

## Let's **CONNECT!!**

Our website is:

[www.HomeCareAssistanceCleveland.com](http://www.HomeCareAssistanceCleveland.com)

**UPDATE: Music and Alzheimer's Disease – New Study supported by Ohio Dept. of Aging and Benjamin Rose Institute on Aging – Pg. 4**

## **INSIDE**

**\*Springtime and Winter's Calories – Pg. 2**

**\*Allergy Season is Here – Pg. 3**

**\*Happenings – Pg. 4**

## **WE CAN HELP**

“Love is patient, love is kind...Love never fails”

**The Bible**  
**I Corinthians**  
**13:4-8**



## **ENOUGH with the RAIN!!**



How much rain is too much! I am getting frustrated and have contracted a bad case of cabin fever. But **patience** is a virtue. **Be patient**. Before long, we will be enjoying those beautiful May flowers,

**Patience** is something that is in short supply these days. **Patience** is generally the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset. Regrettably, **patience** has become a victim of today's 'instant' news, pictures, Twitter, texts, and ever present social media. It seems there is no time for **patience** because reaction is compelled – and usually expected.

We need to be **patient** and understanding with our elderly parents and loved ones. Often, that is not an easy task. But, it is necessary and the right thing to do. I suspect that if we quizzed our children, they may say that they exercise **patience** with us. Of course, it is a two-way street.

I have listed below a few tips gathered from both my personal experiences and shared by others. We would also like to hear from you – send us your thoughts to [smichaels@homecareassistance.com](mailto:smichaels@homecareassistance.com).

- Remember why you are doing this – LOVE.
- You aren't alone - join a support group.
- Love unconditionally.
- Prepare yourself for sibling tensions – total agreement is hard.
- Make the best decisions for them, not for you or your siblings.
- Smile, go slow, take deep breaths, count to ten.
- Take it one minute, one hour, one day at a time.
- Make time for yourself and take care of yourself.
- Know that you can do this.
- You will get upset and angry, and so will your loved ones. It happens. You're human. Forgive yourself. Forgive others.
- Team with the medical professionals, clergy, friends and others.
- There are no substitutes for humor and laughter.
- Use redirection to calm situations.
- Do your very best to stay calm and not raise your voice.
- Reminisce about great times and experiences.
- Ask for guidance – if you're spiritual, pray. If not, pray.
- Cherish the moments and times when there are connections and love – this will not last forever.
- Try to look at the world through their eyes.
- Just love them.
- Don't ever give up.
- **LOVE AND BE PATIENT.**

## **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**

### **It's Springtime – Time to Address Winter's Calories**

Struggling to shed weight and keep it off? The Cleveland Clinic's Digestive Health Team asked seven dietitians for the single most important weight loss tip they share with patients. May their tips offer you some inspiration:

#### **Tip 1: Don't let hunger deter you from sticking with your diet.**

Whatever diet you choose — and many different diets can help you lose weight — don't give up because you get too hungry. "Hunger is one reason many people don't stick with a weight loss plan for more than a few weeks. When you eat less, your fat cells release more hunger hormones, which increases your appetite," says Dawn Noe, RD, LD, CDE. "Higher-protein, lower-carbohydrate meal plans are best for controlling your hunger and appetite." Replace processed carbs for breakfast with high-protein foods like eggs, or Greek yogurt mixed with chia seeds and berries. You'll find that you stay fuller, longer.

#### **Tip 2: Don't eat a carbohydrate unless it has fiber attached to it.**

"This method forces you to forgo the bad carbs (candy, white bread, soda) and stick only with high-quality carbs," says Kristin Kirkpatrick, MS, RD, LD. "The more fiber in your diet, the better!" Fiber helps improve blood sugar control, helps lower cholesterol, and reduces your risk of chronic diseases like diabetes, colorectal cancer and heart disease.

#### **Tip 3: Focus on healthy behaviors, not the number on the scale.**

It's easy to get discouraged when you look only at your weight. "Focus instead on making good food choices, watching portions and exercising regularly," says Anna Taylor, MS, RD, LD. "If you lead with these behaviors, the weight loss will follow." Replace a goal like "lose 2 pounds a week" with specific mini-goals, like "eat 1 cup of veggies at dinner," "walk 20 minutes a day," or "keep a daily food log." Try tracking lifestyle changes, food, exercise and weight in a journal. "Your health is a lifelong journey".

#### **Tip 4: Make plants the foundation of your diet.**

Different weight loss approaches work for different people. But plant foods should be the foundation of any diet. "Research strongly supports the benefits of plant-based nutrition approaches for weight loss, disease prevention, and overall health," says Brigid Titgemeier, MS, RDN, LD. "Whether you're eating vegetarian, paleo, high-fat, vegan or pegan (a combination of paleo and vegan), your diet should include a variety of foods from the earth." That means enjoying lots of non-starchy vegetables like broccoli, cauliflower, kale, cucumbers, and fruits like berries, apples and pears.

#### **Tip 5: No foods are 100 percent off-limits.**

When you label foods as "good" and "bad," you naturally fixate on foods you shouldn't eat but typically still crave — and likely will crave more when they're totally off limits. "Focus instead on choosing the right portions of healthy foods 80 to 90 percent of the time," says Jennifer Willoughby, RD, CSP, LD. "That, paired with a healthy exercise routine, can lead to long-term weight loss success. And it leaves some wiggle room to enjoy 'fun foods' occasionally without feeling guilt or resentment."

