



Helping yourself or your loved one keep loneliness at bay during the pandemic

There is no doubt that the COVID-19 pandemic has forever changed our lives. The CDC recommends that all people over 60 stay at home and that all care facilities and senior centers close to visitors, as the odds of contracting the virus increase significantly with age. Staying at home and avoiding crowds is essential for everyone, but it can lead to feeling isolated and lonely, both of which negatively affects mental and physical health. Now is the time to reach out and connect with others by being creative – together!

Stay connected to others.

If you or your loved one have smartphones, tablets, or laptops, apps such as Skype, Zoom, and FaceTime allow you to see each other as you talk. It's a great way to connect with your grandchildren! Some seniors aren't as great with technology, and in those cases, a good old-fashioned

phone call is in order. If your loved one is hard of hearing, write them a letter to show them you care. Share specific things you remember about them so they can reminisce as they read. For loved ones suffering from dementia and who are living in a care facility, this time can be particularly confusing, so don't forget about them. Send photos of them with family and friends, writing the names and dates on the back.

Stay active and continue living your life.

Walk outdoors in open spaces, sticking to the distancing guidelines. Take up yoga or Tai Chi. YouTube has plenty of free workouts to explore. You can sync up with a friend and do the same activity "together." Continue living your daily life the best you can. Wake up, get dressed, eat

breakfast. Take breaks and get fresh air. Arrange a time to sit down with family and have a “long distance” dinner together, again, using Skype or FaceTime.

Monitor your news intake.

While it is important to stay informed and follow the guidelines as they are changing day to day, it can become completely overwhelming. Check the news once or twice a day. The same goes for social media. While it’s a great tool to keep in touch with family and friends, there is also a lot of misinformation floating around.

Send care packages.

With many seniors confined to their homes, it is important that healthy younger individuals help them access essential products and supplies. If you have the financial resources to do so, a care package can help your loved one weather these tough times. Care packages can include hard-to-find items such as toilet paper, paper towels, hand sanitizer and disinfecting wipes; non-perishable food items like canned soups, pasta, nut butters; puzzles, games and books; flower seeds or plants along with everything they need for a small kitchen herb garden. Drop it by their porch or mail it.

Participate in online events.

If you or your loved one enjoy art, several well-known museums have “virtual” tours that you can take and get an up-close look at famous works. Have a guitar? Fender is giving

free online lessons to help during this time. Participate in online spiritual services to lift your mood. Stay positive!

Seek in-home care.

If you or your loved one need extra help such as disinfecting surfaces in your home, light housekeeping and laundry, preparing meals, medication reminders, prescription and grocery pickup, consider Assisting Hands® Home Care. Their staff of caregivers are trained in coronavirus protocol and can provide safe in-home care, while minimizing your risk of exposure.

Now more than ever, we need to look out for one another. Our octogenarians are no strangers to hardship and doing without. The seniors amongst us are the toughest, most resilient and resourceful of people, and they have been deeply impacted by this pandemic. Once this has passed and restrictions change, feel good in knowing you have done your part to help yourself and others stay safe – mentally as well as physically, and continue these connections.

IMPORTANT REMINDER: Wash your hands thoroughly with soap and water, or an alcohol-based hand sanitizer, before writing a letter, card, or sending gifts. If you are sending a care package to a loved one in a care facility, please be sure to call ahead and ask about their policies.

May is National Arthritis Awareness Month

May is recognized annually as National Arthritis Awareness Month. Some say that feeling stiff and having joint pain is an inevitable part of growing older, but this is not entirely true. These experiences can transition from pains that come and go with the weather to much more serious and even crippling forms of the condition. Half of all people age 65 and older have been diagnosed with arthritis – most often osteoarthritis, rheumatoid arthritis, or gout.

By new estimates, arthritis impacts more than 92.1 million adults in the U.S., making it the number one cause of disability in the country. The first steps for you or your senior loved one to combat the pain is understanding your condition and knowing that with proper care and lifestyle changes, this pain associated with arthritis can be greatly reduced.

Some forms of arthritis are related to lifestyle and genetics, while others are classified as autoimmune disorders. The most common types of arthritis are Osteoarthritis



(OA), Rheumatoid Arthritis (RA), infectious arthritis, and gout.

Osteoarthritis is the most common type among seniors. It is often related to age, or to an injury, as it “wears and tears” on the joints. It affects the hands, hips and knees and it gets worse over time. At its worst, OA can disable a person, leaving them unable to work.

Rheumatoid Arthritis (RA) is a serious autoimmune disease in which the body’s immune system attacks healthy cells, damaging the joint tissue and leading to chronic pain. It is most common in women over age 60.

Gout is an extremely painful form of inflammatory arthritis and is, unfortunately common. Gout often starts in the big toe and is caused by too much uric acid buildup in the body. It has been directly linked to diet and some medications.

Infectious arthritis is an infection that has spread from one part of the body and settles into a specific joint.

All forms of arthritis attack joint tissue and bones, and all share many of the same symptoms in seniors including lasting joint pain, joint swelling and stiffness, tenderness or pain when touching the joint, problems using or moving a joint, and warmth and redness in the skin over the joint.

