



The Right at Home Herald

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Inside This Issue

Parkinson's Awareness Month

Cartoons

April Gardening

Recipes From Home

Parkinson's Awareness Month

Parkinson's is a neurodegenerative disease. Movement is normally controlled by dopamine, which is a chemical that carries signals between the nerves in the brain. When cells that normally produce dopamine die, the symptoms of Parkinson's appear. Most common symptoms may include: Tremor, Slowness and stiffness, Impaired balance and Rigidity of the muscles.

A diagnosis of Parkinson's can take time. A family doctor might notice it first. You may be referred to a neurologist- a specialist who deals with Parkinson's. There are no xrays or tests to confirm Parkinson's. So the neurologist will check your medical history, do a careful physical examination and certain tests, and rule out other conditions which may resemble Parkinson's.

Currently there is no cure. You can live with Parkinson's for years. The symptoms are treated with medication. Some people with Parkinson's may benefit from surgery. The following therapies can also help manage the symptoms:

Physical therapy helps mobility, flexibility and balance

Occupational therapy helps with daily activities

Speech therapy helps with voice control

Exercise helps muscles and joints and improves overall health and well-being

Parkinson's can progress at a different rate for each person. As symptoms change, medication will need to be adjusted. As the disease progresses, non-motor symptoms may also appear, such as depression, difficulty swallowing, sexual problems or cognitive changes. It is important to find a doctor who is knowledgeable about Parkinson's, ideally a neurologist. By working with a health-care team, a treatment plan can be created that will meet the person's individual needs.

Parkinson Canada is the national voice of Canadians living with Parkinson Disease. From diagnosis to discovery, since 1965 the group provides education, advocacy and support services to people living with Parkinson's, caregivers and health care professionals. The National Research Program funds innovative research to search for better treatments and a cure. Parkinson Canada is an Imagine Canada accredited organization.

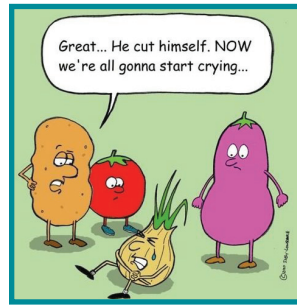
Visit www.parkinson.ca for more information



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Spring Into Laughter



April Gardening Tips

It's time to get our gardens in tip-top shape for the season. Here are eight things that you should do now to get ready to grow from Canadian Gardening online.

1. Clean up and repair

High winds, heavy snow and freezing rain are just some of the damaging elements our gardens face over winter, so spring is the time to inspect for damage, prune back or remove broken stems and branches, clean up any debris and remove any plants that just didn't survive the deep freeze.

2. Edge and amend

An instant way to improve the garden is to amend the soil, which simply means adding in more of the "good stuff." To improve drainage, add organic matter (like leaf mould or shredded leaves), composted manures, top soil and, in some cases, horticultural sand and grit. Also add peat moss to increase acidity and improve moisture retention. Afterwards, give your flowerbeds a fresh new edging by running an edger or spade around their perimeter.

3. Prune and control

The cardinal rule is to prune after they bloom, but for those late-blooming clematis and hydrangeas, various shrubs and fruit-bearing woody plants, early spring is the time to prune into performance and snip them into shape!

4. Combat crabgrass

Use corn gluten to minimize the germination of weed seeds like crabgrass, an annual weed that spreads easily from seed. The key is to apply the corn gluten in early spring before weed seeds germinate, and remember: You must wait four to six weeks to reseed your turf grass after applying corn gluten.

5. Start the season indoors

Sow warm-season veggies, such as tomatoes, peppers, squash and cucumbers, indoors. The No. 1 reason people fail at seed starting is that they simply start their plants too early—so be sure to follow the sowing instructions on the back of your seed pack.

6. Dig in with root veggies

Cold-crop vegetables like leafy greens and most root vegetables can be directly sown into the garden once soil temperatures warm, even if there's still a risk of frost. (In fact, many root vegetables don't like transplanting, so planting them directly into the ground is the only option.)

7. Harden off seedlings

"Hardening off" is the process of toughening up your seedlings to acclimatize them to being outside full time. Expose them to the elements incrementally: first in part shade and then in the sun—and only for a few hours to begin with. Build them up to days outdoors and nights indoors, until they're ready to be in the garden full time.

8. Top-dress and reseed the lawn

With warm soil temperatures and ample rainfall, mid-spring is the time to boost your lawn into health. Through top-dressing, reseeding, aerating and fertilizing, you can help your lawn out-compete weeds.

Source: <http://www.canadiangardening.com/what-to-do-now/jobs-in-the-garden-by-season/april-hours-for-may-flowers/a/41492>

Recipes From Home

Spring Pasta with Fava Beans and Peas

INGREDIENTS:

- 1 1/2 cups shelled fava beans (about 1 3/4 pounds unshelled)
- 6 ounces uncooked campanelle or farfalle (bow tie pasta)
- 2 tablespoons extra-virgin olive oil, divided
- 6 center-cut bacon slices, cut into 1/2-inch pieces
- 1 1/2 cups sliced red onion
- 8 garlic cloves, sliced
- 3 ounces thinly sliced mushrooms
- 1 cup fresh shelled or frozen green peas, thawed
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon kosher salt
- 1 1/2 ounces Romano cheese (about 6 tablespoons), grated and divided
- 1/2 cup torn basil leaves

DIRECTIONS:

1. Place fava beans in a large pot of boiling water; cook 1 minute. Drain; rinse with cold water. Drain well. Remove tough outer skins from beans.
2. Cook pasta according to package directions, omitting salt and fat; drain.
3. Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add bacon; sauté 3 minutes or until bacon begins to brown. Add onion and garlic; sauté 3 minutes or until vegetables are tender. Add mushrooms; sauté 3 minutes or until mushrooms begin to brown. Add fava beans and peas; sauté 2 minutes. Stir in remaining 1 tablespoon oil, pasta, juice, and salt; cook 2 minutes or until thoroughly heated.
4. Remove pan from heat. Stir in 3 tablespoons cheese. Divide pasta mixture evenly among 4 bowls, and top evenly with remaining 3 tablespoons cheese and basil. Serve immediately.



Source: <http://www.myrecipes.com/recipe/spring-pasta-fava-beans>