

Helping Hands

**November
2010**



**Caregiver Advisory
Services**

Ford-Iroquois Public
Health Department
114 North Third St.
Watseka, IL 60970
(800) 282-3339
www.fiphd.org

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A Monthly Newsletter for family Caregivers
and
Grandparents Raising Grandchildren

I am Thankful

I am thankful for skies of blue
Etched by soft clouds of white
The crispness of the morning dew
Beneath the dawn's first light
The beauty found upon the shore
Bathed by the ocean's foam
And seabirds that take flight and soar
Because they're free to roam.

The stillness of the autumn wind
Across the leaves' display
The warm-wishes we often send
To brighten someone's day
The dreams that suddenly appear
Though lost, not long ago
And moments spent with those held dear
As our memories grow.

I am thankful for many things
My life has been quite blessed
Therefore, I hope this season brings
Your lives the very best
Of all the gifts I have declared
Not one could ever be
As treasured as the time we've shared
Or the joy you've brought to me.

© 2006 - Jill Eisnaugle's Poetry Collection



**Are you or someone
you know being
mistreated or
abused?**

If the person being
mistreated is 60 years
old or older call:
1-815-432-5395

If the person being
mistreated is 18 years
of age or younger
call:
1-800-252-2873

If the person being
mistreated is between
the ages of 19-59 call
your local
**Law Enforcement
Agency**

The number one way to improve your memory
shine.yahoo.com

Memory loss is the single biggest fear for Americans over the age of 55. And it's understandable: over 4 million currently suffer from Alzheimer's disease, and those numbers are expected to quadruple by 2050, according to the Alzheimer's Foundation. That may be why products promising to improve your brain function are flooding the market. Sudoku and crossword puzzles are said to improve memory association skills, though critics believe only when put to task by those puzzles. Ginkgo infused soft drinks line the grocery aisle, ever since the root was suggested to combat dementia (it doesn't). Even celery has been loosely linked to mental acuity. But the truth is there's not enough hard evidence that any of these things really work.

In fact, there's only one proactive that's been proven, without question, to preserve your memory: exercise. "Aerobic activities tend to show larger effects than non-aerobic activities." University of Pittsburgh psychologist Kirk Erickson tells yahoo.

Working up a sweat helps your mind stay fit better than any crossword puzzle—unless you're doing that crossword on a treadmill.

The good news is that you don't need to run a marathon. Just walking six miles a week can ward off memory disorders caused by aging, according to Erickson's research published this month in the medical journal *Neurology*. "It appears that if people start exercising their memory may improve and if you continue to exercise, that might delay, or offset, the age-related decline in memory," he explains.

And you don't need to lift any heavy barbells either. Erickson and his team monitored 300 senior adults over a period of 13 years, and found that those who walked between 6 and 9 miles a week—whether to work or with the dog—had half the brain deterioration of those who didn't. "Exercise seems to enhance some of the more fundamental properties of your brain," Erickson explains. "It increases the growth of new cells and improves cellular processes associated with learning and memory." To put it simply, walking keeps your gray matter from shrinking. And the more matter, the more mind.

Another study published earlier this year suggested exercise can actually help your brain grow. A moderate workout may generate new brain cells. And not just any brain cells, but cells that specifically help to distinguish between memories, so each recollection stands out. It's the kind of function you rely on every day, says Tim Bussey, one of the authors of the Cambridge University study. "These cells help with remembering which car parking space you have used on two different days in the previous week."

But exercise isn't the only way to keep tabs on your parking spot. There are some supplemental practices that doctors recommend in addition to a regular walk-a-thon. Diets rich in Omega fatty acids are instrumental in keeping your brain from aging. Two servings of salmon a week provides ingredients that support brain tissue and enhance nerve cell function. Balancing fish with other elements of a Mediterranean diet, like fruits and vegetables, has been found to lower the changes of cognitive decline. When it comes to memory retrieval, self-testing can be beneficial. In other words, pausing between paragraphs of an article and asking yourself to paraphrase the information, or repeat a fact. It can't hurt if that article is written in another language. Bilingualism, says one new study, helps ward off Alzheimer's for up to four years. But it doesn't prevent the disease altogether. Your best bet: Walk it off.



Cheese Biscuits

1 cup buttermilk
1/4 stick butter, melted
3/4 cup graded sharp Cheddar
1/3 cup shortening
1 teaspoon sugar
1/2 teaspoon salt
1 teaspoon Baking powder
2 cups self-rising flour

In a medium bowl, mix flour, baking powder, sugar, and salt together using a fork; cut in shortening until it resembles cornmeal. Add cheese. Stir in buttermilk all at one time just until blended. Do not over stir. Drop by tablespoonfuls, or use an ice cream scoop, onto a well greased baking sheet. Brush dough with melted butter. Bake for 12 to 15 minutes.

Recipe courtesy Paula Deen



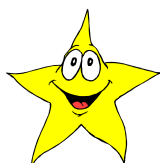
Quote of the Day

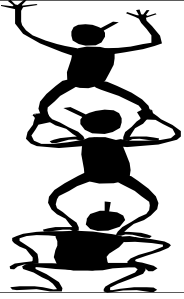
"While we may not be able to control all that happens to us, we can control what happens inside us."

