



# Alana

Summer 2023

HOME CARE TODAY

THE PERFECT   
SUMMER RECIPE 

**DISABILITY  
SERVICES AT HOME**

**SENIOR SAFETY**

10 Essential Tips

**SENIOR  
ACTIVITIES**

**res·pite care**

temporary institutional care of a sick, elderly, or disabled person, providing relief for their usual caregiver.



In-home care is a great alternative to assisted living for seniors who wish to live independently, even if their family is unable to be with them all the time. We're here to help.



# Disability Services at Home

Home care services can be a life-changing solution for individuals with disabilities, offering personalized support and assistance with daily tasks while promoting independence.

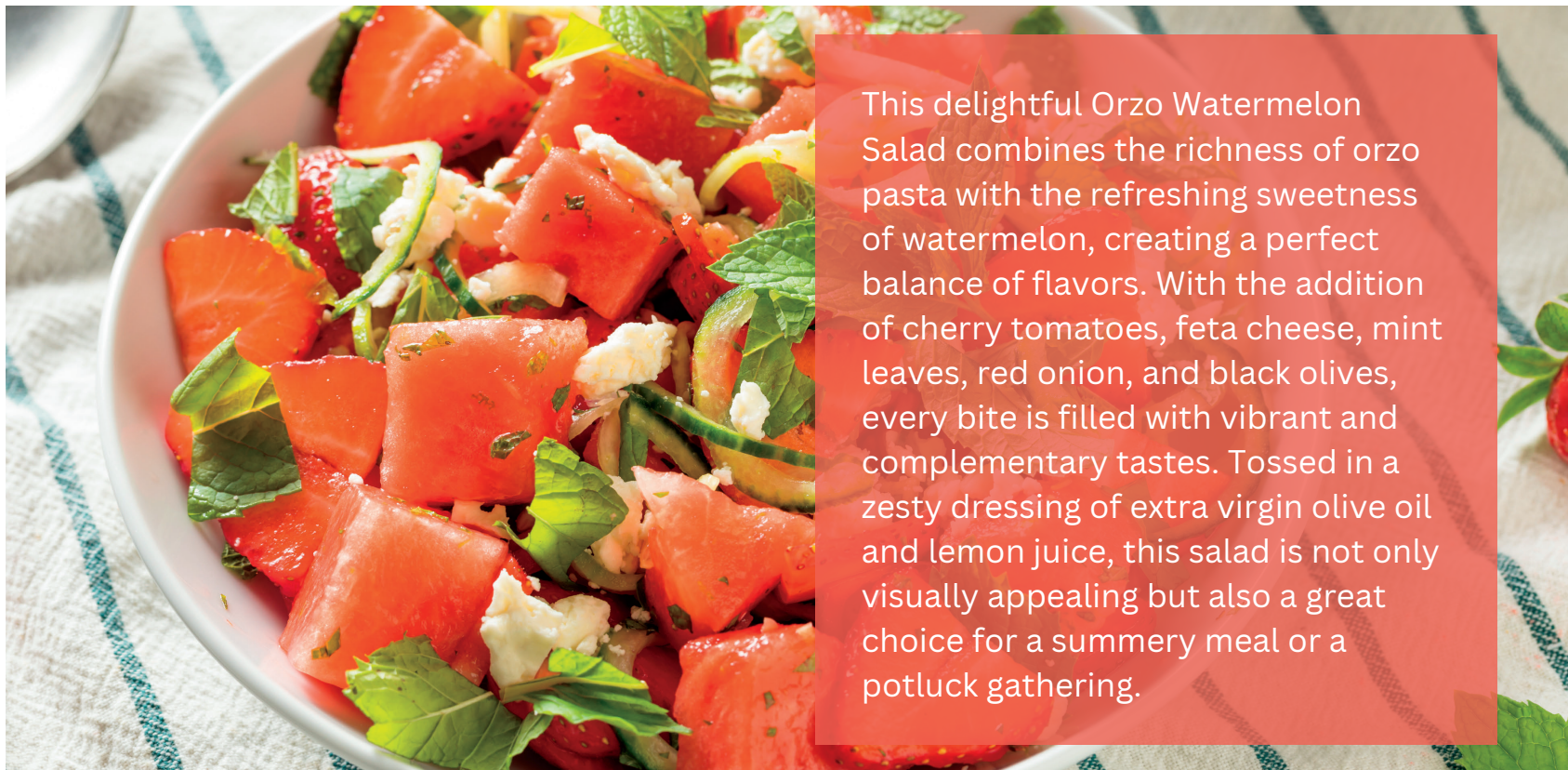
Home care services offer invaluable support to individuals with disabilities, particularly those without nearby family or friends to assist them. These services provide personalized assistance with daily tasks, such as personal care and household chores, enabling individuals to maintain their independence at home. Moreover, home care providers offer companionship and socialization, combating the isolation and loneliness that individuals with disabilities may experience. Caregivers engage individuals in activities they enjoy and accompany them on outings and appointments. Additionally, home care services extend their support to managing health conditions, including medication reminders and transportation to medical appointments.

