

Heart Healthy Beef Stew

High Fiber - Low Sodium - Healthy carbs - Serves 4



Ingredients:

- | | |
|--------------------------------------|---|
| 1 pound beef round steak | 1/4 cup uncooked barley |
| 2 teaspoons canola oil | 1/4 cup red wine vinegar |
| 2 cups diced yellow onions | 1 teaspoon balsamic vinegar |
| 1 cup diced celery | 3 cups low-sodium vegetable or beef stock |
| 1 cup diced Roma tomatoes | 1 teaspoon dried sage, crushed |
| 1/2 cup diced sweet potato | 1 teaspoon minced fresh thyme |
| 1/2 cup diced white potato with skin | 1 tablespoon minced fresh parsley |
| 1/2 cup diced mushrooms | 1 tablespoon dried oregano |
| 1 cup diced carrot | 1 teaspoon dried rosemary, minced |
| 4 cloves of garlic, chopped | black pepper to taste |
| 1 cup chopped kale | |

Preparation:

Preheat grill or broiler (medium heat). Grill or broil steak 12 to 14 minutes turning once. Don't overcook. Remove from heat and let rest while preparing vegetables.

In a large stock pot, saute vegetables in oil over medium-high heat until lightly brown, about 10 minutes. Add barley and cook an additional 5 minutes.

Pat meat dry with paper towel. Dice grilled steak into half-inch pieces, add to pot. Then add vinegars, stock, herbs and spices.

Bring to simmer and let cook 1 hour, until barley is cooked and stew has thickened considerably.

Although this beef stew is easy on meat, it's full of vegetables and flavor.

Total carbohydrate 35 g	Cholesterol 84 mg
Dietary fiber 7 g	Protein 42 g
Sodium 166 mg	Monounsaturated fat 4g
Saturated fat 2 g	Calories 389
Total fat 9 g	Added sugars 0 g
Trans fat 0 g	

Created by the chefs at the Mayo Clinic's Dan Abraham Healthy Living Center.

This newsletter is published quarterly and provides information and resources for caregivers and older adults. Information and comments are welcomed and should be sent to, Lori.Mayer@Genesishcc.com. You may also contact Lori Mayer at 610-925-4138.

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February is American Heart Month: Know the risks...and take action to lower yours

Since the 1950s, the death rate from heart disease and stroke has gone steadily down in the U.S., thanks to technological and pharmacological advances in modern medicine. That's the good news.

The not-so-good news is that risk factors such as obesity and diabetes have become more common. While the death rate may be lower, Americans are still getting heart disease just as often. As much as ever, it's important to learn how to prevent the disease altogether.

That's the objective of American Heart Month, an awareness initiative that the American Heart Association sponsors every February. It's a time to spread the word about doing what it takes to prevent cardiovascular disease.

First things first: learn the risk factors.

Prevention starts with knowledge. There are several medical conditions that can increase your risk for heart disease, including high blood pressure, high cholesterol, and diabetes. Other causes include smoking, being overweight, an unhealthy diet, and lack of physical activity. If any of these factors apply to you, now is the time to take steps to lower your risk and ward off the onset of heart disease.

Make heart-healthy lifestyle decisions.

The most fundamental part of caring for the heart simply comes down to making healthy choices. There are, of course, genetic factors that come into play. You can't change your age or revise your family history — but you can make modest changes to your diet and lifestyle to improve your heart health.

Anyone can reduce the risk of heart disease by practicing basic prevention habits, such as a healthy diet, plenty of physical activity, maintaining a healthy weight, and no smoking. Also, get regular checkups, and talk to your doctor about ways to maintain heart health. If you're caring for a loved one with risk factors, make sure he or she does the same. (Be sure to read the "Hearty Diet" article on page 3 of this issue.)

For doctors, nurses, and others in the medical profession, American Heart Month is the time to be a leader in the community. Put your expertise to use by speaking out about ways to lower risk and prevent heart disease.

For more information on coronary heart disease and American Heart Month, visit the American Heart Association's website at <http://www.heart.org/HEARTORG>.

caregivers'

Coping with sleep disorders

If you experience sleepless or restless nights, you're not alone. The American Sleep Association estimates that as many as 70 million American adults have a sleep disorder. For the elderly — especially those with Alzheimer's or dementia — sleep disorders are all-too-common, and potentially more problematic.

There are many possible causes for sleep problems in the elderly. Depression, certain medications, medical conditions (such as heart failure or arthritis), lack of physical activity, and changes in the body's natural clock can all have an impact on sleep patterns. Over time, sleep deprivation can have many adverse effects on one's mental and physical health. It could lead to daytime drowsiness, greater risk of falling or accidents, and lapses in judgment.

What's more, sleep disorders can have a domino effect on families. If a loved one with dementia is not sleeping, there's a good chance the caregiver isn't either.

