



Product of the Month:  
Handybar



To Your Good Health:  
Spiced Chickpea "Nuts"



FOCUS ON...  
Loss of Taste

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[www.optimalhomecare.com](http://www.optimalhomecare.com)

#### Our Services

(Our services may include but are not limited to)

Skilled Nursing

Observation and assessment of condition

Patient and family education of disease process

Management and evaluation of patient care plan

Medication education and management

Dressing changes

Home safety and emergency education

Wound care

Catheter care

Enteral and parenteral nutrition

Injections

Venipuncture

IV therapy

Pain management

Diabetic care

Nutritional support

Infrared therapy

Therapy

Physical therapy

Occupational therapy

Speech therapy

Medical Social Services

Home Health Aides/Certified

Nursing Assistants

Caregivers & Companions

# health & home

A **FREE** health care newsletter from your friends at Optimal Home Care Inc.

Issue 35

## Don't Wait for a Crisis



### Prepare for your health future now

Nobody likes to think about the possibility that an unexpected accident or illness will lead to a sudden need for a medical or caregiving plan.

But failing to be prepared may leave you scrambling to track down documents, or a loved one sifting through mounds of paper to arrange for your needs. Worst of all, a loved one could be forced to quickly make decisions about your care without knowing your wishes.

Fortunately, this uncertainty and frustration can be avoided with some simple planning. The first thing you should do is find and organize all your important papers. These may include a birth certificate, marriage certificate, death certificate if your spouse is deceased, divorce papers, military records, driver's license, passport, citizenship papers, organ donor card, will, durable power of attorney, healthcare power of

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Mississippi fares worst when it comes to the number of older adults eating five or more fruits and vegetables a day, with only 16.4 percent doing so. The District of Columbia tops the list at 35.6 percent. The national average is 27.5 percent.

Source: Centers for Disease Control and Prevention

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attorney, insurance policies, and advance directives such as a living will.

You also might want to write out any instructions you may have in the event of your illness or death, including funeral wishes.

Once you've assembled all the documents that apply to you, make a copy of the entire file. You also should scan the documents and store them on a thumb drive.

Now that you're organized, store the file in a safe, accessible place, such as a secure cabinet in your home. Give the copies to the person who will be helping with your health concerns in the event of an accident or illness — this could be a spouse, adult child or trusted friend. You should store the thumb drive with digital copies of your records in another safe place.

Finally, you should have a conversation with your loved ones about your wishes in the event that you need care following an accident or injury. These conversations can be uncomfortable, but remember: it's better to be prepared and never need your plans than it is to be caught off guard in an emergency. **h&h**



### Product of the Month: **Handybar**

Those who could use a little extra help getting in and out of the car can use this sturdy handle to make the process safer and easier. The bar's steel end slides easily into the strong u-shaped striker on your car's frame. Won't damage your car.

To order, visit [www.amazon.com](http://www.amazon.com)  
Cost: \$20.90. **h&h**

## FOOD FOCUS

### Chickpeas (Garbanzo beans)



Want to feel fuller and add fiber to your diet? Try the chickpea. It's a great source of protein and vitamins and minerals, including thiamin, vitamin B6, folate, vitamin E, calcium, magnesium, iron, zinc and potassium. Dried chickpeas are best, because canned versions contain more than 700 mg of sodium per cup — nearly half the recommended daily amount. **h&h**

## Triple Time Sudoku



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

Fill in the empty cells, one number in each, so that each column, row, and region contains the numerals 1–9 exactly once.

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



## FOCUS ON...Loss of Taste

As people age, food may not taste quite the same as it did in their youth. While some loss of taste is normal after age 50, the cause normally is another underlying medical condition.

Some factors that can contribute to a loss of taste include smoking, head injury, Alzheimer's disease, Parkinson's disease, certain medications, tooth decay, and nasal and sinus problems, such as allergies or sinusitis.

Often, the cause of a loss of taste is a loss of smell. Smell contributes greatly to the way we experience taste.

It's important not to ignore a change in ability to taste. It can lead to a lesser quality of life, lower appetite, poor nutrition and depression. It also could cause the use of too much salt or sugar in food, which can contribute to health problems such as diabetes or high blood pressure.

People who are experiencing a loss of taste or smell should talk to their doctor. There may be treatments that can help, or a potentially serious medical condition may be caught before it has a chance to get worse. **h&h**



## Did You Know?

- ☀ Napping is normal for older adults. They often sleep less deeply and wake more often during the night.
- ☀ Short daytime naps of 20–30 minutes can increase a person's alertness.
- ☀ Naps can improve a person's mood and memory.
- ☀ Napping can increase feelings of relaxation and rejuvenation.
- ☀ Naps that are too long or taken too late in the day might make it difficult to sleep at night.



## To Your Good Health

### AMOUNT PER SERVING

Calories .....	103
Fat .....	5 g (0 g sat, 3 g mono)
Cholesterol .....	0 mg
Carbohydrates .....	14 g
Protein .....	4 g
Fiber .....	5 g
Sodium .....	303 mg
Potassium .....	2 mg



## Spiced Chickpea "Nuts"

Servings: 4

**1 15-oz can**  
chickpeas, rinsed

**1 T** extra-virgin olive oil

**2 t** ground cumin

**1 t** dried marjoram

**¼ t** ground allspice

**¼ t** salt

**1.** Position oven rack in upper third of oven. Preheat oven to 450°F.

**2.** Blot rinsed chickpeas dry and toss in a bowl with oil and spices. Spread on a baking sheet and bake until browned and crunchy, 25–30 minutes. Stir once or twice during baking.

**3.** Allow to cool on baking sheet for 15 minutes.

"Nuts" can be covered and stored at room temperature for up to two days.

Courtesy: [www.eatingwell.com](http://www.eatingwell.com)



## WHAT'S INSIDE?

- Get Organized: Be prepared for a health crisis
- FOCUS ON ... Loss of Taste
- Product: Handybar
- How to Make Spiced Chickpea "Nuts"
- Solve the Brain Booster Puzzle

## DO YOU KNOW THE ANSWER?

1. What relaxing activity can boost your mood and your memory?
2. Is losing the sense of taste a normal part of aging?
3. What state's adults eat the least fruits and vegetables?

**Confident in how you would respond to these questions?  
Open this newsletter to get the right information!**

And, if you need help finding answers to your important home care questions, contact us:

Phone: (303) 488-9999      Fax: (720) 306-3285  
[www.optimalhomecare.com](http://www.optimalhomecare.com)

