



EMPOWERING CAREGIVERS

FEBRUARY 2010

This newsletter is to help caregivers who are caring for loved ones who are participating in the Family Caregiver Support Program. This newsletter will be sent monthly, to cover a variety of health and care giving topics. If you have any suggestions for topics, comments or questions about the newsletter please email us at caremanagement@ursulineseniors.org.

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February is American Heart Month!

Heart disease is the leading cause of death for both men and women in the United States, but there are things you can do to help protect yourself!

- * Prevent or treat your medical conditions:
 - * Have your cholesterol checked
 - * Monitor your blood pressure
 - * Manage your diabetes
 - * Take your medicine
 - * Talk with your health care provider

- * Live a healthy lifestyle:
 - * Eat a healthy diet
 - * Maintain a healthy weight
 - * Exercise regularly
 - * Don't smoke
 - * Limit alcohol use

Information retrieved from the Center for Disease Control and Prevention

Knowing how to protect yourself can also help prevent a variety of heart related diseases and conditions that put your heart at risk:

- * Arrhythmias
- * High Blood Pressure
- * High Cholesterol
- * Obesity

- * Diabetes
- * Heart Attack
- * Peripheral Artery Disease
- * Stroke

Information retrieved from the American Heart Association

Exercise for Your Heart!

According to WebMD.com, "an inactive lifestyle is one of the top risk factors for heart disease." Here are some simple ways you can get active and make your heart healthier:

First things First:

Before starting any exercise program, talk to your doctor about any medication changes and get your doctor's approval about the types of exercise you want to do.

Getting started:

The best exercises for your heart are stretching exercises, cardiovascular or aerobic exercises such as walking, jogging, jumping rope, and bicycling (stationary or outdoor), and strengthening exercises.

Need to Know Guidelines:

- * Increase your activity level gradually, especially if you have not been exercising regularly
- * Wait at least one and a half hours after eating a meal to begin exercising
- * Take time to include a 5 minute stretching warm-up and include a 5 to 10 minute cool down after the activity
- * Keep an exercise pace that allows you to still talk during the activity
- * Don't exercise outdoors when it is too cold, hot, or humid
- * Be sure to stay hydrated
- * Stop the exercise and rest if you:
 - * Become overly fatigued or short of breath
 - * Develop a rapid or irregular heartbeat or have heart palpitations
 - * Have chest pain
 - * Feel weak
 - * Are dizzy or lightheaded
 - * Have unexplained weight gain or swelling (call the doctor right away)
 - * Have pressure or pain in the chest, neck, arm, jaw, or shoulder
 - * Have any other symptoms that cause concern
- * Call your doctor if negative symptoms persist

Working up to a 20 to 30 minute aerobic session at least 3 to 4 times a week will achieve maximum benefits. Most importantly, have fun!

Information retrieved from WebMD.com

DID YOU KNOW?

High blood pressure, also known as hypertension, is the single most significant risk factor for heart disease. It's sometimes called "the silent killer" because it has no symptoms. One in three adults has high blood pressure, yet, about 21% don't even know they have it. Of those with high blood pressure, 69% are receiving treatment, yet, only 45% have their blood pressure controlled.

While there is no cure, high blood pressure is manageable. Even if your blood pressure is normal (less than 120 mm Hg systolic AND less than 80 mm Hg diastolic) and your goal is prevention only, these lifestyle modifications provide a prescription for healthy living and may reduce your blood pressure without the use of prescription medications:

- * eating a heart-healthy diet, which may include reducing salt;
- * enjoying regular physical activity;
- * maintaining a healthy weight;
- * managing stress;
- * limiting alcohol;
- * avoiding tobacco smoke.

Information retrieved from the American Heart Association

Breakfast

EatingWell Waffles

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 2 cups nonfat buttermilk, (see Tip)
- 1 large egg, separated
- 1 tablespoon canola oil
- 1 tablespoon vanilla extract, (optional)
- 2 large egg whites
- 2 tablespoons sugar



1. Stir whole-wheat flour, all-purpose flour, baking powder, salt and baking soda in a large bowl. Whisk buttermilk, the egg yolk, oil and vanilla (if using) in a separate bowl. Add the wet ingredients to the dry ingredients and stir with a wooden spoon just until moistened.
2. Beat the 3 egg whites in a grease-free mixing bowl with an electric mixer until soft peaks form. Add sugar and continue beating until stiff and glossy. Whisk one-quarter of the beaten egg whites into the batter. Fold in the remaining beaten egg whites with a rubber spatula.
3. Preheat a waffle iron. Brush the surface lightly with oil. Fill the waffle iron two-thirds full of batter. Cook until the waffles are crisp and golden, 5 to 6 minutes. Repeat with the remaining batter, brushing the surface with oil before cooking each batch.

