



# THE RIGHT AT HOME HERALD

May 2016 Volume 1, Issue 12

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## Foot Health in Older Adults

As a senior, you already have about 100,000 kilometres on your feet. But that doesn't mean it's too late for comfort. In fact, there are lots of things you can do to keep your feet in good condition. Try some of the following practices:

- Wear good quality running shoes or shoes designed specifically for walking.
- Have corns or callouses treated by a podiatrist.
- Perform gentle exercises such as moving your feet in circles or up and down to help improve mobility, flexibility and circulation.
- Do calf-stretching exercises to reduce tightness in the back of the lower leg muscles. Lean against the wall and place one foot forward and one foot back; bend the forward knee and you will feel the calf muscle of the opposite leg stretch. Hold for 10 seconds. Change the position of your legs and repeat the exercise.
- Use insoles to add cushioning to the soles of your shoes. As you get older, the fat pad under the bones at the ball of the foot tends to get displaced forward and reduces the cushioning at the ball of the foot. An insole will provide some extra cushioning.
- Have your foot mechanics evaluated by a podiatrist. Structural imbalances that can lead to bunions and callouses can be corrected.
- Treat any ingrown toenails. A podiatrist can painlessly clip away a segment of the nail to provide immediate relief or permanently remove the offending nail border.
- If you have varicose veins, elevate your feet when you can and walk as often as you can. Compression stockings may be beneficial too.
- Get involved in a walking program. Check with your general practitioner and then start a gradual walking program. Be sure to wear appropriate and comfortable fitting shoes. You can find information on the local Guelph Wellington Seniors Association Walking Club at <https://gwsa-guelph.ca/what-we-do/activities/crafts-and-leisure/walking-club/>

This information was taken from The Canadian Podiatric Medical Association website. The CPMA is a non-profit organization working on behalf of its 400 plus members – Canada's premier foot specialists. We are dedicated to enhancing the profession of podiatry and increasing awareness among Canadians about the importance of good foot health care.

Find more information at <http://www.podiatrycanada.org>

May is foot health awareness month, Right at Home Guelph is proud to offer foot services for our clients from Right at Home's certified foot care nurses! Call the office for more information.



You can't help getting older,  
but you don't have to get old  
- George Burns

## Staying Active with Age

Dance class? You bet. Biking? Absolutely. Getting older and reaching retirement doesn't mean you retire your body. Regular exercise for the elderly is worth its weight in healthful benefits, including:

- Less pain
- More flexible joints
- Increased blood circulation
- Improved heart health
- Strengthened bone density
- Weight maintenance or loss
- Better sleep
- Increased mental sharpness

A balanced fitness approach for older adults includes endurance, strength, balance and flexibility exercises. If an ageing loved one brushes off the idea of routine exercise, here's how to help:

- Explain the healthful benefits. Regular physical activity is essential for better living as people age. No one is too old to exercise. Highlight the exercise advantages of improving energy and outlook.
- Start small. Instead of overdoing it the first week and giving up entirely, opt for moderate pacing with activity. Elders who have been inactive or have slowed down over the years need to gradually increase exercise challenges.
- Be realistic. Heading to an aqua fitness class several days a week will not match every older person's interest or ability level. Make a written exercise plan that is doable and attainable and modify it as needed. For those with limitations, even simple chair exercises can help.
- Choose the enjoyable. Exercise can be fun and something older adults truly look forward to each week. Suggest a variety of options and let your elder choose his or her top two or three preferred activities.
- Garner the support of others. Enlisting an exercise partner helps with exercise consistency and builds friendship. For elders who receive a doctor-approved exercise program, Right at Home adult home care professionals can offer safety supervision.



It's never too late for the elderly to refresh a regular physical exercise routine to keep up with the grandkids at the park or a dance at the next birthday soirée. Tennis or biking, anyone?

# Celery Soup

## INGREDIENTS:

1 head celery, stalks chopped, leaves reserved  
1 large waxy potato, chopped  
1 medium onion, chopped  
½ cup (1 stick) unsalted butter  
Kosher salt  
3 cups low-sodium chicken broth  
¼ cup fresh dill  
½ cup heavy cream  
Flaky sea salt and olive oil (for serving)

## DIRECTIONS:

Combine celery, potato, onion, and butter in a medium saucepan over medium heat; season with kosher salt. Cook, stirring, until onion is tender, 8–10 minutes. Add broth; simmer until potatoes are tender, 8–10 minutes. Purée in a blender with dill; strain. Stir in cream. Serve soup topped with celery leaves, sea salt, and oil.



Source: <http://www.bonappetit.com/recipe/celery-soup>