

The Caregiver Link

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QUOTES

“Love doesn’t make the world go round. Love is what makes the ride worthwhile.”

~ Franklin Jones

“There is no limit to the power of loving.”

~John Morton

“Love is all we have; the only way that each can help the other.”

~Euripides



HEALTHY WAYS TO GET THROUGH A DAY WITH NO SLEEP

If you’re a caregiver experiencing sleepless nights, you know “no sleep” means you may feel physically and mentally drained in the morning. As a result, it can be challenging to face and deal with your loved one’s needs, as well as your own. Your first thought may be to get a quick energy boost with a cup of coffee, tea, or another caffeinated beverage, but the caffeine won’t keep you going all day.

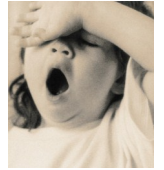
Here are some healthy ways to help you get through your sleep-deprived day and still feel good as you care for your loved one.

Avoid Quick-Fix Snacks

When your body is sleep-deprived, it craves carbohydrates and foods high in glucose and/or sodium. Snack foods like cookies, doughnuts, candies, crackers, and chips taste good, but are just a quick, short-term energy fix. Ultimately your body experiences a let-down; likewise, too much of these foods is simply not healthy and can lead to an unwanted weight gain. Steer clear of these tasty snacks. Instead, eat an apple, orange, banana, or a handful of nuts to satisfy your hunger and provide energy in a healthy way.

Eat Small, Healthy Meals

A large, calorie-rich meal can make you feel sleepy and sluggish. Try eating several smaller meals throughout the day and be sure to include high-protein foods. Protein provides and sustains energy for a longer time period than simple carbohydrates.



Consider enjoying one of these smaller, lighter meals:

Low-fat peanut butter spread on celery and apples;

Scrambled egg whites served with a side dish of fresh fruit & whole wheat toast;

Tuna fish topped with lettuce & tomato on whole wheat bread or pita;

A cup or smoothie of low-fat yogurt mixed with blueberries or strawberries.

Don't Overdo Caffeine

When you're tired and know you have many daily chores to do for your loved one, it may be tempting to double or triple your daily amount of caffeine. Unfortunately it's likely this increase will keep you awake when it's time to go to sleep. Instead of upping your caffeine quotient, consider sticking with the same



What is Heart Disease?

When you hear the term “heart disease,” you may think, “That’s a man’s disease” or “Not my problem.” But here is The Heart Truth®: one in four women in the United States dies of heart disease, while one in 30 dies of breast cancer. If you’ve got a heart, heart disease could be your problem. Learn more about heart disease.

What Are the Risk Factors for Heart Disease?

An astonishing 80 percent of women ages 40 to 60 have one or more risk factors for heart disease. Having one or more risk factors dramatically increases a woman’s chance of developing heart disease because risk factors tend to worsen each other’s effects. In fact, according to research compiled by the NHLBI, having just one risk factor doubles your chance of developing heart disease.

Whatever a woman’s age, she needs to take action to protect her heart health. Heart disease can begin early, even in the teen years, and women in their 20s and 30s need to take action to reduce their risk of developing heart disease. Yet among U.S. women ages 18 and older, 17.3 percent are current smokers, 51.6 are overweight (BMI of 25 or greater), 27 percent have hypertension, 35 percent have high cholesterol, and 53 percent do not meet physical activity recommendations. African American and Hispanic women, in particular, have higher rates of some risk factors for heart disease and are disproportionately affected by the disease compared to white women. More than 80 percent of midlife African American women are overweight or obese, 52 percent have hypertension, and 14 percent have been diagnosed with diabetes. Some 83 percent of midlife Hispanic women are overweight or obese, and more than 10 percent have been diagnosed with diabetes.

How Do I Find Out if I Am at Risk for Heart Disease?

Some women believe that doing just one healthy thing will take care of all their heart disease risk. For example, they may think that if they walk or swim regularly, they can still smoke and stay fairly healthy. This is wrong. To protect your heart, it is vital to make changes that address each risk factor you have. Find out how to lower heart disease risk.

A damaged heart can damage your life by interfering with enjoyable activities and even your ability to do simple things, such as taking a walk or climbing steps. Heart disease cannot be “cured.” It is a lifelong condition—once you get it, you’ll always have it.

