



4 THINGS YOU CAN DO TO HELP SLOW ALZHEIMER’S

Memory loss? Difficulty solving problems? Becoming confused about where you might be or what time it is? There are things that you can do to stay sharp and possibly even slow down the onset of Alzheimer’s or other types of dementia.

1. Make sure you are eating right.

Remember to eat your vegetables! Consume a healthy diet filled with fruits and vegetables. Additionally, try to replace red meat—which can be high in harmful saturated fats—with fish, which contains helpful omega-3 oils. A healthy diet can go a long way toward warding off Alzheimer’s.

2. Avoid stress.

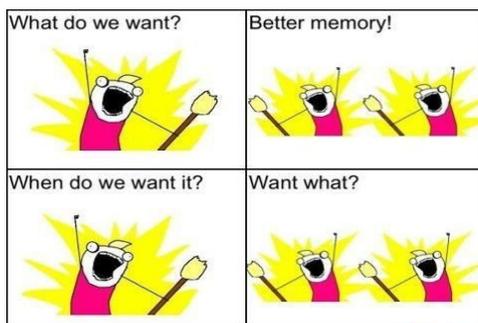
It’s no secret that stress can cause a variety of health problems, and Alzheimer’s disease is no exception. The fact is, when a person is stressed, their body releases cortisol, which can damage brain cells that control memory. Exercise and meditation can help in dealing with stress.

3. Get moving.

What is the one thing that you can do that can cut your chances of developing Alzheimer’s by up to 50 percent? Exercise! Something as simple as going for a 30-minute walk or enjoying swimming several times a week is enough to keep the body and brain in good shape.

4. Keep your mind active.

Just as it’s important to exercise the body, it’s equally important to exercise the mind. Research has shown that increasing mental activity can actually slow the progress of Alzheimer’s in the early stages. Activities like playing chess, solving a crossword puzzle or reading a book are all great ways to keep your mind engaged.



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RECOGNIZING DEHYDRATION

When you are older, the difference between hunger and thirst is hard to differentiate so it is important to always maintain your hydration. Most senior citizens are consistently dehydrated and require about 2 1/2 quarts of pure water each day. There are many symptoms of dehydration, these include:

- ◆ Confusion
- ◆ Unable to Urinate
- ◆ Fatigue
- ◆ Headache
- ◆ Muscle Weakness
- ◆ Chronic fatigue and lethargy
- ◆ Drowsiness
- ◆ Sunken Eyeballs
- ◆ Dry Mouth

Over time, lack of water may cause loss of muscle tone, slow metabolism, weight-gain, increased toxicity, or organ failure.

PAN-GRILLED SALMON WITH PINEAPPLE SALSA

Ingredients:

- ◆ 1 cup chopped fresh pineapple
- ◆ 2 tablespoons finely chopped red onion
- ◆ 2 tablespoons chopped cilantro
- ◆ 1 tablespoon rice vinegar
- ◆ 1/8 teaspoon ground red pepper
- ◆ Cooking spray
- ◆ 4 (6 ounce) salmon fillets (about 1/2 inch thick)
- ◆ 1/2 teaspoon salt

Preparations:

1. Combine first 5 ingredients in a bowl; set aside.
2. Heat a nonstick grill pan coated with cooking spray over medium-high heat. Sprinkle fish with salt. Cook fish 4 minutes on each side.
3. Top with salsa.



BASEBALL Word Search



ASSIST
AT BAT
BUNT
CARD
CHAMPION
CLUB
DECK
DOUBLE HEADER
FIRST
FOUL

GROUND BALL
HELMET
HITS
LEAGUE
LINEUP
LOSE
MITT
NINE
NO-HITTER
OUT

PARK
RUN
SAVES
SCORE
STARTING PITCHER
STEAL
TAG
THROW
UNIFORM
WALK

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ESSENTIAL ITEMS FOR YOUR HOME FIRST AID KIT

- ◆ First Aid Book, Medication List with Expiration Dates
- ◆ Band-aids, Medical Tape, 4x4 Pads, Splints, Cotton Swabs, Q-tips, Gauze, Ace Wraps, Dental Floss, Sling
- ◆ Non Latex Gloves, Hand Sanitizer, Face Mask, Gown
- ◆ Neosporin, Wound Spray, Alcohol, Hydrogen Peroxide, Betadine Swabs, Scissors, Tweezers, Steri Strips, Tourniquet
- ◆ Acetamenophen, Ibuprofen, Aspirin
- ◆ 1 Month Supply of Daily Vitamins & Prescribed Medications
- ◆ Cough Syrup, Cough Drops, Sinus Medicine
- ◆ Bee Sting Kit, Benadryl, Anti Itch Cream, Insect Repellent
- ◆ Anti Diarrhea , Anti Gas, Stool Softener, Laxatives
- ◆ Glucose Tablets (for low blood sugar)
- ◆ Thermometer, Digital BP Cuff, Stethoscope





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Personal Emergency Response