



***“Live in the
sunshine. Swim
by the sea. Drink
in the wild air.”***

– Ralph Waldo Emerson

For your body and mind

Senior-friendly ways to enjoy summer

With longer days of more sunlight, and beautiful flora in full bloom, now is the time to get outside and enjoy all that this season offers. There are many ways for you or your loved one to experience summer's bounty of warmth and sunlight in safe and enjoyable ways.

It's important to note that spending time in the sun has a number of benefits as well as risks. Sunshine brightens the mood while providing important vitamin D to the body. According to the CDC, vitamin D has been proven to reduce depression and anxiety, enhance cognition and improve sleep quality.

Conversely, it's essential to be very mindful of the time spent under the sun's rays. Overheating or dehydration can develop quickly and affect organ function, so drinking water and replenishing can reduce that risk. Long-term exposure to UV rays can also cause skin and eye damage, so use sunscreen, wear protective shades, and limit the time outdoors to 20-30 minutes.

Simply put, get outside!

The heat of day may limit the amount of time a senior can be outdoors. Early morning or late afternoon hours

continued on page 2

in many locations are milder and provide a more amiable temperature to enjoy your time outside. Take an early morning walk, or enjoy your breakfast on the porch. A caregiver can accompany you or your loved one on a walk around the neighborhood, or if you're physically able, a walk on a hiking trail or nature preserve will provide more interesting views. Many of these sanctuaries offer paved or level trails that are senior-friendly. The point is to get some fresh air and sunshine.

Birdwatch

From filling up bird feeders in the yard to taking a walk through a park or nature preserve, birdwatching is an enjoyable activity that motivates seniors to get up and get moving. Even those relying on a wheelchair can participate.

Because bird feeders don't require much square footage, they're ideal for places with limited outdoor space like apartments and assisted living facilities. Get a bird book to help identify each new bird species that is seen. Ideal for people with limited mobility or declining health, birdwatching is a great way to experience nature without becoming exhausted in the process.

Go fish!

A fun and relaxing way to spend time outdoors is by fishing – and it's even more enjoyable if you spend time with friends or grandchildren. Make sure you know about the requirements for fishing licenses in your state.

Care for a small garden

Gardening is a great way to interact with nature and get some fresh air and physical activity at the same time. For seniors with limited mobility, choosing options that require little maintenance are best. Pots that have easy access will allow you to be involved. Have a friend place the containers near a window where it can be seen, without all the efforts it takes to get outside, as this is a great way to improve your outlook.

Find a farmer's market

Farmer's markets or small roadside stands with locally-grown produce pop up during the season. They offer locally-grown seasonal fruits and vegetables, dairy products, and honey. They're sure to be filled with summer's bounty of blueberries, peaches, tomatoes, green beans, watermelon, squash, and more! Your caregiver can accompany you for a stroll through to pick out the colorful and healthy summer produce that appeals to you.

Visit a museum

On a hot afternoon, when spending time outside is not

possible, visiting a museum or aquarium is a great alternative to being out in the hot rays of the midday sun. This will allow you to be comfortable in the air conditioning while learning new things at the exhibits. Many places offer senior discounts and easily accommodate wheelchairs. Be sure to check out special events they may host throughout the summer.

Spending time outside to enjoy summer's pleasures is a wonderful way for you or your loved one to improve not only your physical health, but also your mental well-being. No matter how you choose to get outside, you're guaranteed to return indoors refreshed.

Contact Assisting Hands for more senior-friendly ideas. Our individualized care services ensure that seniors maintain the best potential quality of life, alleviating loneliness and isolation, all while giving the reassurance needed to remain active and engaged.



Happy Senior Citizens Day!

August 21, National Senior Citizens Day, recognizes the achievements of the more mature representatives of our nation. Their valuable contributions to our communities create better places to live. They deserve the respect and dignity their achievements earn them.

If you can, spend time with the senior citizens you know. At the very least, call them and let them know they are appreciated and loved. If you are a senior citizen, check for special discounts and promotions that may be offered at stores and restaurants in your area.

At Assisting Hands Home Care, we thank you for entrusting your care to us!

J	A	N	B	A	R	B	E	C	U	E	F	R	V	E
G	U	P	I	S	H	E	Y	T	S	R	P	U	A	A
I	R	L	W	U	F	A	M	I	L	Y	O	P	C	D
S	C	R	Y	M	N	C	U	E	I	U	H	C	A	E
P	L	E	X	M	O	H	S	G	S	H	O	R	T	S
R	S	L	C	E	R	F	U	N	U	E	T	S	I	U
I	U	A	E	R	T	E	K	M	A	S	I	U	O	N
N	N	X	O	C	E	A	N	R	S	O	T	N	N	G
K	S	H	T	U	I	A	R	Q	E	P	B	S	S	L
L	C	S	H	S	P	B	M	S	A	I	I	H	E	A
E	R	S	W	I	M	M	I	N	G	C	C	I	A	S
R	E	I	B	L	P	R	E	J	U	N	E	N	S	S
V	E	U	R	I	O	L	O	G	Y	I	P	E	I	E
G	N	W	T	S	O	H	Z	A	S	C	O	S	D	S
N	C	E	A	F	L	I	P	F	L	O	P	S	E	D

Just for FUN

Find these summertime words hidden within the puzzle above. Have fun!

