



# All About Seniors, Inc.



Resource, Referral, and Placement Services

December 2010

Serving our Clients with Compassion and Dignity



**It's All About Quality  
It's All About Choices  
It's All About Seniors**

**Helping adult clients with  
their care and housing  
needs.**

Our Dedicated Team:

Jennifer Roney, RN

Amy Landon

Melisa Buschow

Ken Roney

If you have any suggestions  
or comments, please  
contact us at

All About Seniors, Inc.

PO Box 68887

Milwaukie, OR 97268

**(503) 659-3815**

**allaboutsensors1@cs.com**

**www.allaboutsensorsinc.com**

## 5 Easy Recipe Substitution Tips for Your Holiday Menu

### Try a low-fat or fat-free version

Almost all packaged ingredients like butter, cream, sour cream, and mayonnaise also come in a lower fat or fat-free version, so why not take advantage of them? For instance, instead of using regular cream of mushroom soup and whole milk in your green bean casserole, try 98% fat-free cream of mushroom soup and 1% milk. This simple change slashes 14 grams of fat (~125 calories). Apply the same strategy for your mashed potatoes. Swapping half & half cream and regular butter with buttermilk and light butter will save 21 grams of fat (~190 calories). It's that simple!

### Consider substituting sugar

Studies have revealed that the average American eats the equivalent of 20 teaspoons of sugar a day, and the intake skyrockets during the holiday season. Sugar intake is of particular concern for people with diabetes. As a general rule, you may substitute unsweetened applesauce or pureed prunes for half the sugar in recipes. In addition, you may consider no-calorie artificial sweeteners such as Splenda. You could shave 380 calories from a cake recipe that calls for one cup of sugar by replacing half with an artificial sweetener. You will shave 770 calories if you replace it all with a sweetener.

### Try a different kind of whip

We have a love affair with whipped cream! We add whipped cream to specialty coffee, hot chocolate, desserts like sundaes, pies, etc. But one cup of whipped cream contains 14 grams of fat. Try making your own whipped cream using evaporated milk. This will trim half of the fat away! Alternately, try non-dairy Cool Whip Free. It offers a similar mouth feel without the fat and guilt.

### De-fattening your eggs

If you're making pies and cakes this holiday season, eggs are in integral ingredient on your baking list. If your guests have heart health concerns, try substituting one egg with 2 egg whites to cut down on fat and cholesterol. However, be careful, because this substitution may not work in all recipes. For bakery recipes requiring eggs as an emulsifier, you can look for commercial fat-free, cholesterol-free egg substitutes like Egg Beaters. As a general rule, substitute one egg with 1/4 cup of egg substitutes.

### Go skinless

It's not a holiday meal without the turkey! And believe it or not, turkey is considered a healthy food item on the holiday menu. In addition to being an excellent source of protein, turkey offers the least amount of fat per serving among all meats, if you pass on the skin. One serving (3 1/2 oz) of deep-fried turkey with the skin on contains about 12 grams of fat, compared with 10 grams in roasted turkey with skin. But if you remove the skin, you will save 5 to 7 grams of fat.

Source: [http://www.healthcastle.com/holiday\\_recipe\\_substitutions\\_calories.shtml](http://www.healthcastle.com/holiday_recipe_substitutions_calories.shtml)



## A Sneaky Way to Cut Your Fuel Bill

### Cook Smarter

Choose the right size pot or pan for the job and you'll save energy. Large pans require more energy to heat than small ones so make sure you need that large pot before you fill it up and turn it on. If you're boiling water, place a lid on the pot to prevent heat and energy from escaping.

**Baking** your favorite cake? Avoid opening the oven door while it's in use. When you open the door the temperature can drop anywhere from 25 to 50 degrees Fahrenheit. That means it takes longer for the cake to finish baking (and requires more energy). When you are done with the oven, leave it open a crack and let the warm air fill the kitchen.

Source: <http://www.bhg.com/home-improvement/maintenance/energy-upgrades/sneaky-ways-to-cut-your-fuel-bill>

## SOLVE THE RIDDLE



People often come and stare  
Touch me here, poke me there  
Always spinning me around  
Til what they seek  
Has been found

The first two people with the right answer from each County to call us will receive a \$10.00 Starbucks gift card.

**Answer to November riddle: NOON**

*"Christmas gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect."-- Oren Arnold*



## Seven Tips for Winter Health for Older Adults

While many people wish for a "White Christmas," the reality is that snow and ice can be a painful one-two punch, especially for seniors who have arthritis or difficulty walking due to a previous stroke or other illness. A single fall can cause debilitating and costly injuries, but a few simple tips can help older adults stay safe and healthy through the winter months.

### 1. Tread carefully

To help avoid falls, wear appropriate shoes outdoors and put road salt, sand or kitty litter on sidewalks and driveways. Better yet, if the walks haven't been cleared, ask friends or relatives for help with errands such as grocery shopping.

### 2. Avoid overwork

Find someone to handle snow shoveling and other strenuous outdoor tasks. Cold weather causes blood vessels to constrict, which increases the risk of heart attack for people with heart disease or other conditions that strain the heart's ability to pump blood.

### 3. Exercise indoors

Staying indoors does not mean being inactive. Keep in shape by walking in place, using a stationary bike or working out with a fitness video, available at the local library. Daily stretching exercises can help maintain flexibility. Check with your physician before beginning any exercise program.

### 4. Bundle up

Cold temperatures are a serious threat to seniors, especially those with Alzheimer's disease or dementia. A person who wanders from home without proper clothing in the winter can quickly fall victim to frostbite or hypothermia. Families should consider installing alarm systems that signal whenever an outside door is opened.

