

The Right at Home Herald

Happy New Year!

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Happy New Year!



From our office team to
you and your family

Canadian Alzheimers Awareness Month

Dementia is a term that generally refers to a variety of brain disorders. Different physical changes to the brain cause different dementias. Some are reversible, meaning that they can be treated and cured, while others are irreversible, meaning there is no cure. Symptoms worsen over time and include: loss of memory, changes in judgment and reasoning, difficulty performing familiar tasks, problems with language and changes in mood and behaviour. Alzheimer's disease is the most common form of dementia, accounting for almost two-thirds of all cases. Other dementias include vascular dementia, frontotemporal dementia (including Pick's disease), Creutzfeldt-Jakob disease and Lewy body dementia. Dementia is not a normal part of aging, but age is the biggest risk factor. Whether you're experiencing possible symptoms or are concerned for someone you care about, the Alzheimer Society has developed the following list of signs to look for:

- 1. Memory loss affecting day-to-day abilities:** forgetting things often or struggling to retain new information.
- 2. Difficulty performing familiar tasks:** forgetting how to do something you've been doing your whole life, such as preparing a meal or getting dressed.
- 3. Problems with language:** forgetting words or substituting words that don't fit the context.
- 4. Disorientation in time and space:** not knowing what day of the week it is or getting lost in a familiar place.
- 5. Impaired judgment:** not recognizing a medical problem that needs attention or wearing light clothing on a cold day.
- 6. Problems with abstract thinking:** not understanding what numbers signify on a calculator, for example, or how they're used.
- 7. Misplacing things:** putting things in strange places, like an iron in the freezer or a wristwatch in the sugar bowl.
- 8. Changes in mood and behaviour:** exhibiting severe mood swings from being easy-going to quick-tempered.
- 9. Changes in personality:** behaving out of character such as feeling paranoid or threatened.
- 10. Loss of initiative:** losing interest in friends, family and favourite activities.

If you are concerned about any of these signs please talk to your doctor. If you are a caregiver for a family member suffering with Alzheimer's we are here to help!

Information taken from the

Alzheimer Society
CANADA



Right at Home Canada
Guelph ♦ Cambridge ♦ Kitchener-Waterloo
Norfolk Medical Centre
85 Norfolk Street, Suite 201
Guelph, Ontario N1H 4J4
519-265-7887 / 1-844-232-HOME (4663)
www.rightathomecanada.com/guelph



Pearls of Wisdom

Pearl,

My father is a very independent man. He loves going outside to clear his walkway in the winter. Although he is fully mobile, I do get worried about him coming and going from his house as he gets older in these slippery and cold conditions. Is there anything I can do to prepare him (any myself) for the cold weather months?

It is great your father wants to head into the great Canadian winter! To help older adults stay safe when the thermometer drops, even in the warmer climates of the country, there are a few precautions you can take even if you do not live with your father. Firstly, beware of slick outdoor conditions. Outdoor fall prevention includes these tips: wear nonskid boots, get help with snow shoveling and watch diligently for black ice. Wear appropriate clothing outdoors. Make sure your father has a handy supply of warm outerwear for his adventures outside. Cold weather calls for light, layered, loose-fitting clothing under an insulated, waterproof winter coat; plus, a hat and gloves.

Additional tips to keep in mind for older adults during the winter months are to keep well-hydrated and stay social to beat wintertime blues. Schedule regular outings, personal visits, phone calls and social networking. Also, be prepared for power outages. Every home needs a year-round emergency preparedness kit that includes a flashlight, batteries and first aid supplies.



Have a question for Pearl? Email it to pearl@rightathomecanada.com to see it featured with an answer from Pearl in the next newsletter!

Fall Prevention

1/3 of aged adults fall each year and among older adults, falls are the leading cause of both FATAL and nonfatal injuries

As loved ones age, balance becomes a significant issue due to a variety of factors, including physical weakness, medications and cognitive or visual impairment. Ideally a source of comfort for aging loved ones, the home can become hazardous without a fall-preventive strategy. Right at Home suggests you proactively assess the aging senior's house for anything that might be a health risk. In addition, please consider helping your loved ones remain safe by:

- Finding someone to check on them regularly
- Scheduling vision checks
- Discussing medications with their physician
- Checking their balance
- Establishing a light-exercise routines

Read the entire Right at Home Fall Prevention Guide, which goes through each room to explain hazards and solutions for each at http://www.rightathomecanada.com/assets/franchises/corporate/Fall_Prevention_Brochure.pdf



Recipes From Home

Chicken Noodle Soup

INGREDIENTS:

- 1 Whole Chicken
- 3 qt. low-sodium chicken broth
- 6 carrots
- 4 stalk celery
- 3 medium onions
- 5 black peppercorns
- 1 clove garlic
- 10 sprig parsley
- 2 sprig thyme
- 1 bay leaf
- 2 tbsp. unsalted butter
- 4 leeks
- 1 tsp. salt
- 1 tsp. fresh-ground pepper
- 3 c. medium egg noodles



DIRECTIONS:

Make the stock: Place the chicken and chicken broth in a large stockpot and set it over medium heat. Chop 2 carrots, 2 celery ribs, and 1 onion and add to the broth. Add the peppercorns, garlic, parsley, thyme, bay leaf, and enough water to just cover the chicken. Bring the broth to a boil, reduce heat to a simmer, and cook until the chicken is very tender (1 to 1 1/4 hours). Remove the chicken and place in a large bowl. Strain the broth through a very fine sieve into a large, clean bowl or stockpot. Discard the vegetables.

Make the soup: Skim any fat off the top of the strained broth and discard. Slice the remaining carrots, celery, onions, and leeks and set aside. Remove and discard the skin and bones from the chicken, cut meat into 1/2-inch pieces, and set aside. Chop the remaining parsley and set aside. Melt the butter in a large Dutch oven over medium heat. Add the vegetables and cook until the onions are translucent (7 minutes). Add the chicken, the reserved broth, salt, and pepper. Simmer the soup until the vegetables are tender (1 hour). Stir in the egg noodles and parsley and cook until the noodles are tender.

Source: <http://www.countryliving.com/food-drinks/recipes/a1870/home-made-chicken-noodle-soup-3996/>