Assisting Hands® Home Care

Hand in Hand

eNewsletter

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MAY/JUNE 2025



Traveling with care:

Making every journey safe & *joyful*

As the sunshine grows stronger and the days grow longer, it's a wonderful time to start thinking about a change of scenery. Whether it's visiting family, exploring a favorite place, or simply enjoying a new view, travel can be a beautiful way to reconnect with the world. For seniors — especially those living with health conditions, mobility challenges, or special needs — a little thoughtful planning can make the journey not only possible, but enjoyable.

Start by packing with care. Keep your most important items such as medications, medical devices, travel documents, emergency contacts, and insurance information in a carry-on bag you can easily access. If you take prescription medications, be sure to bring enough for the full trip, plus a few extra days, just in case. It's also wise to pack comfort items like a neck pillow, a light blanket, snacks, and water to stay hydrated and cozy while on the move.

Mobility is something to plan for thoughtfully. Comfortable, supportive shoes and clothing you can easily move in will make all the difference. If you use a cane, walker, or wheelchair, make sure it's ready for travel and in good working condition. Even if you typically get by without assistance, consider requesting a wheelchair at airports or busy attractions – saving your strength for the moments that matter most. Travel is not a race; it's about savoring each experience at your own pace and ability.

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When traveling by car, plan for plenty of rest stops to stretch, move around, and refresh yourself. Prolonged sitting can be hard on the body, especially for those with circulation or joint issues, so taking breaks every couple of hours is essential. If you're flying, remember that airports can involve long walks and standing in lines. Don't hesitate to ask for assistance — it's there to make your journey easier and more comfortable.

Before you leave, share your itinerary and health information with a trusted friend or family member. Include your travel schedule, hotel addresses, and any important medical details they may need in case of an emergency. Carry a small card with your medical conditions, medications, allergies, and emergency contact information. Having a plan in place offers great peace of mind, both for you and your loved ones.

If you have special health needs, it's also wise to talk to your doctor before you go. They may have helpful suggestions for managing medications, adjusting activity levels, or preparing for different climates. Some travelers find it reassuring to know where the nearest pharmacy or healthcare facility is located at their destination.

Most importantly, remember that this journey is yours to enjoy. Travel isn't about how far or fast you go – it's about the moments you savor along the way, and time spent with your companions. Whether you're celebrating a grandchild's milestone, relaxing by the sea, or enjoying the simple pleasure of seeing new places, every experience is a gift.

With careful planning, a little extra support, and an open heart, seniors of all abilities can embrace the joy of travel. Life's adventures aren't over – they're simply waiting for you to say **yes.**

Health benefits of *gardening*

Spring and early summer are the perfect seasons to roll up your sleeves and dig into the joys of gardening. For seniors, gardening offers more than beautiful blooms — it's a proven way to stay active, boost mood, and reduce stress. The gentle physical activity strengthens muscles, improves flexibility, and promotes heart health.

Even small container gardens on a patio or balcony can bring big benefits. With the help of your loved ones, or a caregiver, growing your own herbs, vegetables, or flowers adds beauty to your surroundings and freshness to your meals. Best of all, spending time in nature creates a sense of peace and accomplishment that feeds both body and soul.

June is Alzheimer's & Brain Awareness Month

10 WAYS TO LOVE YOUR BRAIN

START NOW. It's never too late or too early to incorporate healthy habits.

BREAK A SWEAT Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

HIT THE BOOKS Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

BUTT OUT Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

FOLLOW YOUR HEART Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.

HEADS UP! Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

FUEL UP RIGHT Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

CATCH SOME ZZZ'S Not getting enough sleep may result in problems with memory and thinking.

TAKE CARE OF YOUR MENTAL HEALTH Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

BUDDY UP Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

STUMP YOURSELF Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

Visit alz.org/10ways to learn more.

alzheimer's association®

Just for Fun: GARDEN TIME WORD SEARCH

CLIPPERS
COMPOST
FLOWERS
GARDEN HOSE
GLOVES
HERBS
HOE
PLANTING
RAKE
SEEDS
SHEARS
SHOVEL
SNAILS
SNIPS
SOIL
SPADE
SUNSHINE
TILLER
TROWEL
VEGETABLES
WATER
WATERING CAN
WEEDS
WHEELBARROW

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Simply Delicious



Easy Chicken Enchiladas

Prep: 20 min. Bake: 25 min. Yield: 5 servings

Ingredients

- 1 can (10 ounces) enchilada sauce, divided
- 4 ounces cream cheese, cubed
- 1-1/2 cups salsa
- 2 cups cooked shredded chicken
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 can (4 ounces) chopped green chiles
- 10 flour tortillas (6 inches)
- 1 cup shredded Mexican cheese blend
- Optional: Shredded lettuce, chopped tomato, sour cream and sliced ripe olives

Directions

- Spoon 1/2 cup enchilada sauce into a greased 13x9-in. baking dish. In a large saucepan, cook and stir the cream cheese and salsa over medium heat until blended, 2-3 minutes. Stir in the chicken, beans and chiles.
- Place about 1/3 cup chicken mixture down the center of each tortilla. Roll up and place seam side down over sauce. Top with remaining enchilada sauce; sprinkle with cheese.
- Cover and bake at 350° until heated through, 25-30 minutes. If desired, serve with lettuce, tomato, sour cream and olives.



Overnight Fruit Salad

Prep: 30 Min. + Chilling. Yield: 16 servings

Ingredients

- 3 large eggs, beaten
- 1/4 cup sugar
- 1/4 cup white vinegar
- 2 tablespoons butter
- 2 cups green grapes
- 2 cups miniature marshmallows
- 1 can (20 ounces) pineapple chunks, drained
- 1 can (15 ounces) mandarin oranges, drained
- 2 medium firm bananas, sliced
- 2 cups heavy whipping cream, whipped
- 1/2 cup chopped pecans

Directions

- In a double boiler over medium heat, cook and stir eggs, sugar and vinegar until mixture is thickened and reaches 160°. Remove from the heat; stir in butter. Cool.
- In a large serving bowl, combine grapes, marshmallows, pineapple, oranges and bananas; add cooled dressing and stir to coat. Refrigerate for 4 hours or overnight. Just before serving, fold in whipped cream and pecans.

– courtesy of tasteofhome.com

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