



### Dear SHC Clients,

The sun is shining and the birds are singing. Spring is always an exciting time because it allows us to review the past year and look forward to another exciting year of events.

As we celebrate 26 years of service, we have planned several events which we welcome you to attend, with or without your caregiver. On Saturday, May 4th, we are having an outdoor family movie night and on Saturday, September 7th, our annual SHC Family Picnic will be held at Blackburn Park in Webster Groves. To RSVP or for any questions, contact Ryan Whittington at 314-962-2666.

*Enjoy the warmer temperatures and I hope to celebrate with you soon!*

Yours in service,  
**Ryan Whittington** C.D.P.  
 Director of Operations



Happy Birthday To You!

<b>APRIL</b>	<b>MAY</b>
Marcella E.	Susan B.
William E.	Marylou C.
Berri M.	John D.
Jean M.	Gary F.
Myrtle S.	Milton K.
Myrtle W.	Martha S.
	Carl Z.

## What role does diet play in senior health?

***A good and healthy diet has numerous potential benefits in the health of seniors.***

Heart disease, vascular disease, diabetes, high blood pressure, high cholesterol, strokes, memory problems, osteoporosis, certain cancers, skin, hair and nail diseases, and visual problems are examples of conditions which can be impacted by diet.

Proteins, carbohydrates, fats, vitamins, minerals, and water are all essential nutrients that make up most cells and tissues in human body. Thus, these essential components need to be provided in moderation through the diet for maintenance of good health.

A balanced diet consisting of fruits and vegetables, whole grains, and fiber is generally recommended to provide these necessary nutrients. Avoidance of saturated fats (animal fat), supplementation with minerals and vitamins, and consumption of plenty of fluids are considered an important component of a healthy diet.

Special dietary restrictions for certain conditions are also important to follow. Restricted salt and fluid intake for people with heart failure or kidney disease, or carbohydrate controlled diet for people with diabetes are general examples of such guidelines. Always check with your doctor for your personal dietary needs.

Source: MedicineNet.com



## Legal Documents

**There are many different types of legal documents that can help you plan how your affairs will be handled in the future.**

Many of these documents have names that sound alike, so make sure you are getting the documents you want. Also, state laws do vary, so find out about the rules, requirements, and forms used in your state.

**Wills and trusts** let you name the person you want your money and property to go to after you die.

**Advance directives** let you make arrangements for your care if you become sick. There are two ways to do this:

- A living will gives you a say in your health care if you are too sick to make your wishes known. In a living will, you can state what kind of care you do or don't want. This can make it easier for family members to make tough health care decisions for you.
- A durable power of attorney for health care lets you name the person you want to make medical decisions for you if you can't make them yourself. Make sure the person you name is willing to make those decisions for you.

For legal matters, there are two ways to give someone you trust the power to act in your place:

- A general power of attorney lets you give someone else the authority to act on your behalf, but this power will end if you are unable to make your own decisions.
- A "durable" power of attorney allows you to name someone to act on your behalf for any legal task. It stays in place if you become unable to make your own decisions.

Source: [www.nia.nih.gov](http://www.nia.nih.gov)

## Keeping your Memory Sharp

People with some forgetfulness can use a variety of techniques that may help them stay healthy and maintain their memory and mental skills.

**Here are some tips that can help:**

- Plan tasks, make "to do" lists, and use memory aids like notes and calendars. Some people find they remember things better if they mentally connect them to other meaningful things, such as a familiar name, song, book, or TV show.
- Develop interests or hobbies and stay involved in activities that can help both the mind and body.
- Engage in physical activity and exercise. Several studies have associated exercise (such as walking) with better brain function, although more research is needed to say for sure whether exercise can help maintain brain function or prevent or delay symptoms of Alzheimer's.
- Limit alcohol use. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking over time can cause memory loss and permanent brain damage.
- Find activities, such as exercise or a hobby, to relieve feelings of stress, anxiety, or depression. If these feelings last for a long time, talk with your doctor.



Source: <http://www.nia.nih.gov/health/topics/forgetfulness>

## Notes from our office...

### FROM ACCOUNTING.....

Thank you for being patient with us as we implement Telephony - our new time keeping system.

### FROM NURSING.....

Medication Reminder:  
Notice side effects. Check for an expiration date.  
Don't share medications.  
Keep them in a safe place.  
Keep an up-to-date medication list and put it where you can quickly find.

### FROM CARE SERVICES.....

Case Management Services are now available to our clients. These include assistance with completion of important paperwork, advocating during doctors visits, and many more. How can we assist you?

