



A Better Life News

A Better Life Homecare reduces family stress by promoting independence and providing expertise. We safely support "your life your way" at home and in the community.

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Do You Worry About an Elderly Friend or Loved One? A **B**etter Life Homecare gives you Peace of Mind

A Better Life Homecare provides medical and non-medical services for people who need help at home.

A Better Life Homecare serves you with:

- Companion services
- Hospital sitter
- House management
- Health Support
- Errands and Shopping
- Community Activities
- Nursing
- Personal Care

We know you love your life and we provide the supports to help you keep it the way you like it ... *Your Life, Your Way!*

Upcoming Events

Over the next few months there will be exciting events for seniors. The **Agging Conference** is going to be held May 19-21 in Midwest City. May 19 is senior day so everyone

We can take you to community activities like church, clubs, exercise and recreational activities. We can assist with your errands so you have more time to do the things you love. We also provide companionship and emotional encouragement to our customers.

At **A Better Life Homecare**, we understand that sometimes people need assistance managing their home. We provide light house-keeping, assistance with paying bills, and meal preparation. Your home should be a place of comfort and relaxation and we help you make it

happen. Along with non-medical services **A Better Life Homecare** also provides medical services. **A Better Life Homecare** will provide health support by assisting with medication reminders and scheduling health care appointments.

We will also provide personal care assistance with dressing, bathing, toileting, and anything else you may need help with.

Our goal is to help you live ... *Your Life, Your Way!*

will be held at the Renaissance Hotel. The conference is going to have speakers and booths set up with helpful information for those with Alzheimer's. **We hope to see you there!**

Caregiver's Corner

Finding yourself suddenly becoming a caregiver for a loved one can be overwhelming. To help you through the process, A Better Life News will have the **caregiver's corner** to address your questions and concerns.

Caregiver burnout can sneak up on you if you aren't careful. Some of the symptoms of caregiver burnout to look out for are changes in appetite, sleep changes, withdrawal from loved ones, physical exhaustion, etc.

The following are suggestions to help minimize the effects of caregiver burnout.

- **Find a friend or family member that you can talk to about what you're feeling.** It is important to have some kind of outlet so your feelings do not stay bottled up.
- **Remember taking care of yourself is critical! If you're not healthy, you can't care for your loved one.**
- **Educate yourself** on your loved one's illness. The more you know, the more effective care you are able to provide.

To learn more visit our blog: abetterlifehomecare.blogspot.com



The Smart Way to Exercise

Most people believe that it is inevitable for their bodies to get weaker as they age. **This is not true!** With exercising a little each week we can increase our muscle mass which will not only increase our body strength, but it will also increase our energy, reduce blood pressure, etc.

Before you start, consider the following: First and foremost **start slowly**. This is especially important if you have been exercising very little or not at all. It is very easy to hurt yourself if you try to do too much in the beginning.

Warm up your muscles before starting. This will prevent any injuries from occurring. Some of the warm ups that are helpful are light biking or walking.

Drink plenty of water. This cannot be emphasized enough for seniors. Seniors tend to be

low on fluid even when they aren't exercising, so it is important to drink lots of water while exerting energy. Now hit the gym!



Tulsa Arthritis Walk



A Better Life Home-care started the

month off with a bang. On May 3, the Arthritis Foundation held their annual Tulsa Arthritis Walk.

A Better Life Home-care formed a team to help the Arthritis Foundation raise money and awareness about the disease.

In addition to recruiting contributions since March, we culminated

our fund-raising efforts by hosting a Bios company pancake breakfast at the corporate office in Sapulpa on May 1st.. In spite of the rainy weather, we had a great turnout. Everyone enjoyed the fellowship, food and supporting the cause and enjoy

some good pancakes.

Through all of our fund-raising efforts we ended up raising over \$700!

We had a great turn out at the walk and plan to do it again next year!

Tulsa: Number One Place to Live

Tulsa is a great city for seniors, with lots of resources to help Seniors age gracefully!

Life Senior Services.

Life Senior Services has a variety of services and programs ranging from adult day care services to caregiver support to community education. If Life Senior Services cannot help you out



with your particular situation they will be able to point you in the direction of someone who can.

Another great source is the **Tulsa Area Agency**

on Aging. The Agency on Aging has nutrition programs for seniors, provides transportation, has multiple support groups, and much more. Their goal is to improve the quality of life for seniors in the Tulsa area.

Lastly, the **Retired Senior Volunteer Program** is a great program for the senior that wants to remain active. There are a

number of companies that are always looking for volunteers from RSVP. So if you are looking for a way to fill some time, come out to RSVP and sign up today!

These are only a few of the resources that Tulsa has to offer. Find the best fit for you and get involved today!

Parmesan-Crusted Tilapia Recipe

Ingredients:

- 3/4 c of freshly grated parmesan
- 2 tsp. paprika
- 1 tbsp. of chopped flat-leaf parsley
- 4 tilapia filets
- 1 lemon, cut into wedges
- Extra-virgin olive oil
- Salt and pepper to taste

Directions: Preheat the oven to 400 degrees. In a shallow dish com-

bine the paprika and parsley and season with salt and pepper.

Drizzle the fish with olive oil and dredge in the cheese mixture.

Place on a foil-lined baking sheet and bake until the fish is opaque

in the thickest part, 10 to 12 minutes. Serve the fish with the lemon wedges, and enjoy!



Keeping an Active Mind



Nothing will improve the quality of your life like keeping an active mind as you age. Exercising your brain is not only easy, it can be great fun!

Challenge your mind every day: do tasks like

working jigsaw puzzles, crosswords, Sudoku, other word/number puzzles, or read to a variety of different types of books and periodicals.

Another good way for the brain to stay high functioning is to learn something new. Take up a new hobby, learn a new style of cooking or gardening

Of course the most fun way to stay sharp is to be social. Talk with your friends and family about current events or join a group that has the same interests as you. Just getting out into the community and spending time with other people will improve your brain's health.

Finally, it is important

to **stay healthy physically** because a healthy body provides a foundation for a healthy mind. So make sure and get plenty of rest, exercise every day and eat nutritiously because it will help you keep your mind sharp.

Are Your Meds Hurting You?



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Your Life... Your Way



ways go over every medication with your physician at each visit. If you have any unusual symptoms, no matter how slight be sure and notify your physician as soon as possible.

medications and update every few months. Make sure a trusted friend or relative also has a list of your meds. Use the same pharmacy for all medications. Use your pharmacist as a resource and jot down questions you may have related to your medications. If your pharmacy does not counsel you when you fill a new prescription, change pharmacies. And lastly, al-

Seniors are at greater risk because of normal physiological changes such as decreased renal and hepatic function that can change the way meds are processed.

So how to help your medication work for you and not against you: If you have several doctors make sure each know all the medications you are taking. Keep a list of all your

The Department of Health and Human Services designates poly-pharmacy as the principal medication safety issue for seniors. What's polypharmacy? It is typically defined as the concurrent use of 5 drugs by the same person. Poly-pharmacy contributes to confusion, falls, incontinence, urinary retention and malaise. These symptoms may cause physicians to prescribe yet another medication.