



Nuggets of Hope

A Newsletter for Caregivers

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This newsletter is all about YOU, the caregiver, and how to take care of yourself.

ABC's of Caregiving

1. **A**pplaud your courage in handling day-to-day challenges.
2. **B**e in God's Word for hope and encouragement to support you throughout each day.
3. **C**aring for yourself is vital to ensure that you can continue your daily care for your loved one.
4. **D**on't be afraid to ask for help and accept it when offered.
5. **E**liminate thinking too far ahead; take one day at a time.



Focus on Attitude - If you can't escape stress, cope by

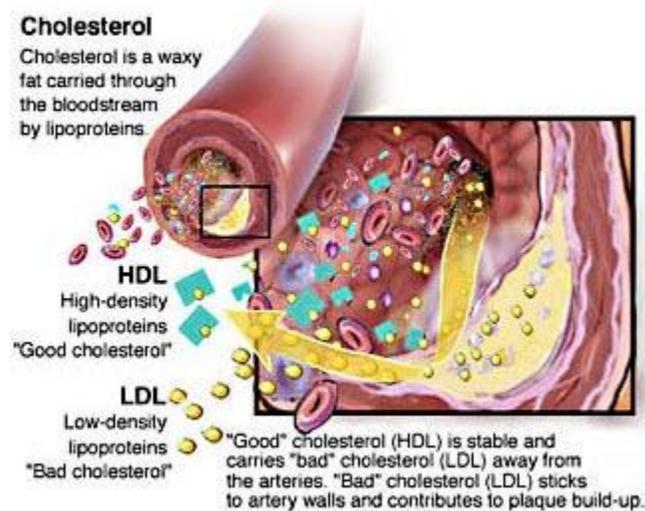
accepting things as they are. Don't dwell on the negative. Think instead about the blessings in your day. . . a hummingbird enjoying nectar from your flowers, a perfect rose blooming in your garden, a bountiful harvest, the beauty of a sunset/sunrise. We could go on and on. There's always beauty in God's world.



Health Tip – A 16-week study of middle-aged men and women with sleep problems revealed that just 30 minutes a day of brisk walking helped people fall asleep faster and sleep longer. The researchers reported that exercise decreases muscular tension and mental anxiety, allowing for more restful sleep.

Source: journal of the American Medical Assn.

Know Your Cholesterol



Here's the fat and skinny about cholesterol and your body:

1. **We need it!** Cholesterol helps make the outer membranes of our body's cells stable. It also helps in the regulation of blood sugar levels and defends the body against infection.
2. **We don't need a lot of it.** People with high cholesterol are more likely to get heart disease. Over time, cholesterol can stick to blood vessel walls clogging arteries and producing sudden blood clots causing heart attacks.
3. **Foods add to it.** Consuming foods with trans-fats (margarine, cakes, cookies, microwave popcorn) and saturated fats (beef, pork, butter, cheese, ice cream) can increase your cholesterol.
4. **Foods with it DON'T necessarily add to it.** Cholesterol-containing foods (eggs, shrimp, lobster) only have a small effect on cholesterol levels.
5. **Some foods reduce it.** Fruit, vegetables, legumes and other foods with soluble fiber such as oatmeal can help reduce your LDL (bad) cholesterol.
6. **Weight influences it.** Losing just a few pounds can lower LDL (bad), and total cholesterol and raise HDL (good) cholesterol.
7. **Movement affects it.** Exercise, like walking, boosts HDL (good) cholesterol and can help lower your LDL (bad) cholesterol.
8. **Medications improve it.** Medications called statins help the liver produce less cholesterol and boost its ability to remove LDL (bad) cholesterol already in the blood.

9. **It's easy to know your cholesterol number.** A simple screening (fasting lipoprotein profile) helps you know your cholesterol levels. A blood screening is covered 100% by most insurance companies.

Source: WebMD



Did You Know . . . Women who regularly attend worship services (at least once a week) have a 20% reduced risk of premature death, regardless of whether they smoke, drink or exercise. Those were the conclusions of a study of more than 92,000 women by researchers at Albert Einstein College of Medicine and Yeshiva University. Researchers attribute the findings to the emotional support and release from stress that regular worship provides.



