K	I	G	U	H	D	H	D	B	L	S	U	C	W	Q	U	R	U
F	H	M	U	W	B	V	B	R	D	F	I	I	O	R	P	E	D	C	O
C	D	I	B	X	S	T	T	Z	N	T	B	L	N	G	B	Y	R	O	Y
A	G	G	A	S	W	Y	B	J	Q	E	A	R	O	L	T	E	Y	S	E
K	S	P	Q	W	E	Q	X	R	M	T	F	T	U	S	O	D	F	D	V
E	F	A	L	M	E	W	S	I	E	S	X	A	W	O	W	V	S	J	O
L	T	N	M	G	T	T	N	R	W	R	T	Z	B	C	Z	I	E	M	L
O	V	X	J	D	H	E	W	E	B	O	U	Q	U	E	T	R	O	T	I
V	R	W	L	H	E	G	J	Q	B	D	I	I	L	V	Y	O	N	R	T
E	M	D	P	R	A	E	N	I	T	N	E	L	A	V	P	M	E	A	K
I	L	I	E	J	R	Y	V	Z	V	L	U	W	A	S	R	A	J	E	J
N	N	Y	Q	R	T	S	R	M	P	E	U	C	A	M	N	N	B	H	V
K	B	T	W	K	E	O	S	R	E	I	W	G	J	Y	P	C	O	G	I
M	Z	E	Z	S	M	N	G	F	W	N	Y	A	W	I	G	E	B	Y	Q
X	T	E	O	J	W	U	T	V	B	U	D	X	O	Y	D	N	A	C	I
W	V	R	P	C	G	V	H	G	I	F	T	H	X	G	I	N	M	Y	Y
M	C	V	J	J	N	R	Z	H	U	F	M	U	I	K	Q	E	V	E	R

ADMIRER
BE MINE
BOUQUET
CANDY
CHOCOLATE
CUPID
FALL IN LOVE
FEBRUARY
FLOWERS
GIFT
HEART
HUG
I LOVE YOU
KISS
LOVE
PINK
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE



New Year's traditions from around the world

United States
Millions of Americans assemble in front of their televisions to watch the ball drop at midnight in Times Square. Adolph Ochs, a former owner of the New York Times, started the extravaganza in 1907 to ring in 1908 and show off the paper's new headquarters.

Japan
Japan's new year is usually celebrated with a visit to the local temple to exchange last year's lucky charms for new ones. Afterward, people feast on foods such as prawns, herring roe, and a warm bowl of soba noodles. Eating the noodles represents a break away from the old year.

Mexico
Families in Mexico get together to make tamales, pieces of corn dough filled with cheese, vegetables, and meat then wrapped in corn husks. They hand out the tamales to their loved ones that evening, then on New Year's Day, the tamales are served with a soup.

Switzerland
The Swiss drop a dollop of cream on the floor, which is believed to bring luck, wealth and peace in the new year.

Italy and Spain
Italians and Spaniards both wear red underwear for luck!

Simply Delicious



4-Ingredient Potato Soup

Prep Time: 20 mins; ***Cook Time:*** 20 mins; ***Serves:*** 4

Ingredients

- 1 Tablespoon olive oil
- 1 medium yellow onion, diced
- 2 1/2 pounds russet potatoes, peeled and cubed
- 5-6 cups vegetable broth, divided or chicken broth
- 3/4 cup plain Greek yogurt + 1/4 cup warm water
- Salt/pepper to taste

Instructions

- Sauté the diced onion with olive oil for about 5 minutes in a Dutch oven or stock pot.
- Add in the peeled and cubed potatoes, followed by 4 cups of vegetable or chicken broth.
- Simmer over medium/low heat for about 20 minutes (or until potatoes are fork tender).
- Whisk together the Greek yogurt and warm water, then slowly pour into the pot and stir.
- Use an immersion blender to blend until smooth, or transfer to a regular blender (you may need to do this in batches). If using a regular blender, it helps to blend on the lowest setting with the lid slightly ajar so heat can escape.
- Once blended, whisk in the additional 1-2 cups of vegetable broth to thin (if desired). Add salt and pepper to taste.
- Garnish with cheddar cheese, fresh parsley, and/or bacon bits. Enjoy!

– courtesy of jaroflemons.com

Blueberry Banana Baked Oatmeal

Need a quick and easy healthy breakfast recipe? This Blueberry Banana Baked Oatmeal is delicious. Soft, perfectly moist baked oatmeal that's naturally sweetened with maple syrup and bananas. This recipe is gluten-free, dairy-free, vegetarian, and can be made the night before for a ready-to-go breakfast in the morning!

Prep Time: 10 mins; ***Cook Time:*** 45 mins; ***Serves:*** 8

Ingredients

- 2 1/2 cups rolled oats
- 1 teaspoon baking powder



- 1/2 teaspoon baking soda
- 2 teaspoons cinnamon
- 2 Tablespoons chia seeds optional
- 2 Tablespoons flax seeds optional
- 1/4 teaspoon salt
- 2 medium bananas mashed
- 2 large eggs
- 1/4 cup maple syrup
- 1 1/2 cups almond milk or milk of choice
- 1 teaspoon vanilla
- 1 cup blueberries frozen or fresh

Topping (optional)

- 1 medium banana sliced
- 2 Tablespoons brown sugar
- 1/4 cup chopped walnuts
- Extra blueberries

Instructions

- Preheat the oven to 350 degrees F.
- Mix together the rolled oats, baking powder, baking soda, cinnamon, chia seeds, flax seeds, and salt in a large mixing bowl.
- Mash the bananas in a separate bowl until smooth.
- Add in the eggs, maple syrup, almond milk, and vanilla.
- Whisk until the liquid ingredients are smooth.
- Pour the liquid ingredients into the dry ingredients and mix just until well combined.
- Add in the blueberries and mix.
- Spray a 9×9 inch or 11×7 inch casserole dish (or baking pan) with oil and pour the batter into the dish.
- Add any of the optional toppings (banana, brown sugar, walnuts, and/or extra blueberries).
- Bake for about 40-45 minutes.
- Let cool for 5-10 minutes, then cut into bars and enjoy!

– courtesy of jaroflemons.com

©2023 Assisting Hands® Home Care, Nampa, Idaho 83687. All Rights Reserved.