AUGUST
BARBECUE
BEACH
FAMILY
FLIPFLOPS
FUN
HOT
ICE CREAM
ICE POP
JULY
JUNE
OCEAN

PICNIC
POOL
RELAX
SEASIDE
SHORTS
SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMMING
VACATION

"No kind action ever stops with itself. One kind action leads to another. Good example is followed. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."

—Amelia Earhart



Simply Delicious

CREAMY PASTA POMODORO

Prep Time: 20 mins; **Cook:** 20 min.; **Serves:** 4

Ingredients

Basic Marinara

- 1 tablespoon extra-virgin olive oil
- 3 tablespoons finely minced shallot
- 1 large garlic clove, finely minced
- ¼ teaspoon sea salt
- Freshly ground black pepper
- 1 14-ounce can chopped tomatoes
- 1 teaspoon balsamic vinegar
- ⅛ teaspoon cane sugar
- Pinch of dried oregano
- Pinch of crushed red pepper flakes

Creamy Tomato Sauce

- Marinara recipe, from above
- ¼ cup raw cashews* (see note)
- ½ tablespoon tomato paste
- ¼ cup water
- ¼ cup pasta water
- ¼ to ½ teaspoon sea salt

For the Pasta

- 10 ounces rigatoni
- Extra-virgin olive oil, for drizzling
- 2 medium zucchini, sliced into thin half moons
- 2 tablespoons fresh thyme leaves
- 2 14-ounce cans cherry tomatoes, drained
- 6 cups spinach or mix of spinach & arugula
- ¼ cup chopped parsley or sliced basil
- Sea salt and freshly ground black pepper
- Make the marinara sauce: Heat the olive oil in a small pot over low heat. Add the shallot, garlic, salt, and a few grinds of black pepper and cook for 3 minutes, stirring often. Add the tomatoes and their juices, balsamic vinegar, cane sugar, oregano, and red pepper flakes. Cover and simmer over low heat for 20 minutes, stirring occasionally.

• Make the creamy sauce: Add the marinara to a blender with the cashews, tomato paste, salt, and ¼ cup of water. Blend until smooth. Set aside until ready to use. Before serving, stir in ¼ cup hot pasta cooking water to loosen it up so that it'll nicely coat the pasta.

* Cook the pasta in a large pot of salted boiling water according to package directions or until al dente.

• While the pasta cooks, heat generous drizzles of olive oil in a nonstick skillet over medium heat. Add the zucchini, thyme, and generous pinches of salt and pepper. Sauté, stirring occasionally, until lightly browned, about 3 min-



utes. Add the tomatoes, reduce the heat to low, and cook for 2 to 3 more minutes or until heated through. Add the spinach and gently toss until wilted. Season to taste with more salt and pepper.

• Scoop the pasta into individual bowls, add scoops of the creamy sauce, and toss to coat. Distribute the vegetables among the bowls and top with parsley and or basil. Season to taste and serve.

Notes: If you're not using a high powered blender, such as a Vitamix, soak the cashews for 2+ hours to make a creamier sauce. Drain before adding to the recipe. – *courtesy of loveandlemons.com*

ZUCCHINI CHOCOLATE CHIP COOKIES

Prep Time: 15 mins; **Bake:** 12 mins; **Yield:** 4 dozen

Ingredients

- ½ cup unsalted butter, softened
- ½ cup sugar
- ⅓ cup packed brown sugar
- 1 large egg, room temperature
- 1-½ teaspoons vanilla extract
- 1 cup all-purpose flour
- ½ cup whole wheat flour
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1-½ cups shredded zucchini
- 1 cup quick-cooking oats
- 1 cup semisweet chocolate chips
- ¾ cup chopped pecans, toasted

Directions

• Preheat oven to 350°. In a large bowl, cream butter and sugars until light and fluffy, 5-7 minutes. Beat in egg and vanilla. In another bowl, whisk flours, cinnamon, baking soda and salt; gradually beat into creamed mixture. Stir in remaining ingredients.

• Drop dough by tablespoonfuls 2 in. apart onto greased baking sheets. Bake until edges start to brown, 12-14 minutes. Cool on pans 2 minutes. Remove to wire racks to cool. Store between pieces of waxed paper in an airtight container. – *courtesy of tasteofhome.com*