Assisting Hands® Home Care

Hand in Hand

eNewsletter

Read online at www.assistinghands.com/newsletter

JANUARY/FEBRUARY 2025



Embracing the New Year: A Time for Growth and Joy

As the calendar turns and a new year beings, it's a perfect time for reflection, renewal and setting intentions for the months ahead. We all have the opportunity to reflect on the past, while embracing the promise of what lies ahead. This season is not just a time for resolutions, but a chance to celebrate wisdom, growth, and the vibrant possibilities that come with age.

For seniors, this transition offers a meaningful opportunity to focus on personal well-being, connections, and enjoying life's simple pleasures. Here are a few tips to help everyone welcome the new year with optimism and joy:

Celebrate your accomplishments. Take a moment to reflect on your accomplishments and wisdom gained through the year, no matter how small. Whether it was reconnecting with an old friend, learning a new skill, or simply staying active, each accomplishment is worth celebrating. Gratitude for these milestones sets a positive tone for the year ahead. Your experiences and perspectives are treasures that can inspire and guide younger generations.

Set realistic goals for yourself. Setting achievable goals can provide purpose and excitement. These goals can be

continued on page 2

as simple as taking daily walks, trying a new recipe, or volunteering in the community. The key is to focus on activities that bring joy and foster a sense of achievement.

Stay connected. The new year brings the hope of fostering deeper connections with loved ones. Whether through family gatherings, phone calls, or modern video chats, staying socially active enriches life and strengthens bonds. Nurturing relationships is vital for emotional well-being. Staying socially active combats loneliness and keeps the spirit vibrant. Make plans to catch up with loved ones.

Make your health a priority. Physical and mental health are essential for a fulfilling life. Commit to regular check-ups, a balanced diet, and light exercise routines. Consider taking small, but impactful steps, such as incorporating a daily walk, exploring a new hobby, or eating more nutrient-rich meals. Even a short daily walk can boost your mood and improve physical and emotional well-being.

Learn something new. Now is the perfect time to try something fresh. Sign up for a class, discover a new hobby, or revisit a passion from earlier years. Many community centers and online platforms offer classes designed for seniors, ranging from art and music to technology and fitness. Exploring these opportunities can be a wonderful way to stay curious and engaged.

Every day, seek joy! Find happiness in the little things—a morning cup of coffee, a good book, time spent with a pet, or a visit from your favorite caregiver. Embracing gratitude can enhance your outlook and make each day more fulfilling.

By embracing these simple steps, seniors can turn the page on a new chapter filled with positivity and purpose. Remember that it's never too late to learn, grow, and embrace life with enthusiasm. This year, let your focus be on creating memories, cherishing connections, and finding joy in the journey ahead. Here's to a year of joy, health, and fulfillment!

American Heart Association.
Healthy for Good™

February is Heart Month



Loving-Kindness Meditation

Loving-kindness meditation is a way to practice feeling unconditional compassion for ourselves and all beings. Some studies suggest it can help boost your empathy and feelings of connection and reduce bias, anger, depression and anxiety.

How does it work?

Sit quietly and direct kindness and love to yourself, then expand in circles of compassion outward to others.

1 

Yourself: Direct kindness and compassion to yourself by repeating a thought such as, "May I be happy."

2 

Family and friends: Direct your kindness to someone you love or care about by repeating, "May _____ be happy."

3 

Someone neutral: Think about someone you feel neutral about, such as a coworker, neighbor or acquaintance and direct your compassion to this person by name.

4 

Someone difficult: Think about someone you dislike or have a tough time being around. Direct your kindness to this person by name.

5 

Group: Think about all of these people together and equally direct your kindness to all of them by saying, "May they be happy."

6 

Everyone: Finally, direct your kindness everywhere. "May all beings everywhere be happy."

You can change up the thought or phrase or combine words, such as:
"May I be at peace." "May I be loved." "May I be healthy and strong."



Start with just a few minutes and gradually extend your time. Try it today and see if loving-kindness meditation can bring more happiness and well-being to your life.

© Copyright 2024 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved.
Healthy for Good is a trademark of the AHA. Unauthorized use prohibited. WF391277 1/24

Just for Fun: VALENTINE'S DAY WORD SEARCH

PINK
SWEET
FRIENDS
ARROW
CANDY
KISSES
CUPID
VALENTINE
CHOCOLATE
HEART
HUGS
RED
LOVE
FEBRUARY
FLOWERS

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

Fun Facts:

January is named after Janus, the Roman god of doors and beginnings, who is depicted with two faces—one looking to the past and the other to the future.

