Assisting Hands® Home Care

Hand in Hand

eNewsletter

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JULY/AUGUST 2024



Embracing summer: Tips and activities for seniors

When the sun is out, the air is warm, and there's a nice breeze blowing, all you want to do is get outside and not miss a single second of it. All the trees are green, begging to provide a shady retreat. Flowers are in full bloom with bees buzzing about. Everything is vibrant as the summer sun shines brightly, and it's the perfect time for seniors to enjoy the season. Here are some tips and activities that can make this summer both enjoyable and healthy.

Stay Hydrated and Safe

The heat can be very intense during summer, so it's crucial to stay hydrated. Drink plenty of water throughout the day, even if you don't feel thirsty (unless otherwise directed by your physician). Avoid caffeinated and alcoholic beverages as they can lead to dehydration. Wear lightweight, loose-fitting clothing, and don't forget a wide-brimmed hat and sunscreen to protect your skin from harmful UV rays. Try to stay indoors during the peak sun hours, typically between 10 AM and 4 PM.

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Explore the Outdoors

Early mornings and late afternoons are great times to enjoy the outdoors. Take a gentle walk in the park, tend to your garden, or simply sit outside to appreciate nature. Gardening is not only a relaxing activity but also a great form of light exercise. If you enjoy birdwatching, summer is an excellent time to spot various species that are active during this season.

Stay Social

Summer is an ideal time to catch up with friends and family. Plan picnics, barbecues, or simple gatherings in the backyard. Many communities offer senior-friendly outdoor activities such as tai chi classes in the park, art workshops, or concerts. Engaging in social activities can boost your mood and provide a sense of community.

Enjoy Seasonal Foods

Take advantage of the abundance of fresh fruits and vegetables available in the summer. Farmers' markets are filled with delicious options like berries, melons, tomatoes, summer squashes, and leafy greens. These foods are not only tasty but also packed with vitamins and antioxidants that are beneficial for your health. Try new recipes that incorporate these seasonal delights.

Stay Cool Indoors

When the heat becomes too much, enjoy indoor activities. Visit a local museum, catch a matinee movie, or attend a library event. Engage in hobbies like reading, crafting, or playing board games. Ensure your home stays cool by using fans or air conditioning, and consider visiting air-conditioned public places if your home becomes too warm.

Exercise Regularly

Staying active is important for maintaining good health, especially during the summer. Try low-impact exercises such as swimming, which is gentle on the joints and helps keep you cool. Indoor fitness classes, such as chair yoga, designed for those with limited mobility, can also be a fun way to stay active and meet new people.

Travel and Explore

If you're up for some adventure, summer is a great time for travel. Whether it's a short day trip to a nearby attraction or a longer vacation, exploring new places can be exciting and rejuvenating. Many travel agencies offer senior-friendly trips that cater to various mobility and health needs.

By taking a few precautions and embracing the opportunities that summer offers, seniors can have a season filled with joy, health, and memorable experiences. Enjoy the sunshine and make the most of this beautiful time of year!

Four facts for the 4th

The 4th of July, known as Independence Day, commemorates the adoption of the Declaration of Independence on July 4, 1776. On this day, the thirteen American colonies declared their independence from British rule, marking the birth of the United States of America.

The first celebrations of Independence Day included public readings of the Declaration of Independence, parades, concerts, bonfires, and the firing of cannons and muskets. These activities were meant to symbolize the newfound freedom and unity of the colonies.

Fireworks have been a key part of 4th of July celebrations since the very first commemoration in 1777. John Adams, one of the Founding Fathers, envisioned the day being celebrated with "pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations from one end of this continent to the other."



The 4th of July was officially declared a federal holiday in 1870 by Congress, nearly a century after the Declaration of Independence was signed. In 1938, Congress reaffirmed the 4th of July as a paid federal holiday for all federal employees.

Just for Fun: SUMMER CAMP

SLEEPING BAG
BACKPACK
LANTERN
TREES
TENT
SUN
WATER BOTTLE
CAMPFIRE
INSECTS
STARS
MOON
FLASHLIGHT
MOUNTAIN
SCOUTS
BOOTS
HIKE
ADVENTURE
COMPASS
NATURE
CLIMB
CAMP
TRAIL MIX
FISHING
KNIFE
FLAG
ROPE

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

Fun camping facts:

– The first official campground, Gunnison National Park, was established in 1919 in Colorado.

– The United States has over 13,000 campgrounds, with many located in national and state parks.

– The Appalachian Trail is one of the longest hiking-only trails in the world, spanning approximately 2,190 miles across 14 states from Georgia to Maine.



Simply Delicious





Creamy Sweet Corn & Brown Butter Ricotta Pasta

Prep Time: 15 min. ***Cook Time:*** 30 min. ***Yield:*** 4 servings

Ingredients

For the brown butter:
- 1/4 cup salted butter

For the corn:
- 1 tablespoon butter or olive oil
- 3 cups fresh sweet corn, cut off the cob (3-4 ears of corn should yield roughly 3 cups)
- Freshly ground salt and pepper, to taste

For the ricotta:
- 1/2 cup ricotta
- ½ teaspoon salt

For the pasta:
- 10 oz tagliatelle pasta (or sub fettuccine or linguine or any type of pasta you want!)
- 3/4 cup reserved pasta water

To garnish:
- 1/4 cup basil, cut into ribbons
- 1/4 cup sliced green onions

Directions

•Brown your butter: add butter to a medium saucepan or skillet and place over medium heat. The butter will begin to melt, crackle, and then eventually foam. Make sure you whisk constantly during this process. After a couple of minutes, the butter will begin to brown and turn a nice golden amber color on the bottom of the saucepan, this usually happens once it foams. Continue to whisk and remove from heat as soon as the butter begins to brown and give off a nutty aroma. Immediately transfer the butter to a medium bowl to prevent burning, making sure you scrape all the yummy brown bits from the pan with a rubber spatula; this is where the flavor is! Set aside to cool.

• Bring a large pot of water to a boil for your pasta, then start cooking your corn. Place a skillet over medium high heat and add in 1 tablespoon olive oil or butter. Once oil is hot or butter is melted, add in the corn, season with salt and pepper, and saute for approximately 10 minutes; stirring every so often until corn begins to caramelize and turn slightly golden in places. Add half of the sauteed corn to a blender with the ½ cup of ricotta and ½ teaspoon salt and set aside; do not blend yet. Reserve the remaining half of corn for stirring into the pasta.

• While the corn is cooking, you can cook your pasta according to the directions on the package. Before draining pasta and adding back to the pan, reserve ½ cup of pasta water and add to the corn/ricotta mixture, then blend the mixture until mostly smooth.

• Finally, add brown butter to the cooked pasta and stir to coat, then toss in the blended corn/ricotta mixture, extra corn, basil and green onion. Add freshly ground salt and pepper to taste.



Pineapple Mango Smoothie

Total Time: 5 min.; ***Yield:*** 1 servings

Ingredients
- 1 cup frozen mango chunks
- ¾ cup frozen pineapple chunks
- 1 ¼ cup light coconut milk, plus more as necessary

Directions

• In a large high-powered blender, add in all ingredients and blend on high for 1-2 minutes or until all ingredients are well combined. If necessary, add in more coconut milk to thin the smoothie. Makes 1 smoothie.

– courtesy of ambitiouskitchen.com

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