



September, 2016



Skin Care for the Caregiver as Well as Your Loved One

As we get older our skin seems to thin. My husband is 75 and has papery-thin skin. If he scrapes himself against a tree limb while mowing, he looks like he needs a transfusion when he comes in the house. Or perhaps you've noticed older individuals who seem to have bruises all over their arms. As a doctor said, "It's just **old age**." Sigh!!

So what can be done to help your skin? Is it in the lotions you buy, or is it in the foods you eat? It's in the food you eat. . .not in the lotions. Here are six of the best foods to help you achieve your best skin.

Purple and blue fruits, like blueberries, blackberries and plums, are all rich in antioxidants, which combat free radical damage. They can also help keep your skin looking younger longer.

Tomatoes are an excellent source of antioxidants, namely lycopene, which helps improve skin health as well as improves skin's natural SPF. When you cook tomatoes, you increase their lycopene content, so feel free to eat pizza sauce and marinara too.

Sunflower seeds are packed with vitamin E which helps keep your skin supple by protecting it from the sun. This snack also has a high essential-fatty-acid content which makes it a treat for parched body parts, such as lips and heels.

Kale is one of the best sources of lutein and zeaxanthin, nutrients that absorb and neutralize the free radicals created by UV light. Plus, just one cup gives you 134% and 133% of your daily value for skin-firming vitamin C and A, respectively.

Red bell peppers are not only high in vitamin C, they contain vitamin B6, dietary fiber, and carotenoids that help fight wrinkles and increase blood flow to your skin, helping you look more youthful. (I knew there was a reason that I liked red bell peppers best.)

Dark chocolate —we saved the best for last! Don't believe the acne myths — chocolate can give you gorgeous skin. It's rich in cocoa flavanols, plant compounds with antioxidant properties, which help hydrate skin and improve circulation. Give a cheer for dark chocolate!!

Source: www.fitnessmagazine.com



I Need Your Help . . .

Does it take a special type of personality to be a caregiver?

Different personalities/different solutions?

What if the relationship has always been difficult?

What are your thoughts on this topic? Write to me, joy4caringhearts@gmail.com. It doesn't have to be long unless you want it to be. I just need to get your thoughts for an article I want to write. All of you are my best people to help with this because you and I are in the know on caregiving.



Is There Anything Funny about Alzheimer's Disease?

By Kathie Chicoine

This article was delightful, and I wanted to share it with you. Humor is such a wonderful emotion that God has given us. Let's rejoice in humor! My mother had Alzheimer's about 18 years ago, and when the writer gives examples of Questions/Answers, I so remember how mom used to handle answers in creative ways. The Q/A made me smile in the remembering.

Of course, there's nothing remotely funny about the disease itself. There are, however, funny situations that will occur. As a nurse who has worked with families and residents on Alzheimer/Dementia units for twenty years, I've been able to see that families who are able to cope with the disease by using humor have a much easier time of it.

Several years ago my dearest friend, who is also a nurse, was diagnosed with Alzheimer's disease. It broke my heart; and every time we get together, I see the deterioration in her language skills and judgment. Thankfully, she continues to have her wonderful sense of humor. That is true of most people who have Alzheimer's disease. If they had a sense of humor before being struck with the disease, they will continue to enjoy and respond to humor. Here are a few examples of humor in action.

When someone is admitted to an Alzheimer/Dementia unit, they are usually asked some questions to see the degree of memory impairment. Here are some questions and answers.

Question: What is your favorite color?

Answer: Oh, I have so many, I don't think I could just pick one.

Question: What did you have for lunch?

Answer: Something hot.

Question: How many toes do you have?

Answer: Quite a few.

As you can see, these are wonderfully creative answers. They're not exactly right, but they're not exactly wrong, either.

