Assisting Hands® Home Care

Hand in Hand

eNewsletter

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MAY/JUNE 2024



Harmonizing Hope:

Music for those living with Alzheimer's

As we recognize Alzheimer's Awareness Month in June, it is important to shine a light on the therapeutic power of music in the lives of those affected by this challenging disease. Among the complexities of Alzheimer's and other forms of dementia, music has become a beacon of hope for connection. It can offer glimpses of joy and clarity in the midst of confusion.

Music has been shown to have the remarkable ability to break the barriers imposed by cognitive decline, reaching affected individuals in ways that words alone cannot. Familiar melodies have the ability to stir memories, evoke emotions, and unlock moments of recognition that might otherwise remain dormant.

Through music, individuals can reconnect with people, places, and experiences that have shaped their lives. Whether it's a beloved childhood song, a cherished love ballad, or a stirring symphony, each note carries the potential to unlock a sense of familiarity and belonging.

Beyond reminiscence, music offers a myriad of benefits for those living with Alzheimer's. Music can elevate

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mood, reduce anxiety, and improve overall well-being. In the presence of music, individuals often exhibit increased engagement, communication, and a sense of connection to their surroundings.

The act of sharing music also becomes a profound expression of love, support, and caring for both caregivers and their loved ones. In a world where communication may falter, music can serve as a universal language and foster precious moments of connection and understanding that transcend the limitations of memory loss.

Today, technology has made it easier to harness the healing power of music. Streaming services and digital platforms offer a number of options for creating and sharing personalized playlists, ensuring that these benefits of music are accessible to all. These music playlists, curated with care and consideration, can become windows to the past for some.

As Alzheimer's Disease touches everyone, let us all recommit ourselves to the pursuit of compassion and understanding for those living with this condition as we work towards freedom from this disease. In a world where memories may fade, music remains an anchor, weaving a tapestry of sound that binds us to the past, and lights the way forward. Together, let us harmonize our efforts to raise awareness, support research, and live in a world where every person affected by Alzheimer's can find comfort and companionship in the timeless melodies of music.



Just for Fun: Garden Word Search

CLIPPERS
COMPOST
FARM
FLOWERS
FRUIT
HEALTHY
LADYBUGS
MARKETS
MULCH
NATURAL
NETTING
PESTS
PLANTS
PLOT
SAFE
SEEDLING
SEEDS
SOIL
TREES
WATER
WEEDS
WORMS
YARD

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

Fun garden facts:

- The strawberry is the only fruit with seeds on its outside.
- Apples and plums are in the rose family.
- Corn is technically a grass.
- Milkweed plants are the only food source for monarch butterfly caterpillars.
- Sunflowers start the day facing east, then follow the sun as it moves across the sky to the west.
- The scales on asparagus stalks are the plant's leaves.



Simply Delicious





Pork Tacos with Mango Salsa

Prep Time: 25 min. ***Cook Time:*** 6 hrs. ***Yield:*** 12 servings

Ingredients

- 2 tablespoons lime juice
- 2 tablespoons white vinegar
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 1-1/2 teaspoons salt
- 1/2 teaspoon pepper
- 3 cups cubed fresh pineapple
- 1 small red onion, coarsely chopped
- 2 chipotle peppers in adobo sauce
- 1 bottle (12 ounces) dark Mexican beer
- 3 pounds pork tenderloin, cut into 1-inch cubes
- 1/4 cup chopped fresh cilantro
- 1 jar (16 ounces) mango salsa
- 24 corn tortillas (6 inches), warmed
- Optional: cubed fresh pineapple, chopped avocado and queso fresco

Directions

- Puree first 9 ingredients in a blender; stir in beer. In a 5- or 6-qt. slow cooker, combine pork and pineapple mixture. Cook, covered, on low until pork is very tender, 6-8 hours. Stir to break up pork.
- Stir cilantro into salsa. Using a slotted spoon, serve pork mixture in tortillas; add salsa and toppings as desired.

Chipotle Lime Avocado Salad

Prep/Total Time: 15 min. ***Yield:*** 4 servings

Ingredients

- 1/4 cup lime juice
- 1/4 cup maple syrup
- 1/2 teaspoon ground chipotle pepper
- 1/4 teaspoon cayenne pepper, optional
- 2 medium ripe avocados, peeled and sliced
- 1/2 medium cucumber, peeled and chopped
- 1 tablespoon minced fresh chives
- 2 large tomatoes, cut into 1/2-inch slices

Directions

- In a small bowl, whisk lime juice, maple syrup, chipotle pepper and, if desired, cayenne until blended. In another bowl, combine avocados, cucumber and chives. Drizzle with dressing; toss gently to coat. Serve over tomatoes.



Raspberry Refresher

Prep Time: 10 min. ***Cook Time:*** 20 min.+chilling ***Yield:*** 14 servings (about 3½ quarts)

Ingredients

- 8 cups fresh or frozen raspberries, thawed
- 1-1/2 cups sugar
- 2/3 cup cider vinegar
- 2-1/2 cups cold water, divided
- 2 liters ginger ale, chilled

Directions

- In a large saucepan, crush the berries. Stir in sugar, vinegar and 1/2 cup water. Bring to a boil; reduce heat. Simmer, uncovered, for 20 minutes. Strain to remove seeds; refrigerate. Just before serving, stir in ginger ale and remaining water. Serve over ice.

– courtesy of TasteofHome.com

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