

# Health & Wellness Newsletter



## Mental Health

### Caring For an Elderly Parent

As the numbers of “baby boomers” reach the age of 50, it is expected that this group of Americans will spend more years caring for elderly parents than they spend raising their own children. This phenomenon is often referred to as the “sandwich generation”, and rightly so.

#### Tips for the Caregiver

1. Recognize you'll need to resolve the inevitable conflict that comes from reversal of roles. Expect to apply some self-discipline.
2. Strive not to lose your temper if you parents try to order you around or tell you the way things should be.
3. Discuss what needs to be done. Though it may be obvious to you, your parents might not agree about their needs.
4. Get your facts straight. Assemble a list of your elderly parents' doctors' names, specialties, and phone numbers.
5. Make a schedule for giving your elderly parents their medications. If they resist taking the medications, discuss this with their physician.
6. For conflicts that just can't be resolved...talk to someone. Get help so you don't go absolutely crazy. Trying to take care of elderly parents can be extremely stressful, for you...and, no doubt, for your parents.



## Physical Health

### Are Your Prescriptions Making You Tired?

Everyone has an occasional restless night, but persistent insomnia can make you both sick and tired. The National Sleep Foundation says a number of medications can lead to insomnia. Here's a list of the most common examples:

- Cold and allergy medications.
- High blood pressure medications.
- Medications to treat heart disease.
- Medications to treat thyroid problems.
- Birth control.
- Asthma medications.
- Medications to manage pain.
- Medications for depression, particularly SSRIs

Talk to your doctor about your medications side effects. Your doctor can help determine the best course to take to help you get a much needed good nights sleep.



## Healthy Dessert Recipe

### Caramel Swirl Ice Box Cake

#### Ingredients

- 21 ladyfingers, split and divided
- 3/4 cup(s) whipped dessert topping, light, thawed
- 3 1/2 cup(s) frozen yogurt, low-fat vanilla, softened
- 1/2 cup(s) caramel syrup, fat-free, divided
- 10 ounce(s) raspberries, frozen, light syrup, thawed

#### Recipe Tip:

Cover and freeze at least 8 hours.

#### Preparation

1. Line an 8 1/2- x 4 1/2- x 3-inch loaf pan with plastic wrap, smoothing plastic wrap in corners and on sides of pan. Arrange one-third of ladyfinger halves, cut sides facing in, on bottom and around sides of loaf pan; set aside.
2. Fold whipped topping into yogurt. Spoon half of yogurt mixture into prepared loaf pan. Spoon 1/4 cup caramel syrup over yogurt mixture. Swirl caramel syrup with a knife to create a marbled effect. Arrange half of remaining ladyfinger halves on top of caramel. Repeat layers with remaining yogurt mixture, remaining 1/4 cup caramel syrup, and remaining ladyfinger halves. Cover and freeze at least 8 hours.
3. To serve, invert dessert onto a serving plate, carefully peeling away plastic wrap. Cut into 10 slices, and top evenly with raspberries.



## Quote of the Week

A man cannot be comfortable  
without his own approval.

Mark Twain

We have always been involved in spiritual evolution.

We are spiritual beings,  
we have always been spiritual beings  
And we will always be spiritual beings.

Gary Zukav



## Spiritual Health

### **I am thankful Lord...**

I am thankful for the mess to clean after a party  
Because that means I have been surrounded by friends.  
I am thankful for the taxes I pay – (well, that’s a stretch, really) –  
because it means I am employed.  
I am thankful for the clothes that fit a little too snug  
because it means I have enough to eat.  
I am thankful for a lawn that needs mowing, windows that need cleaning and gutters that need fixing  
because that means I have a home.  
I am thankful for the spot I find at the end of the parking lot  
because it means that I’m capable of walking.  
I am thankful for my huge heating bill  
because it means I’m warm.  
I’m thankful for all the complaining I hear about our government  
because it means we have freedom of speech.  
I am thankful for the lady behind me in the church who sings off key  
because it means I can hear.  
I am thankful for the piles of laundry and ironing  
because it means my loved ones are nearby.  
I am thankful for the alarm that goes off in the early morning hours  
because it means that I’m alive.



## Emotional Health

### **Emotional Effects of Caring for an Elderly Parents**

Caregivers who, in addition to caregiving, are playing various roles – e.g., that of spouse, employee or parent – often exhibit signs related to the stress in their lives. Emotional signs of caregiver stress and exhaustion include:

1. Anger at self and the patient
2. Social withdrawal from friends and family
3. Irritability leading to moodiness
4. Negative thoughts and reactions
5. Inability to concentrate
6. Problems at work

There is good news! Research has also clearly shown that access to a good social support network can offset some of the physical, mental and emotional effects some caregivers deal with:

1. Seek help for depression or stress.
2. Call your local Area Agency on Aging.
3. Inform yourself.
4. Visit your doctor regularly.



## Joke of the Week

### **Toilet Paper**

What’s dumb? Instructions on toilet paper.  
What’s dumber than that? Reading them.

What’s even dumber? Reading them and learning something.

Dumbest of all? Reading them and having to correct something you’ve been doing wrong.