At a Jewish nursing home several years ago, we were in the midst of a state inspection. Miriam, one of our 90- year-old residents who loved complaining about the food, was questioned by the state inspector about her favorite topic— food. She could not have been happier to respond. Looking up at the inspector, she said, “The meat is so tough, you have to soak it in the milk.” State inspectors don't generally have much of a sense of humor; or at least, they keep it well hidden, so I 'm not sure if she was as tickled as I was with Miriam's answer. Since the home kept a kosher kitchen, meat and dairy were never served at the same meal. Miriam may have been soaking her meat in something, although I doubt it, but I'm sure it wasn't milk.

Nettie would come up to the nursing station every afternoon and ask, “Am I all paid up?” I would respond, “Yes, you're all paid up 'til April.” (This happened in February.) In a few minutes, she'd be back asking the same question and I'd give her the same answer. This would be repeated 10 to 15 times before she'd decide to wander into the dining room. One day, I decided to see what would happen if I changed my answer.

She came up the station and asked her usual question, “Am I all paid up?” I said, “No, you're not paid up, so pack your bag and get ready to go.” She looked at me with a twinkle in her eyes and said, “I am too paid up. I'm paid up 'til April.” I had to laugh out loud and confirm, “You sure are—you're all paid up 'til April.”

It's important to be flexible and to maintain a sense of humor in day-to-day situations.

Remember, wearing a stained shirt or having two socks on the left foot and no sock on the right, or picking up Jell-O with fingers will not bring the world to a standstill. So try to lighten up; you and your family member will both feel better.

Kathie Chicoine is a nurse who has worked with residents diagnosed with Alzheimer's disease and their families for over 20 years. She recently started a blog about the importance of humor when dealing with Alzheimer's: alzheimerlite.blogspot.com. This article came from www.caregiving.com website.



Recipe Corner

Santa Fe Chicken Salad

I recently attended a Pampered Chef party and this recipe looked really good to me. I haven't tried it yet, but I intend to in the next few days.

½ cup mayonnaise

2 TB lime juice

1 TB taco seasoning mix

1 garlic clove, pressed

¼ tsp crushed red pepper flakes (optional)

2 cups diced cooked chicken

1 can whole kernel corn, drained (I plan to use frozen corn from my garden.)

1 green bell pepper, chopped

½ cup chopped red onion

½ cup thinly sliced celery

2 plum tomatoes, seeded and diced

2 TB snipped fresh cilantro

Whisk together mayonnaise, lime juice, taco seasoning mix and garlic. Add red pepper flakes, if desired. Whisk until well blended.

Add remaining ingredients; stir gently to coat evenly. Cover and refrigerate 25-30 minutes.

Yield: 6 servings Calories 290, carbs 11 g, protein 18 g, sodium 350 mg, fiber 2 g.





Meditation Corner

Healing Praise

*Heal me, O Lord, and I will be healed;
save me and I will be saved, for you are the one I praise.*

[Jeremiah 17:14](#)

Dutch author Corrie ten Boom noted, "Any concern too small to be turned into a prayer is too small to be made into a burden." But how often God's children carry around burdens rather than take them to their heavenly Father in prayer!

Your physical, emotional, and spiritual health matter to God, your Creator. You can trust Him with your concerns, even those you avoid telling anyone else about. When you turn to Him in prayer and give Him your burden -- even the smallest burden of your heart -- He hears you. And He heals you. How? Sometimes by assuring you of His presence. Sometimes by giving you the courage to face your challenges. Sometimes by healing your body. Always by healing your soul.

Compared to the weight of the world's problems, maybe you think your problem is pretty light. But if it weighs on your heart, it's heavy enough for prayer. Heavy enough to let your heavenly Father lift it from you and replace it with the lightness of His grace and mercy.

Source: Mustard Seeds, *Living in Praise*, by Patricia Miller, 27/32, LWML, 2007.

Heavenly Father, always help me to remember that I can bring anything to You and You will hear my prayer. Help me to know that any burden I leave at the foot of the cross is Yours. All praise to You Father through your Son, Jesus Christ. Amen.