#### **Tip 6: Spend your calories wisely.**

All calories are not created equal. "If your diet consists mainly of sugar, saturated/trans fats and salt — all of which can be very addictive — you can develop consistent cravings for dense, high-calorie foods with little nutritional value," says Julia Zumpano, RD, LD. "This leads to excess calories and weight gain or inability to lose weight." Eat foods that are high in lean protein, healthy fats and fiber, and you'll feel satisfied throughout the day and will rarely get cravings.

#### **Tip 7: Plan tomorrow's meals today.**

Planning ahead stops that "grab what you see" panic that sets in when you wait to plan dinner until you're starving at 6 p.m. Scaring up dinner on the fly is likely to bring less nutritious, higher-calorie choices to your table. When you sit down for dinner tonight, plan what you'll eat for dinner tomorrow. "It's so much easier to do when you're not hungry," says Andrea Dunn, RD, LD, CDE. "This also gives you time to take something out of the freezer, chop veggies tonight to put in the crockpot tomorrow morning, and ask which family members will be home for dinner.

## ALLERGY SEASON IS HERE – A L L E R G I E S

**COMPLIMENTS OF TELADOC** - The telltale signs of spring: daylight lasting longer, tulips popping up, oak trees sporting bright green leaves. But for some Americans — especially if you live in California, Florida, New York, Ohio, or Texas — watery eyes and noses are equally strong indicators of the season change and seasonal allergy time. Airborne allergies can strike any place and at different times of the year.

Luckily, seasonal allergies can be easy to understand and treat. In general, airborne allergies are reactions to substances — mold spores, dust mites, pollen from grass, trees, or weeds — that are usually harmless to most people. If you're allergic to an allergen, your immune system tries to protect you by producing antibodies and a chemical called histamine, which causes inflammation and symptoms such as:

- o sneezing,
- o itchy or watery eyes,
- o blotchy or itchy skin,
- o runny or stopped-up nose,
- o cough, sometimes with postnasal drip.

The best way to deal with airborne allergies is to avoid the culprit allergens when possible, and treat allergy symptoms as early as possible. Here are 6 tips to help you do this:

1. **Learn what ails you.** Knowing which allergens bother you is an important first step to avoiding them. You can visit an allergy specialist, who can perform skin or blood tests to determine which substances cause a reaction. You can also talk with friends and co-workers who have allergies. If you're suffering when they are, chances are you may be allergic to the same elements.
2. **Monitor the pollen count.** The next step is to stay abreast of the amount of pollen that's in the air where you live or plan to travel. Most television weather forecasts feature a pollen watch. You can keep track through [pollen.com](http://pollen.com). If you pay attention to the types of pollen and levels over time, you can get a more accurate idea of what bothers you and when to avoid getting exposed to it.
3. **Close the windows.** When allergens are flying around, you don't have to stay grounded; just keep the windows closed. This includes your car as well as at home, school, or work. If you can't do this, for example when you're on a city bus or doing yardwork, try covering your nose and mouth with a scarf or bandana to reduce the amount of allergens you inhale. Inexpensive, disposable face masks are readily available at drug stores and home improvement stores (check the lawn care or painting section).
4. **Shower, shampoo, spray.** As soon as you get home from a morning walk or afternoon softball game, try to change clothes and take a shower. You may also want to shampoo your hair more often during peak allergy season. When you finish working outside, take the extra step of spraying off work gloves and footwear before coming indoors. Doormats can also help keep your family from tracking pesky pollen into the house.
5. **Watch what you eat.** Some allergies can get worse when you eat foods with similar proteins. For example, if you're allergic to grass, you may want to avoid eating raw oranges, tomatoes, and melons such as watermelon and cantaloupe. Cooking fruits and vegetables when your allergies flare up, instead of eating them raw, can help too.
6. **Change your filters.** Add this chore to your spring cleaning task list. In addition to HVAC system and vacuum cleaner filters, the cabin air filter in your car should be changed periodically. It's usually located behind your glove box and can be replaced quickly; ask for it the next time you get an oil change.

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**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.**

## Home Care Assistance

We had a very good meeting that focused on **OHIO ESTATE PLANNING AND SENIOR RESOURCES**. Our guest speaker, **DANIEL P. SEINK, ESQ., & CERTIFIED ELDER LAW ATTORNEY, 440-546-0483**

Dan shared information on property management options, such as ownership of accounts, durable powers and revocable trusts. He also discussed health care power of attorney, living wills, and related estate planning matters. He also provided information about veterans benefits and medicaid rules.



**##### CALL US FOR A FREE CONSULTATION #####**

### **PARTICIPANT STUDY - BENEFICIAL EFFECTS OF MUSIC ON ALZHEIMER'S DISEASE AND RELATED DEMENTIAS**

Persons with dementia living with a family caregiver in the community have an **opportunity to participate in a new study** examining the beneficial effects of music on Alzheimer's disease and related dementias. This project, which is supported by the Ohio Department of Aging and Benjamin Rose Institute on Aging, will provide each participant with an iPod shuffle and accessories to listen to music. Participants will be asked to complete questionnaires at the beginning and end of the project, and to keep a "listening logbook" over the course of the one month study. Participants must be age 60 or older, be in the early to moderate stages of memory loss, live in the community, and receive some degree of memory-related assistance from a family member or friend. To learn more about the study and whether you are eligible to participate, contact Evan Shelton at [\[216\] 373-1615](tel:2163731615), or [musicandmemory@benrose.org](mailto:musicandmemory@benrose.org).

**##### WE PROVIDE PEACE OF MIND #####**

### **PICS FROM OUR RECENT COMPANY MEETING AND COMMUNITY MEETING WITH DANIEL SEINK**