-- Benjamin Franklin

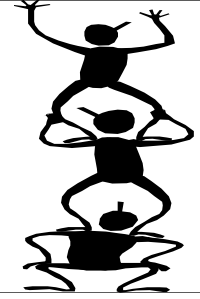
Ten Ways to be Happy hubpages.com

1. Get lots of sleep. There's no better way to start the day than waking up totally rejuvenated.
2. Don't stress too much over your job. Whatever happens, it's just a job.
3. Stay away from unhappy, super-emo people who refuse to be helped.
4. Never let anyone force you into doing anything that you don't want to do.
5. Shop. Buying stuff for yourself is good.
6. Eat. Screw diets (unless, of course, they are needed for health or medical reasons).
7. Always take time to do something laid back from time to time, like hanging out or strolling in a park.
8. Spend time with your good friends.
9. Spend time with your family.
10. Don't ask yourself if you're happy. You are perfectly happy as long as you don't ask yourself if you are.





Ford-Iroquois Public Health Support Groups



MAKE A NOTE!!

Caregiver and Grandparents
Raising Grandchildren Support
Group will meet on



November 9th

Ford-Iroquois Public Health Department

114 N. Third St
Watseka, IL

For more information call

Jill Erickson
1-815-432-2483



Alzheimer's Support Group Gibson City Heritage Manor

620 E. First St.
Gibson City, IL 60936

Meeting in the East Day Room
On the 3rd Wednesday of the month
5:30 p.m.

For more information call
Rita
1-217-784-4257

Illinois Knights Templar Caregiver Support Group

450 E. Fulton Street Paxton, IL 60957
Contact: Carol MacNeil

217-379-6073

Nov. 9th and 23rd, 2010

1:30 p.m.– 3:00 p.m.

Prairieview Lutheran Home- Alzheimer's Support Group

402 North 4th St.

Danforth, IL

November 10th 2010 @ 2:00 p.m.

Contact Jenny
815-269-2970

Thanksgiving quiz

home.aristotle.net / puzzles.about.com / gotoquiz.com

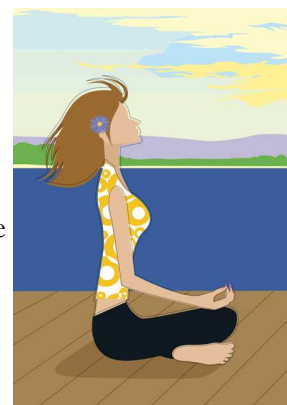


- When was the first Thanksgiving celebration?
A. 1492 B. 1567 C. 1621 D. 1777
- What did the Pilgrims call their new colony?
A. Plymouth Colony B. Jamestown C. Roanoke D. Cape Cod
- Who was the governor of the Plymouth Colony at the time of the first Thanksgiving Celebration?
A. Miles Standish B. John Alden C. Edward Southworth D. William Bradford
- What native American tribe celebrated the first Thanksgiving with the colonists?
A. Wampanoag tribe B. Sioux tribe C. Choctaw tribe D. Arapaho tribe
- Approximately what percentage of American homes eats turkey on Thanksgiving?
A. 34% B. 50% C. 82% D. 90%
- Which US president specified that Thanksgiving would fall on the last Thursday of November?
A. Martin Van Buren B. Andrew Jackson C. William H. Taft D. Abraham Lincoln
- Who was the Captain of the Mayflower?
A. Captain Crunch B. Captain John Smith C. Captain Boomerang D. Captain Cristopher Jones
- What is the largest type of turkey?
A. Big Bird B. the Mexican Turkey C. Butterball D. Bronze Turkey
- Which state consumes the most turkey out of the whole country?
A. Alaska B. New York C. California D. Nebraska

Tips and Techniques for Dealing with Stress
By Dr. Rita Nachen Gugel / caregiver.com

Change is an expected part of daily lives today. Dealing with it so that YOU control IT rather than vice versa is an important and positive force in controlling life. Try a few of these tips.

- Accept what you cannot change. Take a tip from AAA. Change what you can, if it bothers you. But, if you cannot change it, learn to live with it.
- Face up to your problems. Sort them out, and see which ones are real and what are simply imagined. Deal with them as they are, and not what you think they are.
- Deal with one problem at a time. Sort out your priorities, and deal with them in the order of their importance to you.
- Be flexible. Give in once and a while. If you do, others will too.
- Don't hold all your worries inside yourself—talk it out. Frequently we swallow our unhappiness (along with candy, cake, ice cream, etc.) because we can't let the problems out. Talk to someone. A burden shared is much less of a burden.
- Work off Stress. Physical outlets for stress help your body to fight off many of the negative results of stress.
- Get enough rest/relaxation/sleep. Give your body a chance to recover from day to day. Lack of sleep and rest will only make matters worse for you.
- Avoid “self medication.” A “spoonful of sugar” may make the “medicine go down,” but it does your body no good. Sugar, alcohol, nicotine, and ice cream may all feel good going down, but they make matters worse—from the inside. They add to your body's physical stresses, thus making dealing with external stresses much harder.
- “Take time to smell the roses.” Have some fun. Relax.
- Think about and do something for others. A little altruism never hurt. It even makes people feel better about themselves.
- Be the “captain of your ship.” if you are not happy with your life, think about what's wrong or missing, and then plan the necessary actions to change it to coincide with your needs and desires for your life.
- Work on your relationships with those who share your life. Don't hold back your feelings. Share them with your family and friends and co-workers. It can help to decrease tensions.



Trivia #1 Answers

1. C. 1621
2. A. Plymouth Colony (named after the harbor in England from which they departed for the New World)
3. D. William Bradford (became governor after the death of first governor, John Carver)
4. A. Wampanoag tribe
5. D. 90%
6. Abraham Lincoln (Thanksgiving Proclamation was issued in 1863)
7. Captain Christopher Jones
8. Bronze Turkey
9. California

