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www.HomeCareAssistanceCleveland.com

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We appreciate your 'Likes', Friendships, and Follows!



Helen Keller

Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.



BEST WISHES FOR A WONDERFUL AND REWARDING 2017



This is the time of year when we – make our **NEW YEAR'S RESOLUTIONS**. What are your resolutions for the coming year? Should you make resolutions? Does it matter?

I believe making resolutions does matter. It doesn't have to be at the beginning of the year. It can be anytime. The new year can be an appropriate time to identify goals and objectives because it generally signifies a new beginning. So, let's generally agree it's good to make resolutions. Question – what kind of resolutions should you make? Financial? Career? Family? Personal improvement? Travel? Gosh, there are so many options and you could make many important resolutions.

First, you don't want to make so many resolutions that you have difficulty achieving

any of them. Make those that will have the most significant impact on your personal life. Here's a guide that may help you. Make **SMART resolutions**. **SMART** is an acronym that stands for **Specific, Measurable, Achievable, Realistic** and **Time Bound**. In my case, I've always wanted to dunk a basketball? However, it fails the achievable and realistic standards. It's just not going to happen. I need to cross that off my list.

In my case, I have chosen to focus on very personal behaviors. These meet the **SMART** standards although it will be somewhat difficult to measure results. As I thought through the many possible resolutions, I considered the following to merit my significant consideration – becoming a better listener, doing my best to maintain an open and receptive personality (after all, it costs nothing to be nice), becoming more inclusive and tolerant (I don't have a monopoly on morality, perfect judgment, or knowledge), trying to hug more (it's therapeutic), trying not to sweat all the small stuff (read the book if you get the chance), maintain a positive attitude (sometimes hard to do but worth it). I'm not sure if I will be able to achieve everything, but I will try. Whatever you decide, I hope that you take some time to think about your overall goals and objectives, and wish you the best in achieving them. It's important to have a roadmap pointing us in the right direction.

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OUR MISSION

Our mission at Home Care Assistance is to **change the way the world ages**. We provide **older adults with quality care that enables them to live happier, healthier lives at home**. Our services are distinguished by the **caliber** of our caregivers, the **responsiveness** of our staff and our **expertise** in live-in care. We embrace a **positive, balanced approach** to aging centered on the **evolving needs of older adults**.

CALL US TODAY!
440-332-0170

**WE ALL CARE.
IF WE WANT TO MAKE
AN IMPACT, THEN WE
MUST ADD ACTION.**

**CARE
+
ACTION
=
IMPACT**

Gluten-Free Peppermint Bark Cookies

If someone in your family needs gluten-free, it is much easier to bake for them now than it was just five years ago. Now there are many gluten-free products on the market and most grocery stores carry gluten free flours, cookie, cake and muffin mixes. These products mean that you can still bake your family's traditional favorite foods. When it comes to gluten-free baking, there are two things to keep in mind: (1) Some recipes call for a combination of specialty flours which can be expensive; (2) Some recipes call for xanthum gum, a natural thickener. Although it may sound exotic it is not and can be found in most grocery stores. We found a cookie recipe for you that uses basic ingredients but promises to have extraordinary flavor.

Ingredients (Serves 18)

1/4 cup brown rice 1/4 cup rice flour 1/8 teaspoon(tsp) xanthan gum
1/4 tsp salt 1/2 tsp baking powder 2 eggs
4 oz bittersweet chocolate, chopped (4 oz is one baking bar)
2 oz semi-sweet chocolate chips (about 1/3 cup)
2 oz chocolate, unsweetened bakers chocolate
2 TBS unsalted butter 1/2 cup gran. Sugar 1 tsp vanilla
1/4 tsp peppermint extract
6 oz white choc. chips (about 1 cup) 6 candy canes, crushed, 1/2 cup set aside

- Preheat oven to 350 degrees. Line baking sheets with parchment paper.
- Crush the candy canes.
- Whisk together the rice flours, xanthan gum, baking powder, and salt.
- Melt the butter, chocolate, semisweet chocolate chips, and unsweetened chocolate in a double boiler. The chocolate should be smooth without any noticeable chunks. Allow to cool slightly, but it should remain fluid.
- While you're melting the chocolate, beat together the eggs, sugar, and vanilla. Beat on high until light and frothy, about 5 minutes. This step makes the cookies have the desired shiny, crackly exterior.
- Turn the mixer to low, and add the melted chocolate/butter mixture to the eggs.
- Add the flour mixture. Scrape down sides of the bowl to make sure everything is evenly incorporated.
- Mixture should be silky and shiny, slightly thick but still fluid.
- Add the 1/2 cup of crushed peppermint, peppermint extract, and the white chocolate chips.
- Drop the cookies onto a baking sheet about 2 inches apart. Dust with the extra crushed peppermint, reserving some for after baking.
- If you only have one baking sheet, pre-scoop the rest of the dough and set it aside. Due to the chocolate content the dough will harden up quickly. It's perfectly fine to bake once it has hardened, it's just difficult to scoop that way.
- Bake for 10 minutes, turning half-way. Bake until the top looks glossy and cracked.
- Sprinkle crushed peppermint on the top. Cool on the baking sheet at least 5 minutes.
- Transfer parchment or mat onto a cooling rack and cool until you can easily peel the cookies off the mat. Cool on cooling rack for another 20-30 minutes until completely cooled. You want to allow the cookies to set. They stay good for a few days in an airtight container.

