



## What role does diet play in senior health?

A good and healthy diet has numerous potential benefits in the health of seniors.

Heart disease, vascular disease, diabetes, high blood pressure, high cholesterol, strokes, memory problems, osteoporosis, certain cancers, skin, hair and nail diseases, and visual problems are examples of conditions which can be impacted by diet.

Proteins, carbohydrates, fats, vitamins, minerals, and water are all essential nutrients that make up most cells and tissues in human body. Thus, these essential components need to be provided in moderation through the diet for maintenance of good health.

A balanced diet consisting of fruits and vegetables, whole grains, and fiber is generally recommended to provide these necessary nutrients. Avoidance of saturated fats (animal fat), supplementation with minerals and vitamins, and consumption of plenty of fluids are considered an important component of a healthy diet.

Special dietary restrictions for certain conditions are also important to follow. Restricted salt and fluid intake for people with heart failure or kidney disease, or carbohydrate controlled diet for people with diabetes are general examples of such guidelines. Always check with your doctor for your personal dietary needs.

Source: MedicineNet.com

## Keeping your Memory Sharp

People with some forgetfulness can use a variety of techniques that may help them stay healthy and maintain their memory and mental skills.

Here are some tips that can help:

- Plan tasks, make "to do" lists, and use memory aids like notes and calendars. Some people find they remember things better if they mentally connect them to other meaningful things, such as a familiar name, song, book, or TV show.
- Develop interests or hobbies and stay involved in activities that can help both the mind and body.
- Engage in physical activity and exercise. Several studies have associated exercise (such as walking) with better brain function, although more research is needed to say for sure whether exercise can help maintain brain function or prevent or delay symptoms of Alzheimer's.
- Limit alcohol use. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking over time can cause memory loss and permanent brain damage.
- Find activities, such as exercise or a hobby, to relieve feelings of stress, anxiety, or depression. If these feelings last for a long time, talk with your doctor.

Source: <http://www.nia.nih.gov/health/topics/forgetfulness>

## From Our Cookbook:

### Sweet Potato Cupcakes

Batter:

- 1/2 cup oat flour
- 6 tablespoons all-purpose flour
- 1/2 teaspoon baking soda
- 6 tablespoons granulated sugar
- 2 tablespoons unsalted butter, at room temperature
- 1 egg white
- 1/4 cup cooked or canned sweet potato
- 1/4 teaspoon vanilla extract
- 2 tablespoons skim milk

Frosting:

- 1/4 cup confectioners' sugar
- 3 tablespoons reduced-fat cream cheese, at room temperature
- 1/4 teaspoon cinnamon
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon ground cloves
- 2 tablespoons dried cranberries, chopped

Preparation:

Heat oven to 350°F. Line 16 cups of two 12-cup mini-muffin pans with mini-muffin papers. In a bowl, combine flours and baking soda. In another bowl, cream together sugar and butter with an electric mixer on medium. Add egg white, sweet potato and vanilla; beat on low until well combined. Add flour mixture and milk; beat on low until just combined. Do not overmix. Fill muffin cups 2/3 full. Bake until a toothpick comes out clean, 15 to 18 minutes. Cool 10 minutes in pans; remove from pans and cool completely. In a third bowl, beat confectioners' sugar, cream cheese and spices until smooth. Frost cupcakes; garnish with cranberries.

Nutritional Information:

Per 2 frosted cupcakes: 144 calories, 5g fat, 3g saturated fat, 24g carbohydrate, 13g sugar, 1g fiber, 3g protein

Source: [www.epicurious.com/recipes](http://www.epicurious.com/recipes) by Jennifer Iserloh

A Note From Full Circle Scheduling Dept

When your caregiver is using Telephony system, they will be clocking in and out using your phone.

They will also be using our Caretime app for clocking In/Out & to create shift notes.