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Are You Eating All Your Vitamins?

Why do I include articles about good eating, exercise, etc.? Because I CARE about you! Caregiving can be VERY stressful for you. I've been there seven times and I know how stressed one can get. Therefore, I always want to include articles to entice you to take care of yourself. How simple it is to include the right foods each day, BUT again, from experience, I know that doesn't always happen. Keep yourself charged up. Remember: if you are ill and can't take care of your loved one, then who will? ~ Karen

Because our bodies cannot produce vitamins, our diets need to include foods that contain them. Key vitamins include:

A – Helps with night vision, makes red blood cells and boosts your immune system. Sources include sweet potatoes, cantaloupe, spinach, carrots, shrimp and salmon.

B1 – Helps your body turn food into energy and helps with the structure of brain cells. Sources include legumes, black beans and lentils, pork and whole grains.

B2 – Produces energy, body growth and red blood cells. Sources include almonds, whole grains, eggs, asparagus, broccoli, spinach, yogurt and milk.

B3 - Turns food into energy, protects skin and tissues, and improves cholesterol levels. Sources include tuna, chicken, turkey, salmon, mushrooms, peanuts and peanut butter.

B6 – Helps make the chemicals that transmit signals in the brain and helps form the protein layer that surrounds nerve cells. Sources include leafy and root vegetables (e.g. carrots, potatoes), bananas, avocados, watermelon, nuts, fish, poultry and lean meats.

B12 – Plays a key role in the normal functioning of the brain and nervous system. Sources include eggs, salmon, tuna, beef liver, clams, chicken, yogurt and fortified breakfast cereals.

C – Helps your bones, skin and muscles grow; helps promote healing; and helps your body absorb iron. Sources include bell peppers, kale, papaya, strawberries, broccoli, cantaloupe, cauliflower, pineapple and kiwi.

D – Keeps your bones strong and helps your nerves carry messages. It also helps your body fight germs. Sources include sunshine (the best source), salmon, tuna, mackerel, egg yolks and fortified milk.

E – Keeps blood moving and protects cells. Sources include sunflower seeds and nuts (almonds, hazelnuts and peanuts), peanut butter, pumpkin, mango, avocado, spinach, asparagus and broccoli.

K – Helps with blood clotting and healthy bones. Sources include spinach, kale, broccoli, prunes, cucumbers, dried basil, beans, egg and strawberries.

Keep in mind that your body needs only a certain amount of vitamins. Over-consuming may not be good for you, especially if you're taking high doses of daily supplements. For example, consuming too much vitamin E may increase your risk of heart failure, and consuming too much B6 may cause nerve pain.

Vitamin supplements also can't take the place of a well-balanced diet. If you're in good general health, the research is inconclusive that taking vitamin supplements will make you healthier. A 2013 study found that taking a daily multivitamin didn't ward off heart problems or memory loss, and it didn't boost the user's overall health.

Most people get the recommended dosage of vitamins from the foods they eat. In certain situations, however, your doctor may recommend taking a vitamin supplement.

Sources: MedlinePlus.gov and Health.com

5 Essential Fitness Rules for Older Adults by K. Eleisha Fetters, silversneakers.com, June 2, 2017

No matter your age, exercising is one of the best things you can do for your body. But the best way to exercise? That depends, at least in part, on the number of candles on your birthday cake. And the more you plan to blow out this year, the more important it is to follow these five senses to a healthier, fitter you.

Rule #1: The Warm-up is Non-negotiable

Before you start your actual workout, it's important to warm up your body, says Chris Freytag, a certified personal trainer and founder of Get Healthy U TV. Warm-up exercises – which literally warm your muscles and increase levels of key enzymes to improve your fitness performance – are important in all stages in life. But they are especially critical the older you get to help prevent joint and muscle injury, says Freytag.

How should you warm up? According to Freytag, the best warm-up prepares your body for whatever movements are to come. So treat your warm-up as a dress rehearsal. If you plan to do a stair-climbing workout, step-ups, or lunges, a few sets of gentle bodyweight lunges (start shallow and then slowly increase depth) can help activate the muscles and mobilize the joints you need to power your workout. Give yourself at least 5 minutes to warm up before jumping into your workout.

Rule #2: You Absolutely Must Move Some Weight

Now to some of us, this is a foreign comment. . . Move Weight??? We do well just to move, but it all makes sense. Read on.

Strength training – whether it’s with dumbbells, resistance bands, or just your bodyweight – is perhaps the single best thing you can do to stay fit as you age. That’s because strengthening and building lean muscle mass helps combat age-related decline in muscle mass, called sarcopenia, says Cindy Anderson, a certified personal trainer and fitness director at Professional Fitness Center in Copiague, NY.

According to one review published in *Age and Ageing*, one out of every three adults ages 60 and older suffers from severe muscle loss. This can contribute to fat gain, low mobility and function, and even death in older adults.

But muscle strength aside, resistance-based exercises are also great at increasing bone density and strength, which helps prevent osteoporosis and fractures, Anderson explains.

The rest of this article (Rules 3, 4, & 5) will be printed in next month’s newsletter.



Recipe Corner

Zucchini Bars

The zucchini is growing, and I have one about 3 inches long now. I love zucchini, and it’s so easy to use in so many recipes. One of my favorites is these dessert bars. Hope you like it!

3 eggs
1 $\frac{3}{4}$ cup sugar
1 cup oil
2 cups flour
 $\frac{1}{2}$ tsp salt
1 tsp. baking soda
 $\frac{1}{2}$ tsp cinnamon
2 cups shredded zucchini
1 cup chopped nuts (optional)
Powdered sugar for topping

Beat eggs, sugar, and oil until smooth and fluffy. Add flour, salt, baking soda, and cinnamon. Beat well. Fold in shredded zucchini and nuts.

Pour into greased and floured 9 x 13 or 10 x 15 inch pan.

Bake 350 for 35-45 minutes. Remove from oven and sprinkle with powdered sugar. Cool into bars.



Meditation Time

*Out of my distress I called on the Lord;
The Lord answered me and set me free.*

Psalm 118:5

A caregiver is like the elderly man who was walking along the road, bent over from carrying a heavy backpack. A tractor pulling a wagon stopped, and the driver offered him a ride. He joyfully accepted. But when seated, he kept holding his heavy load. “Why don’t you lay down your burden?” asked the driver. The man replied, “I feel that it is almost too much to ask you to carry me, and I couldn’t think of letting you carry my burdens too.”

For a caregiver, this heavy burden is often guilt.

- “If only I made here go to the doctor sooner.”
- “I promised I would always take care of her at home.”
- “I feel so guilty for raising my voice and upsetting her.”
- “What will people think if I go out with my friends?”

Caregiving is a very intensive and emotional season. Numerous thoughts and feelings well up, and they are not totally controllable, even when we are at our best; much less so under the strain of giving care. Lamenting over our feelings of guilt does not mean we love anyone less. It is a human response!

Draw strength from the Psalms. From deep distress to glorious joy-filled praise, David expressed himself as he called on the Lord. God accepts us just as He did the psalmists.

Jesus gave His life so we can lay our burdens at the foot of His cross. His resurrection has set us free from our guilt and proved His passionate love for us because he personally wants to carry each burden we have! That’s real joy!

Source: Blessings & Prayers for Caregivers, Dellinger and Boerger, CPH, 2010, pp. 87-88.