Furthermore, home care services are equally beneficial for individuals recovering from short-term disabilities following accidents or surgeries. During the recovery period, home care providers offer essential aid with tasks like dressing, grooming, medication reminders, transportation, and meal preparation. This support system provides reassurance and peace of mind to both individuals and their families, ensuring a safe and comfortable recovery at home. With the flexibility to adapt to changing needs, home care services play a vital role in empowering individuals with disabilities to live independently and comfortably. By providing customized care, fostering companionship, and managing health, these services truly make a meaningful difference in their lives.

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# Perfect for Summer

## ORZO WATERMELON SALAD




This delightful Orzo Watermelon Salad combines the richness of orzo pasta with the refreshing sweetness of watermelon, creating a perfect balance of flavors. With the addition of cherry tomatoes, feta cheese, mint leaves, red onion, and black olives, every bite is filled with vibrant and complementary tastes. Tossed in a zesty dressing of extra virgin olive oil and lemon juice, this salad is not only visually appealing but also a great choice for a summery meal or a potluck gathering.

### Ingredients:

- 1 cup orzo pasta
- 2 cups diced watermelon
- 1 cup cherry tomatoes, halved
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped fresh mint leaves
- 1/4 cup sliced red onion
- 1/4 cup sliced black olives
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- Salt and pepper to taste

### Instructions:

1. Cook the orzo pasta according to the package instructions until al dente. Drain and rinse with cold water to cool it down.
2. In a large bowl, combine the cooked orzo, diced watermelon, halved cherry tomatoes, crumbled feta cheese, chopped mint leaves, sliced red onion, and sliced black olives.
3. In a small bowl, whisk together the extra virgin olive oil and lemon juice. Season with salt and pepper to taste.
4. Pour the dressing over the salad ingredients and toss gently to coat everything evenly.
5. Taste and adjust the seasoning if needed.
6. Cover the salad and refrigerate for at least 30 minutes to allow the flavors to meld together.
7. Give the salad a gentle toss and adjust the seasoning if necessary. Serve chilled and enjoy this refreshing Orzo Watermelon Salad as a light and satisfying meal or as a side dish.

 *Watermelon is a natural diuretic.*

# RESPITE CARE

Caring for a loved one can be a rewarding and fulfilling experience, but it can also be physically and emotionally demanding. Family caregivers often dedicate themselves selflessly, providing round-the-clock care without considering their own well-being. However, it is crucial for caregivers to recognize the importance of respite care and take breaks to recharge. Respite care services, particularly when facilitated by Alana Home Care, offer a lifeline of support, ensuring that caregivers receive the much-needed rest and rejuvenation they deserve.

