



January, 2016

Worry
doesn't prevent
☞ disaster ☞
it prevents

Joy!

When Things Don't Go as Planned

While caregiving, we often get caught up in planning, planning, planning. Each day is governed by phone calls, meds taken on time, loved one's questions answered and then when unexpected events pop up, we sometimes get the feeling of wanting to run away from it all.

Gail Saltz, MD, talked with Woman's Day about how to bounce back instead of wanting to run.

1. *Allow Yourself to Be Upset* – Friends and family may pressure you to “just get over it” but acknowledging and sitting with your feelings is an important step that will help you to eventually move on. So allow yourself some time to be sad, disappointed and/or angry. You can even give yourself a deadline; after that point, make an effort to get past the disappointment.
2. *Rewrite Negative Thoughts* - It's normal to have general negative thoughts like “I'm a failure,” but you want to try to “rewrite” them so you can regain your confidence. Instead of focusing on the negative, think of all the things that you have accomplished.

Another helpful thing to do is to write down your negative thoughts and for each one write a positive thought. Journaling is a great way to get rid of the negatives. Once it's on paper you can get it out of your mind. A year later it's always interesting to look back and realize that things weren't so bad after all.

3. *Regroup and Make a Plan of Action* – This involves setting smaller goals which will give you a sense of control over your situation and help build your confidence. Write down your new goal(s) and specific steps you can take to meet them, and check them off as they are accomplished.

Life often doesn't go as planned. The key is to continually reassess our expectations so we learn to appreciate what we can – and do – accomplish.

(Source: Woman's Day, November 1, 2011, pp, 58-59)



(This takes the worry out of clean houses when company comes. 😊)



New Year's Resolution for Caregivers

If you're like me, resolutions are difficult to keep at best; however, when you're a caregiver, it seems they are impossible to keep. But let me say that you **MUST** take care of yourself. As a leader of a caregiver support group, I hear what caregivers are doing. I hear about their own hospital stays with heart attacks, kidney issues, all because of stress. If you're in the hospital, who is taking care of your loved ones?

Like the old me and many caregivers, you can say, "I don't have time to exercise. I only have time to have a quick bite of something to eat. I don't have time to get enough sleep." Yes, I've heard it all and I've done it all. You pay for it in the long run, but I can tell you that you need to pay attention to yourself.

Here are five helps for exercise from the American Academy of Physical Medicine and Rehabilitation:

1. OBSTACLE: Declining Strength

What you can do: use your endurance. It's true we lose muscle mass as we age, and older people have been told that weight training will help prevent this loss of strength and keep them young. However, many seniors find they can't lift the heavy weight experts say is necessary to actually build muscle. A recent study has shown that while muscle strength diminishes with age, muscle endurance does not. You may benefit from working muscles longer - doing more repetitions - with lighter weights. Exercises that

emphasize endurance, such as swimming, walking or biking, may be more enjoyable and beneficial for you than those that require great strength.

2. **OBSTACLE: Arthritis or Other Conditions That Make Moving Difficult**

What you can do: you can, and should, still exercise. Ask your doctor, or physical therapist, about how to use a cane, rollator (rolling walker) or other assistive device. These can be especially helpful if you're recovering from a joint replacement, or a serious illness such as stroke or cancer. Another condition that becomes more common as we age is neuropathy, which is nerve damage in the feet and extremities that makes it difficult to maintain balance and walk steadily. For all of these conditions, assistive devices can keep you active while helping you prevent a fall and further injury.

3. **OBSTACLE: Exercise and Activity After Surgery**

What you can do: follow your doctor's orders, but the best, general rule is to get moving as soon as possible. The type of surgery you had and the type of exercise you plan to do will influence when you should start exercising after an operation. But a recent study found that people who began physical rehabilitation two days after heart surgery recovered faster than those who delayed. PM&R physicians say keeping active becomes more important as the body ages and loses its ability to recover. The longer you delay returning to activity, the more difficult it will be to regain fitness.

