

# Helping Seniors Live Well at Home



## Newsletter January 2018

CHANGING THE WAY THE WORLD AGES

HEMOCAREASSISTANCEHUNTSVILLE.COM

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## Balanced Care Method

There is no single explanation for how and why some people live so much longer and have more active years than others. But there is a place where more people live longer and healthier than any other place on earth: Okinawa, Japan. Scientists have been studying this group of seniors to see if we could learn from their methods and live longer, more productive lives ourselves. Home Care Assistance developed the Balanced Care Method, a revolutionary approach to senior care, based on these studies.

*The Balanced Care Method™* is based on studies of the extraordinarily long-lived elders living in the islands of Okinawa, Japan. Life spans of over 100 years are not unusual in Okinawa. More important, people in their 70s, 80s and beyond enjoy incredible good health and independence despite their years. The Balanced Care Method promotes the lifestyle factors central to these centenarian's healthy longevity. It is a philosophy that can be summed up in two words: moderation and variety.

The Balanced Care Method touches everything we do.

At Home Care Assistance we understand the important connections between diet, exercise, mental engagement and social ties to

reduce stress and create the best life. Our care services include support with the activities of daily living below, but also considers the tenants of the Balanced Care Method every step of the way.

- Cooking and light housekeeping
- Laundry and changing of bed linens
- Grocery shopping and errands
- Companionship and range of motion exercises
- Transportation to doctor appointments, supermarket, pharmacy
- Assisting with walking and transferring from bed to wheelchair
- Bathing, dressing and grooming assistance
- Status reporting to family
- Medication reminders

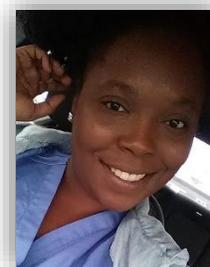


<https://www.facebook.com/HomeCareAssistanceRocketCity/>



[@hcahuntsville](https://twitter.com/hcahuntsville)

### Caregiver of the Month: Kiara LaMark



### Employee of the Month: Stephanie Key



## DO CROSSWORD PUZZLES BOOST BRAIN HEALTH?

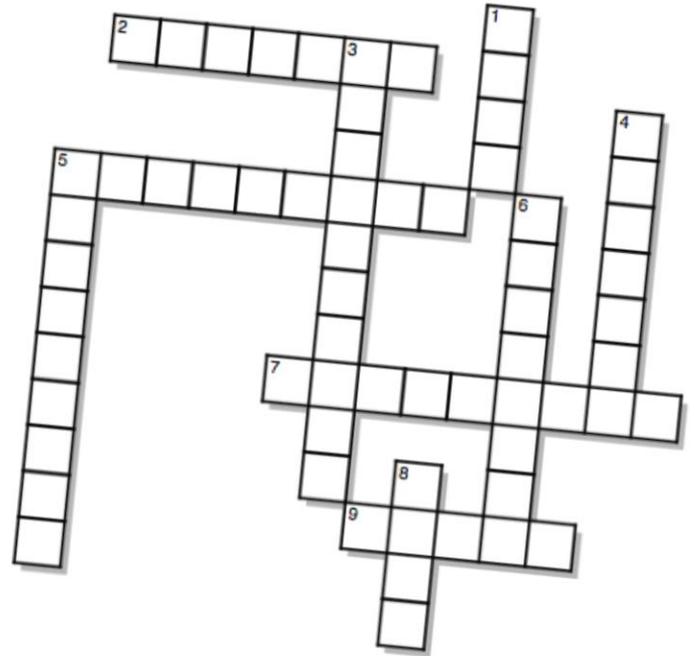


Crossword puzzles not only improve cognitive ability, but also prevent Alzheimer's disease and other forms of dementia.

### FOR EXAMPLE:

	<p><b>1</b> Sharpens cognitive awareness and stimulates the brain.</p>
	<p><b>2</b> Preserves memory and can delay loss of memory among those with dementia by more than 2 ½ years.</p>
	<p><b>3</b> Keeps the brain active and challenged through the aging process.</p>

## Happy New Year



### ACROSS

- 2 First month in the year
- 5 10-9-8-7-6-5-4-3-2-1
- 7 Explosion of lights
- 9 Day of new year

### DOWN

- 1 Current year
- 3 Promise you make
- 4 Where the nye ball falls
- 5 Celebration drink
- 6 Filled with helium
- 8 Couples do this at midnight



## Green Matcha Smoothie

If your New Year's resolution is to eat healthy, start the year off right by trying this delicious smoothie! Whether it's for you or a loved one, it's sure to please.

We use a Vitamix blender whenever possible for all of our smoothies-the texture of the smoothie is silky smooth! You can use frozen fruit if you don't have fresh fruit, but you might need more water to thin out the smoothie.

Yield: One 12-16 oz smoothie

### Ingredients

- ½ frozen banana
- ½ cup frozen mango pieces
- ½ tsp matcha tea powder
- ½ cup spinach
- 1 small piece of lime
- ¾ cup non-dairy milk
- Agave to taste

### Preparation

Put all ingredients into the blender and blend until smooth (this is where the Vitamix blender really comes in handy). Pour into a glass and it's ready to drink!

As we age, our nutritional needs change, which sometimes means needing to eat more simple, easy to digest foods. Creating delicious pureed foods for seniors can sometimes be tricky, but this smoothie is a favorite among many of our clients, so we are excited to share it with you!