**Respite care allows family caregivers to take temporary breaks from their caregiving responsibilities**, enabling them to rest, recharge, and attend to their own needs. This respite period not only promotes physical and mental well-being but also

prevents burnout, which is common among caregivers who neglect their own self-care. Whether it's a few hours a day, overnight stays, or longer periods, respite care services offer caregivers the opportunity to relax, engage in hobbies, meet friends, go on vacation, or simply get a good night's sleep. By prioritizing their own well-being, caregivers can return to their caregiving role with renewed energy and a stronger sense of balance.

Working with Alana Home Care is essential for family caregivers seeking respite care services. These agencies specialize in providing professional and compassionate caregivers who are trained to deliver quality care in the absence of the primary caregiver.

We conduct thorough background checks and ensure that caregivers are

skilled and experienced in the specific needs of the individual requiring care. This level of expertise and reliability allows family caregivers to have peace of mind while taking their well-deserved breaks, knowing that their loved one is in capable hands.

In addition to ensuring the safety and well-being of the care recipient, Alana Home Care also offers personalized care plans that cater to the unique needs of both the caregiver and their loved one. These plans are designed in consultation with the family caregiver to ensure that the respite period aligns with their preferences and requirements.

Whether it's respite care on a regular schedule or occasional breaks during crucial moments, Alana Home Care works collaboratively with caregivers to create a support system tailored to their specific circumstances.

Call Alana Home Care at (877) 342-6107 or visit [www.alanahomecare.com](http://www.alanahomecare.com).

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40s & 50s

# TRIVIA



# TIME

Engaging in trivia activities is beneficial for mind health as it stimulates cognitive functions such as memory, attention, and problem-solving skills. By challenging the brain with trivia questions, seniors can keep their minds active, improve mental agility, and promote overall mental well-being.

1. The first electronic \_\_\_\_ was built in 1946 by J. Presper Eckert and John W. Mauchly.
2. The iconic comedy duo \_\_\_\_ made their debut in 1940 and went on to star in numerous films together.
3. In 1956, Elvis Presley made his first appearance on "The \_\_\_\_ Show."
4. What iconic toy was introduced in 1949 and became a popular sensation? \_\_\_\_
5. The musical "South Pacific" opened on Broadway in \_\_\_\_ .
6. In 1959, \_\_\_\_ became the 50th state of the United States.
7. What television show, featuring Lucille Ball, premiered in 1951? \_\_\_\_
8. In 1958, NASA was established. What does NASA stand for? \_\_\_\_
9. Which country hosted the Summer Olympics in 1948? \_\_\_\_
10. What was the name of the first supersonic jet aircraft, introduced in 1947? \_\_\_\_
11. Who won the Academy Award for Best Actor in 1940 for his role in "The Philadelphia Story"? \_\_\_\_
12. The \_\_\_\_ was introduced by Mattel in 1959 and became an instant hit?
13. Who became the first person to reach the summit of Mount Everest in 1953? \_\_\_\_
14. What popular hairstyle for women in the 1950s featured curled and styled hair that was often voluminous and perfectly coiffed? \_\_\_\_
15. What heavyweight boxing champion reigned from 1949 to 1956 and was known for his powerful punches and charisma? \_\_\_\_
16. What game show, originally airing from 1956 to 1967, featured contestants answering questions to win cash prizes? \_\_\_\_

ANSWERS { (1) Computer, (2) Abbott and Costello, (3) Ed Sullivan, (4) Mr. Potato Head, (5) 1949, (6) Hawaii, (7) I Love Lucy, (8) National Aeronautics and Space Administration, (9) London, (10) American Bell X-1, (11) James Stewart, (12) Slinky, (13) Edmund Hillary, (14) The Beehive Hairstyle, (15) Rocky Marciano, (16) The \$64,000 Question

# Senior Safety at Home: 10 Essential Tips

As we age, our homes become a sanctuary of comfort and familiarity. However, it's crucial to create a safe environment for seniors to navigate their daily lives independently. By implementing a few simple measures, we can significantly enhance senior safety at home. In this article, we present ten essential tips to help caregivers and families ensure the well-being of their loved ones.