Currently there is no cure for any of the more than 100 types of arthritis, however, the pain doesn’t need to interfere with your quality of life. Along with taking the correct medication, exercise is an essential part of living with any form of arthritis. Focus on flexibility, low-impact aerobic activities, and strength exercises. As always, talk to your

Know the Facts for National Arthritis Awareness Month

By new estimates **1 in 3 people** age 18-64 have arthritis

There are **more than 100 forms** of this crippling disease

Almost **50%** of adults 65 or older reported doctor-diagnosed arthritis

–*arthritis.org*

physician before beginning any form of exercise.

Dietary changes can also help in alleviating pain. Add foods rich in antioxidants and anti-inflammatory properties such as fruits, vegetables and fatty fish to your diet. Limit consumption of foods that increase inflammation like sugars, processed meats, and refined flour.

While doctors are able to treat symptoms, it is also up to us to do what we can to limit the condition by staying healthy which includes eating right, exercising, and reducing stress. Proper treatment and support from a doctor or physical therapist is important, as is being proactive about our personal lifestyle habits.

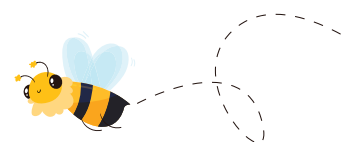
	7			4				
9								8
			1	8	9	6		
		3		6		8		
	5		9	1		4		
	4		5			7		
	6	1	8		4			
2								6
				6			5	

Sudoku:

The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3x3 boxes. This puzzle is challenging!

Visit www.krazydad.com for further tips and help about how to play – and good luck!

*Sudoku puzzle courtesy of
www.krazydad.com*



“The smallest act of kindness is worth more than the greatest intention.”

– *Khalil Gibran*



Simply Delicious



Raspberry Crumble Bars

Yields: 20 bars; **Prep:** 20 Mins; **Bake:** 40 Mins

Ingredients:

CRUMBLE

- 2 cups old fashioned oats
- 1 1/2 cups all-purpose flour
- 1 cup brown sugar
- 1 t baking powder
- 1/2 t cinnamon
- 2 sticks (1 cup) cold salted butter, cubed

RASPBERRY FILLING

- 2 1/2 cups fresh raspberries
- 2-4 T brown sugar
- 2 T all-purpose flour
- 2 t vanilla extract
- 2 t lemon zest
- 1/2 cup raspberry jam
- 1 ripe but firm peach, thinly sliced

Instructions:

1. Preheat the oven to 350 degrees F. Line a 9x13 inch baking dish with parchment paper.
2. In the bowl of a food processor, pulse together the oats, flour, brown sugar, baking powder and cinnamon, until the oats are mostly ground. Add the cold butter pulse until a crumbly dough forms. If the dough seems dry, add 1 tablespoon water.
3. Press 1/3 of the dough into the bottom of the prepared baking dish. Transfer to the oven and bake 10 minutes or until lightly golden.

4. Meanwhile, make the filling. In a medium bowl, toss the raspberries with the sugar, flour, vanilla, and lemon zest. Spoon the berries out into an even layer over the pre-baked crust. Dollop the raspberry jam evenly over the berries. Add the peach slices in a single layer. Sprinkle the remaining crumble dough overtop the berries. Return to the oven and bake for 30-40 minutes or until the crumble is a light golden brown and the berries burst.

5. Let cool completely before cutting into bars. Keep stored in a sealed container for up to one week.

Potato Crust Quiche Lorraine

Serves: 4

Ingredients:

- 4 T melted butter, divided by half
- 1 bag hash brown potatoes, thawed (1 pound 4 ounces works perfectly.)
- salt and pepper, to taste
- 1/2 t nutmeg
- 1 heaping T Dijon mustard
- 1 T olive oil
- 4 slices bacon, chopped into 1/4-inch pieces
- 1 large onion, diced
- 1 T finely chopped fresh thyme
- 2 cloves garlic, minced
- 6 eggs
- 1/2 cup half and half
- 1 1/2 cups shredded Gruyère

Instructions:

1. Preheat oven to 400 degrees F.
2. Brush a cast-iron skillet or pie pan with 2 tablespoons melted butter. In a large bowl, combine potatoes, salt, pepper, nutmeg, and mustard. Press the mixture into the skillet, making sure the bottom has no gaps and the height is level all the way around. Pour the remaining butter evenly over the top. Bake until golden, about 30 minutes. Let cool for at least 5 minutes.
3. Meanwhile, heat olive oil in a skillet over medium-high heat, and cook bacon briefly, about 3 minutes. Add onion, thyme, garlic, salt, and pepper. Reduce heat to medium and cook until softened, stirring frequently, for about 13 minutes.
4. In another large bowl, whisk eggs and half and half until smooth. Add the bacon mixture to a large bowl and stir quickly to combine.
5. Pour the filling into the cooled crust. Bake for 15 minutes. Sprinkle cheese evenly over the top. Continue baking until browned and bubbling, about 15 more minutes. Serve warm.