

The Right at Home Herald

Guelph Wellington

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Laugh..The Right Way

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*You know it's a cold day
when your teeth start
chattering and they're still
on the nightstand.*



November Health Issue: Osteoporosis

Osteoporosis

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue. This leads to increased bone fragility and risk of fracture (broken bones), particularly of the hip, spine, wrist and shoulder. Osteoporosis is often known as “the silent thief” because bone loss occurs without symptoms. Osteoporosis is sometimes confused with osteoarthritis, because the names are similar. Osteoporosis is a bone disease; osteoarthritis is a disease of the joints and surrounding tissue.

There are several ways to manage your well-being while living with and preventing osteoporosis. With the help of drug therapy and appropriate lifestyle changes, individuals are able to reduce their risk of fracture and, in some cases, improve bone mass. That is food for positive thought!

In addition to calcium, vitamin D and other minerals, bone is made up of protein, a nutrient that is necessary for building and repairing body tissues including bones. Protein gives bone its strength and flexibility. Protein is also the big component of muscles, which are, of course, crucial for mobility and in preventing falls.

Weight bearing exercises and activity can not only help maintain bone density and strength, but also improve your everyday ability to function and be more mobile with less risk for falls that will cause fractures.

Helping Osteoporosis Through Diet

CALCIUM: An adult over the age of 50 should consume 1200 mg of calcium a day to maintain and strengthen bone density.

PROTEIN: It is recommended that adults eat 2 – 3 servings of meat or alternatives each day for those over the age of 50. A serving size is about the size and thickness of the size of your palm. This means that you should eat a palm size portion of protein with at least two of your three meals.

VITAMIN D: There are very few food sources of vitamin D. In fact, it is impossible for adults to get sufficient vitamin D from diet alone, no matter how good their nutrition. Therefore, Osteoporosis Canada recommends routine vitamin D supplementation for all Canadian adults year round.

For more information on Osteoporosis please visit <http://www.osteoporosis.ca>



Osteoporosis Canada

Ostéoporose Canada

At Right at Home, we are here to help.

Contact us for more information: Phone: 519-265-7887 Email: careguelph@rightathomecanada.com



Home Health Care and Assistance

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Right at Home Holiday Helpers

Right at Home can help you or your loved one this holiday season with:



Holiday Shopping
Greeting Card Composition
Shopping Trip Companions
Picking Age Specific Gifts
Wrapping Gifts
Online Shopping
Holiday Time Companionship
Holiday Baking



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Meet One of Our Caregivers

Pat, Companion



Pat is in the spotlight for our Right at Home Caregiver Focus. She graduated from the social service worker program at Medix School. Pat loves working with older people because she finds them honest, sincere and interesting. She loves hearing their individual stories. When Pat is not spending time being a companion to clients, she loves knitting, crocheting, reading, walking and hanging out with her two grandsons.

Recipe Roundup Butternut Squash Lasagna



Ingredients

Cooking spray
3 cups chopped onion
10 cup fresh spinach
3/4 cup (3 ounces) shredded sharp provolone cheese
1/2 cup chopped fresh flat-leaf parsley
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 large eggs
1 (15-ounce) carton part-skim ricotta cheese
1 (15-ounce) carton fat-free ricotta cheese
3 cups diced peeled butternut squash
6 cups marinara
12 oven-ready lasagna noodles (such as Barilla)
1 cup (4 ounces) grated fresh Parmesan cheese

Preparation

1. Preheat oven to 375°.
2. Heat a large skillet coated with cooking spray over medium-high heat. Add onion; sauté 4 minutes or until tender. Add spinach; sauté 1 1/2 minutes or until spinach wilts.
3. Combine provolone, parsley, salt, pepper, eggs, and ricotta cheeses in a large bowl.
4. Place squash in a microwave-safe bowl. Cover and cook on high 5 minutes or until tender.
5. Coat the bottom and sides of 2 (8-inch-square) baking dishes with cooking spray. Spread 1/2 cup Marinara in the bottom of one prepared dish. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over noodles. Arrange 1 1/2 cups squash over cheese mixture; spread 3/4 cup sauce over squash.
6. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over the noodles. Arrange 1 1/2 cups onion mixture over cheese mixture; spread 3/4 cup sauce over spinach mixture.
7. Arrange 2 noodles over sauce; spread 1 cup Marinara evenly over noodles. Sprinkle with 1/2 cup Parmesan. Repeat procedure with remaining ingredients in remaining pan. Cover each pan with foil.
8. Bake at 375° for 30 minutes.
9. Uncover and bake an additional 30 minutes.

Source: http://www.myrecipes.com/recipe/butternut-squash-lasagna-0?utm_source=un_display_na_ti_20150501_outbrain

If you have any wonderful family or personal recipes you would like to see in the newsletter please email them to tori@rightathomecanada.com