## 1. Adequate Lighting:

- Install bright, energy-efficient lighting throughout the house, especially in high-traffic areas and staircases.
- Consider motion-sensor lights that automatically illuminate when someone enters a room or walks down a hallway.

## 2. Clear Pathways:

- Remove obstacles such as loose rugs, clutter, or cords that may cause tripping hazards.
- Keep hallways and entryways free from unnecessary furniture to allow for easy maneuverability.

## 3. Bathroom Safety:

- Install grab bars near the toilet and in the shower or bathtub to provide support and stability.
- Use non-slip mats or adhesive strips in the shower or bathtub to prevent falls.

## 4. Slip-Resistant Flooring:

- Opt for slip-resistant flooring options, such as textured tiles or non-slip vinyl, to minimize the risk of accidental falls.
- Ensure carpets are securely fastened to the floor and do not present tripping hazards.

## 5. Staircase Safety:

- Install handrails on both sides of the staircase for support and balance.
- Consider placing contrasting tape on the edges of each step to enhance visibility.

## 6. Fire Safety:

- Regularly check smoke detectors and replace batteries as needed.
- Keep a fire extinguisher in easily accessible areas, such as the kitchen and near fireplaces.

## 7. Medication Management:

- Establish a system for organizing and managing medications to prevent errors or missed doses.
- Use pill organizers or automated medication dispensers to simplify medication routines.

## 8. Emergency Preparedness:

- Keep a list of emergency contacts, including doctors, family members, and local emergency services, near the phone or programmed into speed dial.
- Ensure seniors have access to a personal emergency response system or wearable device.

## 9. Fall Prevention:

- Encourage regular exercise and balance-enhancing activities to strengthen muscles and improve stability.
- Consider assistive devices like canes or walkers if needed, and ensure they are properly fitted and in good condition.

## 10. Home Security:

- Install a reliable home security system that includes features like door/window sensors, motion detectors, and emergency response capabilities.
- Consider video doorbells or security cameras to monitor visitors and enhance overall safety.

# Embracing the Golden Summer: Senior Activities for Joyful Moments

As the warm rays of summer beckon, it's time to celebrate the vibrant spirit of seniors and the valuable role of caregivers in their lives. This season presents a multitude of opportunities for older adults to engage in fulfilling activities that promote well-being, connection, and lifelong learning. From outdoor adventures to creative pursuits, here are five senior summer activities that are sure to create memorable moments for both seniors and their caregivers.

## Senior Summer Activities:

**Nature Escapades:** Explore the great outdoors together, taking leisurely strolls in picturesque parks, botanical gardens, or nearby nature reserves. Engage the senses by birdwatching, appreciating the beauty of blooming flowers, or having fun with a plant identifier app.

**Community Involvement:** Whether it's joining a book club, attending art exhibitions, or taking part in volunteer initiatives, community activities foster a sense of belonging, social connection, and the opportunity to contribute to a larger cause.

**Creative Pursuits:** Painting, pottery, writing, or even learning a musical instrument can provide a sense of purpose and accomplishment.

**Wellness and Fitness:** Seniors can engage in gentle exercises like yoga, tai chi, or swimming, all of which promote flexibility, balance, and overall well-being.

**Game Time:** Classic card games like bridge, rummy, or Go Fish, can be played both indoors out outside on a beautiful summer day. Or, break out the board games for some friendly competition. Chess, anyone?

Staying active is crucial for seniors overall physical and mental health as it offers numerous physical and mental health benefits. Engaging in outdoor activities promotes vitamin D absorption, boosts mood, improves cardiovascular health, and provides an opportunity to enjoy nature's beauty, ultimately enhancing overall well-being and quality of life.

# ALANA<sup>TM</sup>

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# HOME CARE

A n A l a n a H e a l t h c a r e C o m p a n y

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**Call for a complimentary in-home consultation**