Fortunately, it’s a problem you can do something about. Find out your risk for heart disease and take steps to prevent and control it. Talk to your doctor to get more answers. Start taking action today to protect your heart. By doing just 4 things—eating right, being physically active, not smoking, and keeping a healthy weight—you can reduce your risk of heart disease by as much as 82 percent.

Remember to take care of others; you must take care of yourself.



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amount of caffeine you drink during the day following a good night's rest.

Grab a Nap

Napping is healthy for your body. Studies show that occasional napping may decrease a person's risk of coronary heart disease. If you can make the time to take a nap, be sure another person is present in your home to care for your loved one, particularly if he/she has special needs that require constant attention.

Refresh with a Cold Shower

While a soothing hot shower may sound good, it can leave you sleepy. Take a quick, cold shower or wash your face with cool water to revitalize you! This refreshing break can make you feel better all over and ready to take on your next caregiving task.

Walk for 30 Minutes

A brisk walk can physically and mentally recharge you! It brings fresh oxygenated blood to your muscles and organs, boosts your metabolism, and lifts your spirits. This added energy can help sustain you throughout the day.

Drink Water

Water is essential to your body's good health. Fifty-five to 60 percent of the average body is comprised of water. Drinking water throughout the day protects you from dehydration. Even mild dehydration, as little as one- to two-percent loss of body water, can reduce your energy and make you weary, so caregiving responsibilities can be even more challenging.

Stay Safe

After a sleepless night, you should also recognize that you may have some limitations and should

avoid activities that could compromise your safety and your loved one's, especially:

Driving—especially for long distances, is dangerous when you're tired. So if you need to take your loved one to a doctor's appointment or pick up a prescription at the pharmacy, you may want to reschedule or ask a friend for a ride.

Drinking alcohol—don't! It can make you even sleepier and compromise your caregiving duties. Smoking—once again, don't! Many household fires are caused when someone falls asleep while smoking.

Plan Ahead

Sleepless nights are not always due to restless sleep or getting up during the night to care for your loved one. In some situations, you may know ahead of time that a sleepless night is unavoidable due to your loved one's condition. If this is the case, try to get some rest before you pull an "all-nighter."

Here are a few tips that may help you if you need to stay up all night::

If you work outside the home, ask your boss if you can come in late the next day.

If you have children, see if a neighbor can watch them, to give you a few hours of relief before staying up all night.

Arrange for another person to provide caregiving services to your loved one the next morning.

Try to get a good night's rest the night before you'll be up all night.

Remember, your health and well-being are important. You need to have the energy and positive mindset to care for your loved one, and yourself.

**The Mission Of Senior Resources
An Area Agency on Aging**

To provide a comprehensive and coordinated system of services designed to promote the independence and dignity of older persons and their families in Muskegon, Oceana, and Ottawa counties — a mission compelling us to target older persons in greatest need but to advocate for all.

**To contact us, please call
Amy or Mary at:**

February's website: <http://theworkingcaregiver.org/>

Double Chocolate Brownies (Heart Healthy) - Makes 16 brownies

These rich-tasting brownies are amazingly low in calories.

2/3 cup all-purpose flour 1/2 cup granulated sugar
1/3 cup unsweetened cocoa powder 1 tsp. baking powder
1/4 tsp. or less salt 1 tsp. pure vanilla extract
1 tsp. instant coffee granules 1/4 cup soft margarine 2 eggs
1/2 cup unsweetened applesauce 1/2 cup chocolate chips

Directions: In bowl, stir together flour, sugar, cocoa, baking powder and salt. Mix vanilla and coffee to dissolve coffee.

In mixing bowl, beat margarine, eggs and vanilla mixture for 1 minute. Add applesauce and beat just until blended.

Fold in flour mixture and chocolate chips just until blended.

Spread evenly in greased 8-inch (2 L) square pan. Bake in 350°F oven for about 12 minutes until outside edges are firm. Cool on rack.

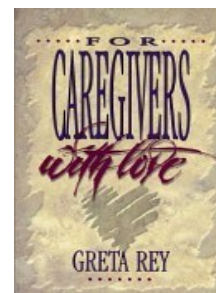
Make ahead: Store in covered container in refrigerator for up to 1 week.

From Anne Lindsay's Lighthearted at Home ©2010

Readers Corner:



Greta Rey recognizes the emotional and spiritual needs of those who assume daily, often round-the-clock, nurturing of one who has physical and/or mental



insufficiencies. *For Caregivers with Love* has prayers, meditations, and encouragements for caregivers.