### 5. Keep the heat on

Inadequate indoor heat also can cause hypothermia. Keep home temperatures above 65 degrees and dress in layers to maintain body temperature. If you have difficulty paying the heating bill, contact your gas or electric utility about ways to continue service through the winter.

### 6. Clear the air

If you heat your home with a fireplace, gas furnace or gas-powered space heater, invest in carbon monoxide detectors, which can be purchased at a home improvement store for as little as \$30. Carbon monoxide in the air can displace the oxygen in your blood stream and cause headache, dizziness, nausea, convulsions and even death within two hours. The effects can be even faster for people with heart or respiratory illnesses.

### 7. Socialize

Depression is more common in the winter months, and bad weather can mean social isolation for many seniors. Make efforts to spend time with family, friends and neighbors, and when weather makes visiting difficult, pick up the phone for a chat.

## Prescription for Holiday Stress Relief with Aging Parents

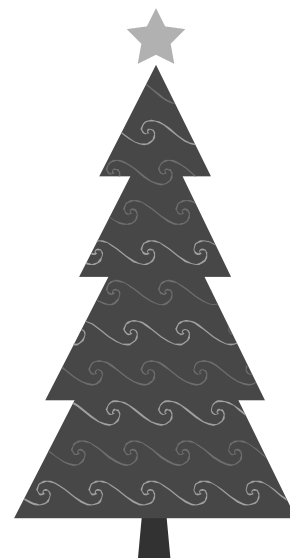
**Seek to make the ordinary extraordinary and the possibilities for “Moments of Joy” are limitless.**

For many families, what creates holiday stress is family – especially aging parents. Rather than framing the holiday family experience with aging parents as dread, aging and eldercare advisor Esther Koch has the prescription for those in need of holiday stress relief: "Personalize the joy of the season by creating your own Moments of Joy," she says.

"Use the holidays to change the focus from all that you have to do for your aging parents to the joyful experiences you can celebrate with them," Koch says. "Seek to make the ordinary extraordinary and the possibilities for Moments of Joy are limitless," Koch emphasizes.

Koch suggests the following to rekindle or make new holiday traditions. "The results can be memorable," she says.

- **Buy the tree together or trim the tree together.**
- **Go to the mall to watch picture taking with Santa or have a family photo with Santa.**
- **Check out the shopping windows or teach your parents to shop online.**
- **Go to a lighting event or take a drive to see some outdoor Christmas decorations.**
- **Do anything, or everything, with grandchildren.**
- **Visit old family friends or visit the neighborhood of holidays past.**
- **Go to a choir concert or a sing-a-long Messiah.**
- **Attend a church service or a Christmas Eve midnight mass.**
- **Donate food or clothing to a food bank or homeless shelter.**
- **Go to or rent a holiday movie or watch a holiday TV special.**
- **Make some special holiday treat or buy one already made.**
- **Bring out the old photo albums or take plenty of pictures and print them up right away.**



"Your holidays will be joyful if you intend them to be," Koch says. "You may have to start with forgiveness – forgive your parents, forgive your siblings and forgive yourself – then you're really on the road to celebration."

Koch continues, "Recognize your parent's limits and your own, adjust commitments whenever necessary and don't forget to schedule time for yourself. Most of all, be in the moment and don't take for granted that your parents will always be as physically and mentally able as they are now, wherever that might be on the continuum."

Koch concludes, "May your life be filled with no regrets, may you see the extraordinary in the ordinary and may someone be there to brighten your world as you age."

You can read Esther Koch's article on Moments of Joy with her mother, "Kiss the Joy as It Flies By," at [http://www.gsb.stanford.edu/news/bmag/sbsm0611/feature\\_koch.html](http://www.gsb.stanford.edu/news/bmag/sbsm0611/feature_koch.html).



## Ways to Give Back This Holiday Season

- **VOLUNTEER** – Is it something you think about, but rarely get around to doing? Many organizations need special help over the holidays – from soup kitchens and domestic violence hotlines to senior citizen homes & children’s hospitals. Find out what’s available in your own community. You can do it alone or recruit friends & family to share the experience.
- **DONATE** – The holidays are a great time to purge your home & clean out your closets, drawers & kitchen cabinets. What do you own but never use? Bring these items to a local shelter, Goodwill or Salvation Army, particularly winter clothes & coats. And if you happen to have a box of old presents that you were planning to re-gift, consider giving them to someone who really needs them.
- **THE GIFT OF GIVING** – Instead of buying yet another gift that a friend or family member doesn’t really need, make a donation in his or her name to a favorite charity or cause.
- **SHOP WITH A PURPOSE** – Take a moment & give some thought to where & how you shop. Patronize stores and retail websites that sell handmade gifts, support small businesses & women entrepreneurs or donate a portion of their profits to charities. You’ll be helping other people while supporting businesses that do the right thing.
- **FEED THE HUNGRY** – Donate canned goods to your local food banks and pantries. And if you’re organizing or attending office parties or holiday gatherings, anticipate whether you might have leftovers. If so, arrange ahead of time to deliver the excess food to local shelters.
- **MAKE A CHILD SMILE** – Buy, collect & deliver toys to local charities or firehouses. There are collections every holiday season in every city & town.
- **CREATE YOUR OWN GIFTS** - The most thoughtful & cherished gifts can be those that you make yourself. Even if you’re not an artist, you can buy a frame & fill it with a montage of family photos or create a scrapbook of mementos.
- **GREEN YOUR HOLIDAY** – Reduce, reuse and recycle, and discover new ways to become more environmentally responsible in your gift giving, entertaining, dining, travel, recreation & decorating.
- **REACH BEYOND THE HOLIDAY SEASON** – Commit to giving back in the New Year. Make it more than a resolution. Make it a reality.



Source: <http://www.womensconference.org/10-ways-to-give-back-this-holiday-season/>

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*Happy Holidays*