4. **OBSTACLE: A History of Inactivity**

What you can do: get started on the path to fitness by using everyday activities as exercise. Recent studies have shown that "functional exercises," those that mimic actual daily activities such as walking up stairs and getting in and out of chairs, are most effective for you. Climbing a flight of stairs several times or repeatedly rising from and returning to a seated position is an effective way to build leg strength. As you become stronger and more fit, increase the challenge by holding some sort of weight on your shoulders, like soup cans. PM&R physicians say that even mundane household chores such as transferring wet laundry from the washer to the dryer, one piece at a time, can be used to increase strength and flexibility in your abdominal, low back and hip muscles. Once you've established a routine of exercise, functional fitness exercises can also be used to maintain your health.

5. **OBSTACLE: Chronic Pain and Inflammation**

What you can do: choose low impact activities to keep moving and minimize pain. Experts say that certain types of exercise can reduce joint stiffness, pain and inflammation associated with arthritis conditions that affect more than 40 million Americans. A PM&R physician can advise you on the exercise best suited for your arthritis, but activities such as walking, swimming and water-based exercise are generally effective and well tolerated. PM&R physicians also advise arthritic patients to take breaks from long periods of sitting so that joints don't become stiff and painful.

If you face chronic pain or other medical conditions, consult a PM&R physician who can help you overcome obstacles and develop a realistic and effective fitness program. PM&R physicians are experts at diagnosing pain and restoring function, treating the whole patient, not just symptoms. Many recommend a simple tool to help aid accurate diagnosis, development of tailored and effective treatment and evaluation of progress:

keep a log of daily activity, pain and questions that you bring with you to appointments with PM&R physicians or other doctors.

To find a PM&R physician near you go to www.e-aapmr.org. You can also request a copy of a free brochure with more information on physiatry by writing to the American Academy of Physical Medicine & Rehabilitation, One IBM Plaza, Suite 2500, Chicago, IL, 60611.



Recipe Corner

Ooops! I think I left off most of the recipe for Crystal's meatballs in the December newsletter. My fingers sometimes hit delete keys that they shouldn't, but it's so easy! I will print the full recipe in February.

Cheesy Sausage and Egg Bake

This recipe was a favorite for all of our family this year and easy to make. It can be served for breakfast, light lunch, or easy supper. It makes a 9 x 13 pan. I think you could cut individual servings and freeze for a quick warm-up. I hope you enjoy it as much as we did.

- 1 lb. bulk pork sausage, cooked and drained
- 1 ½ c. sliced fresh mushrooms (4 ounces)
- 8 medium green onions, sliced (1/2 cup)
- 2 medium tomatoes, chopped (1 ½ cups)
- 2 cups shredded mozzarella cheese (8 ounces)
- 1 ¼ cups Bisquick mix
- 1 cup milk
- 1 ½ tsp. salt
- 1 ½ tsp. chopped fresh oregano leaves or ½ tsp dried oregano leaves
- ½ tsp. pepper
- 12 eggs

1. Heat oven to 350 F. Grease 9 x 13 baking dish. Layer sausage, mushrooms, onions, tomatoes and cheese in dish.
2. Stir remaining ingredients until blended. Pour over cheese.
3. Bake uncovered 30-35 min. or until golden brown and set.
4. Makes 12 servings with 255 calories per serving.



Cheese Spinach Bake

I made this recipe this week for a light supper and really enjoyed it. It could be a tasty breakfast or Easy to make supper and so yummy to taste.

4 eggs

1 container (16 oz.) cottage cheese

1 pkg (10 oz) frozen chopped spinach, thawed, well-drained

1 cup shredded mozzarella cheese

½ cup real bacon crumbles (I used ground ham that I had left over from holiday meal.)

½ cup green onion slices (I used 2 TB minced dried onion)

½ of a medium red pepper, cut into thin strips

Preheat oven to 350 degrees. Beat eggs lightly in a bowl. Add all remaining ingredients except red peppers; mix well. Pour into greased 9-inch pie plate. Bake 40 minutes or until center is set. Top with peppers. *(I had to add 10 extra minutes for the center of mine to be set. Ovens vary.)* Let set about 5 minutes before cutting into wedges and serving.



A Caregiver's Prayer

Heavenly Father, in my distress I call to you. "I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth." (Psalm 121:1-2)

Your comfort I seek; my hope is in you. Help my loved one with all that is needed. I love You, Lord. In Jesus name, Amen.