Eatingwell.com recipe

Lunch

Garden Turkey Sandwich with Lemon Mayo

- 1 teaspoon grated lemon peel
- 1 tablespoon low-fat mayonnaise
- 2 slices whole-grain bread
- 1 cup loosely packed baby spinach leaves
- 2 ounces turkey breast, sliced
- 1 small tomato, sliced

1. Stir grated lemon peel with mayonnaise; spread on both slices of bread.
2. On 1 slice of bread, alternately layer spinach leaves, turkey, and tomato, starting and ending with spinach. Top with second bread slice.

Goodhousekeeping.com recipe



Dinner

Whole Wheat Penne with Broccoli and Sausage

- 12 ounces whole wheat penne pasta
- 1 large bunch of broccoli, cut into florets
- 12 ounces hot Italian turkey sausage
- 1 pint grape tomatoes, each cut in half
- 1/2 cup of loosely packed fresh basil leaves, chopped
- 1/4 cup of freshly grated Pecorino Romano cheese

1. Heat large saucepot of salted water to boiling on high. Add pasta and cook as label directs, adding broccoli when 3 minutes of cooking time remain. Reserve 1/2 cup cooking water; drain pasta and broccoli.
2. Meanwhile, thinly slice sausage on the diagonal. In 12-inch nonstick skillet, cook sausage on medium 7 to 8 minutes or until it begins to brown, stirring occasionally. Add tomatoes and cook 5 minutes longer, stirring.
3. Stir pasta, broccoli, and 1.4 cup of pasta cooking water into sausage mixture in a skillet heat through, adding additional cooking water if needed. Remove from heat; stir in basil and cheese.

Goodhousekeeping.com recipe



Dessert

Warm Chocolate Pudding

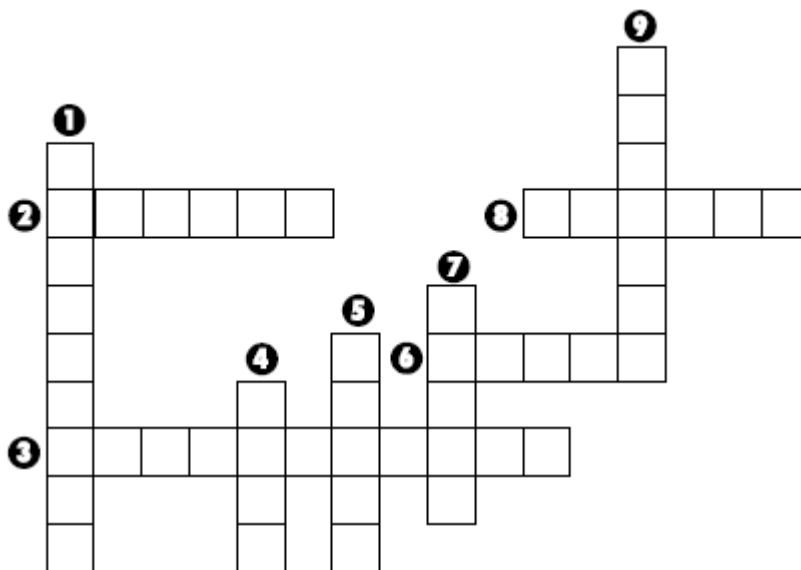
- 1 large egg
- 2 1/4 cups nonfat or low-fat milk, divided
- 2/3 cup sugar, divided
- 1/8 teaspoon salt
- 2/3 cup unsweetened cocoa powder
- 2 tablespoons cornstarch
- 1 teaspoon vanilla extract

1. Lightly beat egg with a fork in a medium bowl.
 2. Combine 1 1/2 cups milk, 1/3 cup sugar and salt in a medium saucepan; bring to a simmer over medium heat, stirring occasionally.
 3. Meanwhile, whisk the remaining 1/3 cup sugar, cocoa and cornstarch in a medium bowl. Whisk in the remaining 3/4 cup milk until blended. Whisk the simmering milk mixture into the cocoa mixture. Pour the mixture back into the pan and bring to a simmer over medium heat, whisking constantly, until thickened and glossy, about 3 minutes. Remove from heat.
- Whisk about 1 cup of the hot cocoa mixture into the beaten egg. Return the egg mixture to the pan and cook over medium-low heat, whisking constantly, until steaming and thickened, about 2 minutes. (Do not boil.) Whisk in vanilla. Serve warm.

Eatingwell.com recipe



Heart Word Game



- ❶ what the heart does to send blood rushing out
- ❷ a gas that our bodies need
- ❸ the name for the system that includes our heart and blood vessels
- ❹ what the heart looks like
- ❺ what you can listen to with a stethoscope
- ❻ the part of the body that takes in oxygen
- ❼ the liquid that carries oxygen throughout our bodies
- ❽ what our heart is made of
- ❾ the tubes that carry blood

blood
circulatory
contracts
heart
vessels
muscle
oxygen
pump
lungs

Retrieved from americanheart.org

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