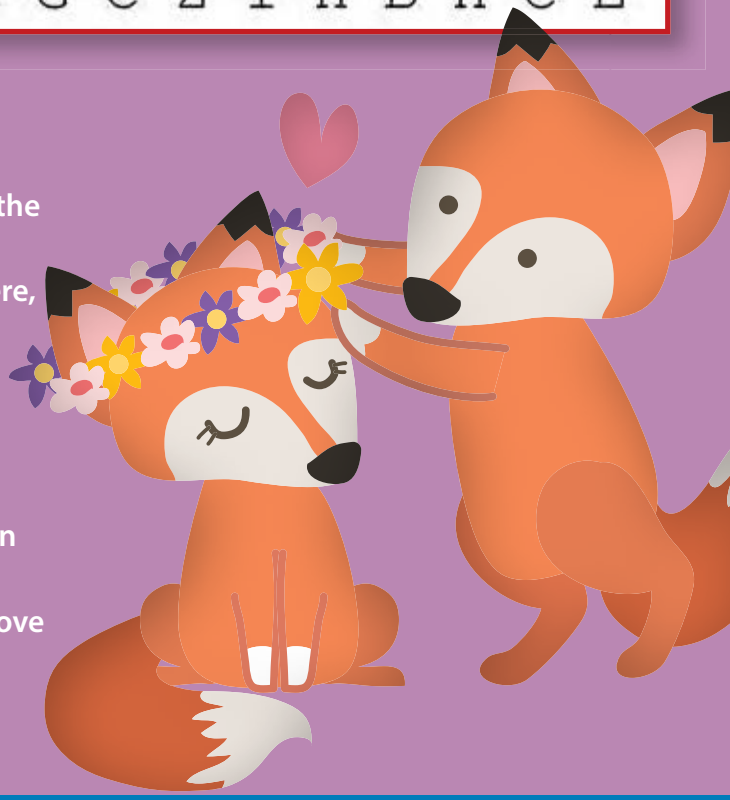
Shortest Daylight Hours: For many in the Northern Hemisphere, January is the coldest month, with short daylight hours following the winter solstice in December.

January Birthstones and Flowers: Its birthstone is the garnet, symbolizing constancy.

February: Shortest Month: February is the only month with fewer than 30 days, having 28 days in common years and 29 in leap years.

Valentine's Day: February 14 is globally known as the day of love and romance, commemorating St. Valentine.

Birthstones and Flowers: Its birthstone is the amethyst, symbolizing clarity and peace of mind.



Simply Delicious



White Lasagna

Prep: 30 Min. Bake: 1 Hour + Standing

Ingredients

- 9 lasagna noodles
- 1 pound bulk Italian sausage
- 2 celery ribs, chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1/2 cup white wine
- 1 cup half-and-half cream
- 3 ounces cream cheese, cubed
- 1/4 cup minced fresh basil
- 2 teaspoons minced fresh oregano or 1/2 teaspoon dried oregano
- 1 teaspoon pepper
- 3/4 teaspoon salt
- 1 large egg, lightly beaten
- 2 cups shredded white cheddar cheese
- 1-1/2 cups 2% cottage cheese
- 3/4 pound fresh mozzarella cheese, sliced
- 1-1/2 cups shredded Gouda cheese
- Optional: grated Parmesan cheese and red pepper flakes

Directions

- Preheat oven to 375°. Cook noodles according to package directions for al dente. In a large skillet, cook sausage, celery, onion and garlic over medium heat 6-8 minutes or until sausage is no longer pink, breaking up sausage into crumbles; drain.
- Stir in wine. Bring to a boil; cook 3-4 minutes or until liquid is reduced by half. Add half-and-half, cream cheese, herbs, pepper and salt; stir until cream cheese is melted. Drain noodles.
- In a small bowl, combine egg, cheddar and cottage cheese.
- In a greased 13x9-in. baking dish, layer 3 noodles, half the sausage mixture, half the cheddar cheese mixture and half the mozzarella slices. Repeat layers. Top with remaining noodles; sprinkle with Gouda cheese.
- Bake, covered, until bubbly and cheese is melted, 50-60 minutes; uncover and bake until light golden brown, 10-15 minutes longer. Let stand 15 minutes before serving. If desired, sprinkle with grated Parmesan cheese, red pepper flakes, and additional basil and oregano.



Cannoli Cheesecake

Prep: 25 Min. + Chilling

Ingredients

- 1 package (4 ounces) cannoli shells
- 1/2 cup sugar
- 1/2 cup graham cracker crumbs
- 1/3 cup butter, melted

FILLING:

- 2 packages (8 ounces each) cream cheese, softened
- 1 cup confectioners' sugar
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon ground cinnamon
- 3/4 cup part-skim ricotta cheese
- 1 teaspoon vanilla extract
- 1/2 teaspoon rum extract
- 1/2 cup miniature semisweet chocolate chips
- Chopped pistachios, optional

Directions

- Pulse cannoli shells in a food processor until coarse crumbs form. Add sugar, cracker crumbs and melted butter; pulse just until combined. Press onto bottom and up side of a greased 9-in. pie plate. Refrigerate until firm, about 1 hour.
- Beat the next 4 ingredients until blended. Beat in ricotta cheese and extracts. Stir in chocolate chips. Spread into crust.
- Refrigerate, covered, until set, about 4 hours. If desired, top with pistachios.

– courtesy of tasteofhome.com

©2025 Assisting Hands® Home Care, Nampa, Idaho 83687. All Rights Reserved.