HOW TO TACKLE THE BEHAVIOR PROBLEMS THAT CAN ACCOMPANY AD

Anyone who has seen the effects of Alzheimer's disease first-hand knows how difficult they can be. One of the difficulties for many families affected by the disease is behavior problems that can occur. Aggression, irritability, anxiety, delusions, hallucinations, depression, agitation, and losing inhibitions are all considered noncognitive neuropsychiatric symptoms (NPS) of dementia. These NPS can cause severe problems for those suffering from the disease and for their loved ones and caregivers. In addition to being tough to manage mentally and emotionally, they are also associated with poor outcomes for both patients and caregivers, including increased reliance on healthcare, earlier nursing home placement, and excess morbidity and mortality. Caregivers often experience increased stress, depression, and employment problems.

Many doctors prescribe drugs, like antidepressants and antipsychotics, to manage NPS. But those drugs aren't always effective in managing the behaviors, and they can lead to debilitating and even dangerous side effects. The risk of side effects may offset any benefits the drugs may have, so researchers, physicians, and caregivers alike are looking for non-drug therapies to help deal with the NPS.

A group of researchers at the University of Michigan Program for Positive Aging worked with the **Johns Hopkins Alzheimer's Disease Research Center and Center for Innovative Care in Aging** to come up with a plan to address NPS without drugs. The strategy they came up with has the potential to minimize the use of sometimes dangerous drugs. The acronym for the four-part strategy is **DICE**, which stands for **Describe, Investigate, Create, and Evaluate**. For best results, DICE should include physicians, caregivers, and whenever possible, the person suffering from Alzheimer's disease.

Here is the general idea behind each step in DICE:

Describe the behavior problems in terms of "who, what, when, where, and why," such as including when behaviors tend to occur, triggers for behaviors, and how much distress the behaviors cause.

Investigate involves an examination of the patient to look for potential underlying causes of the NPS.

Create a plan to respond to each NPS and to work toward preventing future issues. A plan might include routines for the patient or education and support for caregivers.

Evaluate is the final step in the strategy. The physician should make an assessment about whether the plan they've created is working. If it isn't, the team can go back through the DICE steps and make adjustments.

The study authors say the DICE strategy can be more effective than prescription drugs, and in most cases, it is also safer and has fewer risks. While the authors do recognize that sometimes drugs are necessary, they believe that non-drug therapy can be as effective and less dangerous, so they recommend that physicians try non-drug strategies before recommending medication.

At Home Care Assistance, we offer a non-drug program to promote brain health in people suffering from Alzheimer's disease. Developed by our scientific division, The Cognitive Therapeutics Method (CTM), is a cognitive stimulation program that engages areas of the brain responsible for cognition through one-on-one, personalized activities.

Early detection of Alzheimer's disease may lead to increased treatment options. Learn more about some early signs of the disease on our website.

Sources: <http://www.programforpositiveaging.org/research/dice-approach/> and <http://onlinelibrary.wiley.com/doi/10.1111/jgs.12730/full>

MEDICAL DISCLAIMER: The information is not intended to constitute medical advice and is not a substitute for consultation with a physician or other healthcare provider. Individuals with specific complaints should seek immediate consultation from their personal physicians.

HCA HAPPENINGS

Home Care Assistance of Cleveland Honors Marilyn Matia, Recipient of Growing Bolder's International Inspiration Award

(Solon, OH – January 16, 2016) [Home Care Assistance](#), the leading provider of non-medical home care, is proud to announce that their client, Marilyn Matia, was awarded the [International Growing Bolder Inspiration Award](#) at the Growing Bolder Awards in Central Florida. Nominated by Home Care Assistance owner, Scott Michaels, for leading a vibrant life full purpose, Marilyn outshined the many impressive nominees, landing her this recognition.

"Marilyn is the role model for staying active, staying involved, and demonstrating a passion for life," said Scott Michaels.

At 88 years old, Marilyn is a lifelong political activist and a speaker at schools and civic groups where she encourages participation in the political process. Marilyn served on the Solon Charter Review Commission for several years in her hometown of Solon, Ohio and is active in the local Republican party. She campaigns regularly for republican candidates at the local, state and national level and has been active in every presidential campaign beginning in 1960, including all those since 2000.

Marilyn has been a Cleveland resident since 1952 and has been contributing to the community for most of that time. She is an avid supporter of intercity programs. Marilyn was the Chairman of the 'Friends of B.R.I.C.K.', a program for troubled youth. The acronym stood for Brotherhood, Responsibility, Intelligence, Conduct and Knowledge. In the most recent presidential campaign she volunteered her time and services for inner city Cleveland residents. Marilyn also hosts gatherings in her home to discuss current events and is an accomplished competitive bridge player.

Marilyn's experience using home care services began in 1989 when her mother needed care and sought it once again when her husband fell ill. Now she uses [Home Care Assistance](#) to help her with activities of daily living and to support her active, involved lifestyle. We celebrate Marilyn's passion for life and we are pleased that we can be part of her life that inspires others to grow bolder.

For more information about Home Care Assistance of Cleveland and how they are changing the way the world ages, please visit www.HomeCareAssistanceCleveland.com.

WIN A \$20 GIFT CARD

Inaugural Facts: Ques. 1 - There were only two presidents who walked the inaugural parade from the Capitol to the White House. Who were they? Ques. 2 – How many words were in the longest inaugural address? If you know, you may be able to **WIN A \$20 GIFT CARD!** Be either the first or tenth person who emails me at smichaels@homecareassistance.com with both correct answers.

CALL US FOR A FREE CONSULTATION 440-332-0170