

Helping You Live Optimally

iProvide

Home Care Solutions



ALL ABOUT HEALTH



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Alzheimer's & Dementia are progressive diseases that cause **memory loss, confusion, and changes in behavior.** Alzheimer's & dementia can be difficult to manage on a daily basis.

The following tips are designed to help caregivers provide assistance for someone with these conditions on a daily basis:

♥ Keep a regular schedule, including meal times, bedtimes, and daily routines. Stick to it as much as possible.

♥ Keep the person active by doing activities they enjoy.

♥ Provide them with healthy snacks and drinks.

♥ Keep them engaged by playing games or reading books together.

♥ Use pictures or symbols to help them remember where they are going or what they need to do next.

♥ Keep the home safe by removing hazards and clutter from the environment.



"Caring for our seniors is perhaps the greatest responsibility we have. Those who walked before us have given so much and made possible the life we all enjoy."

- Sen. John Hoeven



**DEMENTIA &
ALZHEIMER'S
CARE TIPS**

HEALTHY EATING FOR SENIORS



Eating healthy is important for everyone, but it's especially important for seniors. It can be difficult to know what to eat and how much to eat when you haven't done much research. There are many factors that contribute to the nutritional needs of seniors. These include age, weight, activity level, and medical conditions. The food and diet of the elderly should be tailored to their needs.



REMEMBER THEIR NEEDS - Be mindful of allergies or gastrointestinal issues. Choose meals that have enough nutritional value and are suitable for them.

TASTY BUT HEALTHY- We love tasty meals so be mindful of the salt, sugar, and fat content.

FRUITS ARE YOUR BESTFRIENDS - Fruits are high in vitamins, antioxidants, and potassium,



AVOID FASTFOOD - Allot enough time to plan proper meals so you can get creative with recipes they'll love.

DEHYDRATION ISSUES - Remember to incorporate drinking water in their meal plans and activities. Some seniors lessen water intake due to bladder concerns.

STAY AWAY FROM RAW MEAT and SOFT CHEESE - These are considered dangerous because of the seniors' delicate stomach or compromised immune system.

QUICK AND EASY RECIPES

PUMPKIN OATMEAL

INGREDIENTS:

- OATS
- PUMPKIN
- MAPLE SYRUP (TO TASTE)
- PUMPKIN PIE SPICE: NUTMEG, CINNAMON, GINGER, AND ALLSPICE
- MILK
- PINCH OF SALT

HOW TO PREPARE USING A MICROWAVE OVEN:

1. Grab a large microwave-safe bowl (larger than you think you need), and add the oats and almond milk. Microwave on high for 2 minutes.

2. Remove, and stir in your pumpkin, maple syrup, and spices. Adjust spices as needed.

3. Add any desired toppings, and serve hot. Hello, tasty breakfast!



MUSHROOM LEEK RISSOTO

INGREDIENTS:

VEGETABLE BROTH | OLIVE OIL
BUTTON MUSHROOMS | THINLY SLICED LEEKS
RISSOTO RICE | BUTTER | PARMESAN CHEESE
FRESHLY CHOPPED PARSLEY

EASY COOKING IN 3 STEPS:

1. Heat half the butter and the oil in a large, deep frying pan. Add the leeks and garlic and fry gently for 10 mins until softened but not brown. Stir in the rice and cook for 1 min.

2. Gradually add the stock to the rice, stirring all the time until the rice is tender (approx 20 mins). Stir most of the Parmesan cheese into the risotto and season to taste with salt and freshly ground black pepper.

3. In a separate pan, fry the mushrooms over high heat for 2-3 mins. Serve risotto in warmed bowls topped with the mushrooms, parsley and rest of the Parmesan. Something hearty to serve for lunch or dinner.

SENIOR'S EXERCISE PROGRAM

Exercise is one of the best ways for seniors to stay healthy and active. It helps them maintain a healthy weight, improves their mood, boosts their energy levels, and reduces their risk of chronic diseases like diabetes or heart disease. Exercise can also help seniors to stay mentally sharp by improving memory and cognitive function.

Exercise also reduces the risk of dementia and Alzheimer's.

Here are seated exercises you can enjoy with your elderly loved ones:

Seated Should Press - 2 Sets | 8 Reps



1. Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair.
2. Extend the arms up, reaching above the head until they're fully extended (or get to a range that feels most comfortable). Don't touch the hands together and keep both arms parallel to each other.
3. Slowly bring the hands down to the starting position, keeping the elbows spread. Don't tuck the elbows toward the middle of the body,

Tummy Twist - 2 Sets | 10 Reps



1. Grab a medicine ball (or similar object). Lift the ball a couple inches off the lap then rotate the upper body to the right, keeping the ball in front of the body.
2. Rotate to the middle of the body then rotate to the left, finish by rotating back to the middle. Each "rep" is one full rotation.

Seated Hip Stretch - 5 Sets | 10 Seconds



1. Sit comfortably in the chair. Secure the core by keeping the back upright and the spine straight. Keep both feet flat on the floor.
2. Cross one leg on top of the other creating a triangle between the legs. Slowly bend the upper body forward, keeping the spine straight and core tight. Stop when feeling resistance in either the glutes or hips.

Seated Calf Raises - 3 Sets | 20 Reps



1. Sit comfortably in the chair. Ensure that the back is firm to the backrest of the chair. Place both hands at the sides of the chair and grip the seat to keep stable. Both feet should be flat on the floor.
2. Slowly, extend the heels of your feet upward, pushing the toes on the ground and lifting the heels in the air. Place both feet back to the starting position.