Assisting Hands® Home Care

Hand in Hand

eNewsletter

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MARCH/APRIL 2025



Spring into well-being!

A season of renewal and vitality for seniors

Spring is a season of renewal, making it the perfect time for everyone to embrace fresh air, new activities and a focus on well-being – especially for seniors. After months of colder weather in much of the country, the arrival of longer days and warmer temperatures offers a wonderful opportunity to refresh your routine, boost your energy, and enjoy the beauty of nature.

Step outside for better health

Spending time outdoors has numerous benefits, including enhanced mood, improved mobility, and increased vitamin D levels, which are essential for bone health. Sunlight exposure helps regulate sleep patterns, while gentle outdoor activities can improve circulation and reduce stress.

Simple ways to enjoy spring include:

• Taking a daily walk around the neighborhood or a local park. If you use a mobility device to make getting around essential, have your caregiver accompany you for some fresh air and sunshine.

• Gardening, which provides light exercise and a sense of accomplishment.

• Birdwatching or photography, engaging hobbies that encourage mindfulness.

• Enjoying a picnic with friends or family to reconnect socially.

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Spring cleaning for the mind and body

A little spring cleaning isn't just for the home – it's also a great time to refresh the mind and body. Consider decluttering your living space to create a safer and more comfortable environment.

Spring is the start of much anticipated seasonal produce like strawberries, asparagus, and leafy greens, which are packed with vitamins and antioxidants.

Engaging in gentle exercises such as stretching, yoga, or Tai Chi to improve flexibility, balance and overall well-being.

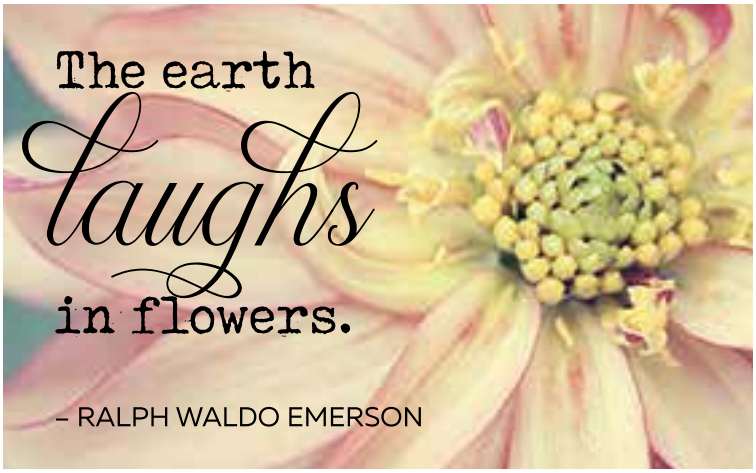
The new season is a great time for checking in on your health – schedule any overdue checkups and review medications with your healthcare provider.

Connect and celebrate the season

Spring is a time of new beginnings, making it an ideal season to reconnect with loved ones and participate in social activities. Engaging with others not only reduces feelings of loneliness, but also supports brain health and emotional well-being.

One way to stay connected is to join a local club, or visit a senior center for social gatherings and activities. Attending community events such as produce markets, art festivals, or outdoor concerts can be a fun way to get together with friends. Try a new hobby like painting, knitting, or learning to play an instrument.

Spring is a reminder that it's never too late for a fresh start. Whether it's exploring the outdoors, improving your health, or spending more time with loved ones, this season offers endless opportunities to embrace joy, movement, and renewal. So step outside, breathe in the fresh air, and let the beauty of spring inspire you to live life to the fullest!



April is Parkinson's Awareness Month

4 Common Symptoms of Parkinson's Disease

Symptoms of Parkinson's disease worsen over time and vary from person to person. For many people with Parkinson's, the first signs develop after age 60.



Muscle stiffness, where muscle remains contracted for a long time

Tremors in hands, arms, legs, jaw, or head

Impaired balance and coordination, sometimes leading to falls

Slowness of movement

If you're experiencing symptoms, talk with a doctor.
Learn more at **www.nia.nih.gov/parkinsons-disease**.

NIH National Institute on Aging

Just for Fun: SPRING WORD SEARCH

APRIL
BEE
BIRD
BLOOM
BLOSSOM
BUD
BUTTERFLY
CATERPILLAR
FLOWER
GARDEN
GRASS
MARCH
MAY
NEST
PLANT
PUDDLE
RAIN
SPROUT
SUNSHINE
UMBRELLA

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

Fun Facts:

The Ides of March (March 15th) is famous for the assassination of Julius Caesar in 44 B.C.

March is named after Mars, the Roman god of war, as it was the start of the military campaign season.

The first telephone call was made on March 10, 1876, by Alexander Graham Bell.

April Fool's Day (April 1st) has been celebrated for centuries, but its origins remain a mystery.

Earth Day (April 22nd) was first celebrated in 1970 and is now a global environmental movement.

The phrase "April showers bring May flowers" originates from an English poem dating back to the 1500s.



Simply Delicious



Citrus-Herb Pork Roast

Prep: 25 Min. Cook: 4 Hours

Ingredients

- 1 boneless pork sirloin roast (3 to 4 pounds)
- 1 teaspoon dried oregano
- 1/2 teaspoon ground ginger
- 1/2 teaspoon pepper
- 2 medium onions, cut into thin wedges
- 1 cup plus 3 tablespoons orange juice, divided
- 1 tablespoon sugar
- 1 tablespoon white grapefruit juice
- 1 tablespoon steak sauce
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon grated orange zest
- 1/2 teaspoon salt
- 3 tablespoons cornstarch
- Hot cooked egg noodles
- Minced fresh oregano, optional

Directions

- Cut roast in half. In a small bowl, combine the oregano, ginger and pepper; rub over pork. In a large skillet coated with cooking spray, brown roast on all sides. Transfer to a 4-qt. slow cooker; add onions.

- In a small bowl, combine 1 cup orange juice, sugar, grapefruit juice, steak sauce and soy sauce; pour over top. Cover and cook on low for 4-5 hours or until meat is tender. Remove meat and onions to a serving platter; keep warm.

- Skim fat from cooking juices; transfer to a small saucepan. Add orange zest and salt. Bring to a boil. Combine cornstarch and the remaining orange juice until smooth. Gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with pork and noodles; if desired, sprinkle with fresh oregano.



Fluffy Key Lime Pie

Prep: 20 Min. + Chilling

Ingredients

- 1/4 cup boiling water
- 1 package (0.3 ounce) sugar-free lime gelatin
- 2 cartons (6 ounces each) Key lime yogurt
- 1 carton (8 ounces) frozen fat-free whipped topping, thawed
- 1 reduced-fat graham cracker crust (9 inches)

Directions

- In a large bowl, add boiling water to gelatin; stir 2 minutes to completely dissolve. Whisk in yogurt. Fold in whipped topping. Pour into crust.

- Refrigerate, covered, until set, about 2 hours.

– courtesy of tasteofhome.com

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