

HEALTHY LIVING TIPS

Happy and Great Home Care Services Inc. put out great effort to work with these serious illnesses. We ensure that patients with these illnesses will be monitored very closely. We ensure that all patients are always put into the safety box. Also, great effort is taken if a patient should get critical; ambulance and family will be called urgently and immediately.

February 2, 2021

How To Work with Dementia Patients

Dementia is caused by damage to brain cells. This damage interferes with the ability of brain cells to communicate with each other. When brain cells cannot communicate normally. Thinking behaviour and feelings can be a...

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How To Control Diabetes: Blood Sugar Reading

Between 120mg/dL to 140mg/dL is a normal blood sugar reading and anything over 200mg/dL is diabetes.

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How To Combat High Cholesterol

To help prevent high cholesterol you can eat low salt diet that emphasises fruits, vegetables and whole grains. Limit the amount of animal fats and use good fats in moderation. Lose extra pounds and maintain a healthy ...

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Why Seniors Have Different Nutritional Needs

One reason nutritional needs change is due to physiological changes that occur later in life. Energy expenditure generally decreases with advancing age because of a decrease in basal metabolic rate and physical activity,...

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How To Make Food Suitable For Senior Palates

As a follow up to our previous blog entitled, 'How To Solve Common Senior Diet Issues?' outlined below are six tips drawn from DailyCaring.com

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Key Nutritional Vitamins For Seniors

As we grow older our bodies have different needs, so certain nutrients become especially important for good health such as

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How To Prevent Senior Malnutrition

Scientific study has indicated that seniors who eat with company are less at risk to develop malnutrition (Mayo Clinic Staff, 2020)

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How To Solve Common Senior Diet Issues

Caregivers often worry when their loved ones begin pushing away food because of digestive issues or lack of appetite. We know that they need proper nutrition in order to maintain and improve their health but how do we m...

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