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Prestige

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How Blackberries can Improve Your Health

"A cup of fresh blackberries or an average slice of blackberry cobbler, glass of juice or wine will have approximately the following levels of nutrients: Fiber (8 grams/31%), Vitamin K (36%), Vitamin C (50%), Omega-3 (10%), Manganese (47%), Vitamin A (6%), Vitamin E (8%), Calcium (4%), Iron, (5%), Magnesium (7%), Phosphorus (3%), Zinc (5%), Copper (12%), Selenium (1%), Folate (9%), Calories (62), Carbohydrates (7 net), Glycemic

index (4). Antioxidants in blackberries are among the highest in fruits (they can be as much as three times higher than blueberries) and are believed to fight cancer, especially breast, cervical, colon, oral, and esophageal. Oxidative damage is related to the development of many diseases and can damage DNA, cause cellular change, oxidize LDL cholesterol, and cause



premature mental aging. Consuming foods high in antioxidants helps prevent cancer, heart disease, thrombosis, cardiovascular disease, lung inflammation, stroke, and possibly Alzheimer's Disease and other chronic diseases."

Doyle, Thomas E.
"Blackberries and Your Health." *Countryside and Small Stock Journal*. 95.2 (2011): 63.
Print.

DO IT YOURSELF Exercises for the beginning of the day

Many older individuals experience falls early in the morning. Why? Stiff muscles. The body was in a relaxed mode while it was dormant and the blood flow to the brain was diminished due to lying flat. The body can't make an extreme adjustment when getting up so fast. When you do wake up, stretch like a cat. You've seen how cats stretch themselves out any time they get up from a cat nap. Stretch slowly at first, and then reach those toes and fingers out as if you can touch the

wall on the other side of the room. Move around on the bed, kind of in little gyrating movements, stretching your back muscles, thighs, calves, neck, etc. Now you've got your blood flowing to your muscles and organs, they are now ready to face the task ahead. Next, slowly curl your body somewhat as you bring yourself to a sitting position. Slowly put your legs over the side of the bed resting your feet on the floor.



Rest there for a moment placing your body in gear, just as you would a car. Push yourself slowly up from the bed, and stand there and count to 5. The rest of your day will go more smoothly as well with a little exercise. Here's a good routine until you hit the pillow again. When you are sitting in your chair, raise your knees about six inches, one at a time so you don't topple over and repeat this activity about 5-10 times on each side,

depending on your strength and endurance. Next, with your toes up in the air, rotate your feet in both directions. Repeat this activity 5-10 times. After this exercise, hold your arms straight out to your sides. Rotate your hands as if you're waving vigorously. Do these simple exercises religiously each morning, afternoon and evening. And be sure to be safe, never overexerting yourself.



HEALTHY SNACKS FOR DIABETICS

Researchers from WebMD Health recently proved that “daily and regular peanut butter and nut consumption can supply the body with 14% of the daily recommendation for protein, 8% of fiber, 25% of vitamin E, 12% of niacin, 10% of copper, folate and potassium. Not only are these nuts packed with nutritional goodness but they also reduce the risk of diabetes by 21%-27% if 5 oz. is consumed every week. Besides nuts, there are many other great snacks that are healthy and under



15g of carbohydrates: celery stalks with natural peanut butter, a hard boiled egg, string cheese, 1 cup of sugar-free gelatin, 1 medium dill pickle, homemade popsicles made from your favorite diet or sugar-free soda or juice mixture, 3/4 cup of carrots, a mug of hot tea sweetened with a sugar substitute.” There are also some great tasting sherbet pops made by Blue Bunny that you can get from your local grocer in the freezer department. There are other great sugar-free snacks that you can also find at your local grocer:



sugar-free pudding, a small orange, or apple, 1/2 cup of your favorite berries with a 1/2 cup of low-fat cottage cheese, high-fiber cereal bar, or a small box of raisins. Be sure to drink a lot of water when eating your snacks, this will help you feel more full. Be sure to always limit your snacks, and never eat directly from the box in order to avoid over-eating. It also helps to never leave food out on the counter where you will be tempted. Get on a regiment and stick to it.



You've called the EMT's, now what?

We all know that sometimes bad things happen to good people. You may have fallen or experienced chest pain, become dehydrated or something else and the EMT's are coming through your door. You're embarrassed for having called them, scared for what is happening to you. What now? Hopefully you're prepared. If you have a DNR signed by your doctor, they will abide by your wishes should you succumb. If you cannot make your own wishes known and you have a signed and activated HCPOA they will abide by your expressed wishes in determining what

intervention is employed. Preparation is essential. What most people lack however, is a medical profile listing pertinent information that can help save your life. This profile should include your accumulative diagnoses and related medications, supplements, past surgeries, allergies, physicians, including specialists, hospital of choice, HCPOA, DPOA, baseline data, e.g. B/P, heart rate, temperature, pulse ox, cognition level, physical limitations, pharmacy, etc. This information is invaluable to the

EMT's and ER physician. This profile should be attached to your refrigerator door with a big “EMT” and “ER” written on it. Having this information available will save time and perhaps your life. Need help to complete one, call our Care Manager, Robert at Prestige (262) 970-7102. If you should need to be transported to the hospital and your spouse can't stay home alone, call us and we'll get a caregiver to stay with your loved one until other arrangements can be made. That's one less thing you'll need to worry about and that can make a huge difference.