Avoid Energy Drinks!

As caregivers we often run low on energy. Please don't be tempted to try "energy drinks". These drinks have become a staple item in stores and are usually found near the cash register.

Added Caffeine. Many of the energy drinks are loaded with excessive caffeine. Too much caffeine in your system may cause muscle tremors, irritability, a rapid or abnormal heart beat and it can raise your blood pressure. The FDA recommends that a 12-ounce serving of soda contains no more than 71 mg of caffeine. Energy drinks, however, are not as regulated. For example, a 2-ounce container of Five-hour Energy contains 200 mg of caffeine. For comparison sake, a 12-ounce can of Mt. Dew contains 54 mg and a Diet Coke contains 46 mg of caffeine.

Added Sugar. Many energy drinks can contain more sugar than you should have in a day. For example, Rockstar contains 78 grams of sugar – THAT'S NEARLY 20 TSP. OF SUGAR! An 8.4 Red Bull contains 27 grams of sugar (7 tsp of sugar). Due to the added sugar, your body will react with a blood sugar spike that can eventually leave you feeling sluggish. The extra sugar also can cause your body to store more fat.

Teeth Damage. Scientists immersed samples of human teeth enamel in nine different kinds of energy drinks for 15 minutes at a time for five days. They found signs of serious enamel

damage due to the acid content. Acids such as carbonic, citric and phosphoric found in energy drinks may also raise the risk of stomach damage and ulcers, cause bone breakdown, osteoporosis and bone fractures, and can upset the acid-alkaline balance in your body.

Added Weight. The calories in energy drinks (168 calories in a 12-ounce Red Bull can) are mostly due to the sugar content and can lead to weight gain if consumed regularly. Energy drinks that have artificial sweeteners also can contribute to weight gain: because you're missing the effects of sugar and the calories, the hunger mechanism in your body that normally would "turn off" from increased calories keeps running, and you may end up eating/drinking more,

You can increase your energy without expensive and potentially dangerous energy drinks. Eat a banana, apple, nuts or some Greek yogurt instead. In general, eating well-balanced meals that include fruits, vegetables and protein, drinking plenty of water and exercising regularly are all great ways to help you to feel energized throughout the day.

Source: Mayoclinic.org and Health.usnews.com

RECIPE CORNER



Pineapple Cake

This cake was found by Annetta Dellinger, co-author of JOY-spirations for Caregivers, on Pinterest. "Two ingredients! Couldn't be simpler and so DELICIOUS!"

1 regular can crushed pineapple

1 box Angel Food Cake mix

(Prepare pans for baking a cake.)

Dump the can of pineapple into a bowl, juice and all. Then dump one box **DRY** angel food cake mix into the bowl of pineapple. Stir until well mixed. Pour into an angel food tube can or a 9x13 pan or cupcake papers. Bake according to directions on the cake box. Enjoy!



UPDATE

We have received several good wishes for my husband in his back surgery recovery. Thank you so much for your kindnesses. Staples are out and he's walking more and continuing to do his leg exercises. The only issue is balance, but he's much better. I think it just takes time. Patience is not his biggest strong suit, but he's getting along well. Again, thank you for your kind words and prayers.

Also thank you for allowing me to send you a box of 40 **JOY-spirations for Caregivers**. We want these books in the hands of caregivers and that is our mission. One individual will be giving the books to her local food pantry to distribute as needed. Think of thrift stores also. The books are free. You only need to pay for shipping which is around \$17. If you, too, would like this special offer send me an email at joy4caringhearts@gmail.com. Blessings to all!



A CAREGIVER'S PRAYER

Heavenly Father, You are such a blessing to me. I am worried and oh, so tired. I just have to lay my worries at your feet, Lord. I trust You and know You are beside me each day. You are our help and our shield. Be near me and give me the peace and comfort that only You can give.

Sometimes I feel so scared as to whether I'm doing my best for my loved one. At the end of the day if I feel I have done the best I could with what I have then I can say I have done my best. Help me to remember that and to keep those little worries away. I praise You for all You do for each and every one of us. Thank you, Lord.

In Jesus name, Amen.