### FROM SCHEDULING.....

When your caregiver is using our new Telephony system, they will be clocking in and out using your phone.



## Non-Slip Serving Tray

Deep-sided tray is covered with rubber bumps that grip glasses and dishes to keep them from tumbling over. It makes the trip from kitchen to table or patio a steady one. Tray bottom is rubberized for use as a lap tray.

Easy-grip handles.

Dishwasher safe.

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# The Real Meaning of Memorial Day

Memorial Day has come to signify the start of summer for many Americans and is often celebrated with cookouts, family get-togethers, road races and concerts. But the real meaning of Memorial Day has, for too many Americans, gotten lost in holiday hoopla.

What is Memorial Day? It's the day that we remember the brave men and women who have sacrificed to protect our liberties and our lives so that we are safe from harm.

Memorial Day is an occasion of special importance to all Americans, because it is a day sacred to the memory of all those Americans who made the supreme sacrifice for the liberties we enjoy. We will never forget or fail to honor these heroes to whom we owe so much. We honor them best when we resolve to cherish and defend the liberties for which they gave their lives.

Let us resolve to do all in our power to assure the survival and the success of liberty so our children and their children for generations to come can live in an America in which freedom's light continues to shine.

It is important for Americans to take time to remember the sacrifices that bought their freedom.

Here are some ideas on how to celebrate this important American holiday:

- Send a note of thanks to Veterans you know.
- Visit a local cemetery and place flags or flowers on the graves of fallen soldiers.
- Fly the American flag at half-staff until noon.
- Participate in the National Moment of Remembrance at 3:00 pm to pause and think upon the meaning of Memorial Day.

Source: [wordpress.com](http://wordpress.com)



## Getting a good nights sleep

Being older doesn't mean you have to feel tired all the time. There are many things you can do to help get a good night's sleep.

Here are some ideas:

- Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends. Try to avoid napping in the late afternoon or evening, as it may keep you awake at night.
- Develop a bedtime routine. Take time to relax before bedtime each night. Some people watch television, read a book, listen to soothing music, or soak in a warm bath.
- Keep your bedroom dark, not too hot or too cold, and as quiet as possible.
- Have a comfortable mattress, a pillow you like, and enough blankets for the season.
- Exercise at regular times each day but not within 3 hours of your bedtime.
- Make an effort to get outside in the sunlight each day.
- Be careful about when and how much you eat. Large meals close to bedtime may keep you awake, but a light snack in the evening can help you get a good night's sleep.
- Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and hot chocolate) can keep you awake.
- Drink fewer beverages in the evening. Waking up to go to the bathroom and turning on a bright light break up your sleep.
- Remember that alcohol won't help you sleep. Even small amounts make it harder to stay asleep.
- Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

Source: [www.nia.nih.gov/health/publication/good-nights-sleep](http://www.nia.nih.gov/health/publication/good-nights-sleep)



## Sweet Potato Cupcakes

### Batter:

- 1/2 cup oat flour
- 6 tablespoons all-purpose flour
- 1/2 teaspoon baking soda
- 6 tablespoons granulated sugar
- 2 tablespoons unsalted butter, at room temperature
- 1 egg white
- 1/4 cup cooked or canned sweet potato
- 1/4 teaspoon vanilla extract
- 2 tablespoons skim milk

### Frosting:

- 1/4 cup confectioners' sugar
- 3 tablespoons reduced-fat cream cheese, at room temperature
- 1/4 teaspoon cinnamon
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon ground cloves
- 2 tablespoons dried cranberries, chopped

### Preparation:

Heat oven to 350°F. Line 16 cups of two 12-cup mini-muffin pans with mini-muffin papers. In a bowl, combine flours and baking soda. In another bowl, cream together sugar and butter with an electric mixer on medium. Add egg white, sweet potato and vanilla; beat on low until well combined. Add flour mixture and milk; beat on low until just combined. Do not overmix. Fill muffin cups 2/3 full. Bake until a toothpick comes out clean, 15 to 18 minutes. Cool 10 minutes in pans; remove from pans and cool completely. In a third bowl, beat confectioners' sugar, cream cheese and spices until smooth. Frost cupcakes; garnish with cranberries.

### Nutritional Information:

Per 2 frosted cupcakes: 144 calories, 5g fat, 3g saturated fat, 24g carbohydrate, 13g sugar, 1g fiber, 3g protein

Source: [www.epicurious.com/recipes](http://www.epicurious.com/recipes) by Jennifer Iserloh