Tips for achieving a better night's sleep

Correcting chronic sleep issues can be a challenge, but there are effective strategies for improving one's rest. For older adults it's best to try non-drug treatments first, especially for those who already take multiple medications. Suggestions from the National Institutes of Health (NIH) include:

- Stay active and engaged during the day; minor physical activity helps promote restfulness.
- Stick to a daily routine; avoid naps and go to bed and wake up at the same time every day.
- Get some sun exposure during the day, but draw blinds to block out nighttime shadows.
- Maintain a soothing and comfortable sleeping environment, and encourage quiet activities, such as reading, before bed.
- Avoid caffeine and alcohol, especially later in the day.

Solving a sleep disorder will not happen overnight — or even over several nights. It requires patience and discipline. If you or an elderly loved one continue to experience disrupted sleep even after trying these changes, it would be best to consult a doctor. He or she may prescribe medication or suggest other therapies.

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Heart Disease doesn't discriminate. But it does affect women and men differently.

Unless you've had a female friend or relative with heart disease, you might not be aware of some very important information that could help save a life.

Did you know that heart disease is the number one killer of women in the U.S., responsible for one in three deaths? A 2017 study found that 45% of women were unaware of this fact. Many are also unaware that men and women often experience heart attacks in very different ways, and that the symptoms can vary dramatically. Understanding these differences can be the key to early detection and a positive outcome — particularly in women, whose more subtle symptoms can often be misinterpreted.

Consider the so-called "Hollywood heart attack," in which a person — typically an older man — clutches his chest, stumbles, and falls to the ground in excruciating pain. Intense pressure and discomfort in the center of the chest is certainly a classic symptom, and can affect both genders. Women, however, tend to experience more subtle signs that begin to show as early as three to four weeks before a heart attack begins.

Be on the lookout for the following:

- Unusual and unexplainable fatigue
- Shortness of breath
- Abdominal discomfort
- Pain in the upper body — possibly in the neck, jaw, arms, upper back, and/or shoulders

- Nausea or vomiting
- Sweating
- Light-headedness or dizziness

These warning signs can easily be mistaken for other conditions, so it's important to promptly seek medical care or consultation if you experience any of them.

Prevention — and awareness — are the best medicine

There are a few other gender-related differences, which suggests that women may want to seek out a cardiologist who specializes in women with heart disease. For example, some health conditions that only affect women — such as endometriosis and polycystic ovary disease (PCOS) — can increase the risk of heart disease. Also, some women have blockages in small arteries that are more difficult to see in testing than those in the heart's larger arteries.

Here's another key difference: Women tend to have their first heart attack at an older age, with 70 being the average for women and 66 for men. Strides are being made to provide more specialized, gender-based diagnosis and treatment, and women's health advocates continue to push for initiatives that will keep this trend going.

Of course, regardless of age or gender, prevention is key. A little knowledge can go a long way toward early detection and treatment. As always, talk openly with your doctor about what you can do to lead a heart-healthy lifestyle.



Hydrate, Hydrate, Hydrate! Signs that you are dehydrated include: Headache • Dry mouth • Lethargy • Constipation • Muscle cramps

Along with age comes an increased risk of dehydration, which can cause serious health issues. As you age, your body's water content decreases, the ability to conserve water is reduced, and thirst diminishes. Certain medical conditions and medications can cause frequent urination that depletes fluids and electrolytes. Also, memory loss and dementia can cause you to forget to drink.

Dehydration contributes to many health issues in the elderly, including confusion, impaired cognition, kidney stones, dizziness, and falling. As a result, it can increase the chances of being hospitalized and is associated with increased mortality rates.

Tips for staying hydrated. While drinking water is important, it doesn't have to account for 100% of your fluid intake for the day. Mix it up and make it fun.

Your not-so-final wishes: How to change or cancel a will

It's not always easy to think about, but deciding how your assets will be allocated in the event of your death is an important part of financial planning. A common way to do that is with a last will and testament. Think of it as a "map" that provides direction on who will receive property, make funeral arrangements, and oversee the details of settling your estate.

But what if one of the people named in your will has died, or your financial situation is different? Can your will be changed?

The short answer is yes. While a will is a legal and binding document, it is not set in stone forever. You can alter a will to account for:

- Changing or adding beneficiaries
- Increased wealth or assets
- Your wishes for funeral arrangements or organ donation
- Naming an executor
- Changes in the needs of your children or other family members

Revising a will, however, is not simply a matter of crossing out a few lines, or tearing it up and starting over. The best course of action depends on the type of changes you wish to make, and it's advisable to seek the assistance of a lawyer. Here's a look at some of the key ways you can change your intentions and final wishes:

Modify or add to your existing will. You can make changes directly to your original will, though you'd have to be careful not to leave multiple versions. A safer option would be adding to your current will with the help of a lawyer. He or she will create legal additions called codicils, which are made official by witness signatures.

Create a new will. In many cases, this may be an easier option — particularly if the changes are significant. An updated legal will supersedes the older version, which becomes null and void. Nevertheless, it is wise to include a statement that revokes all previous versions of the will.

Cancel a will without creating a new one. To do this, you can create, sign, and notarize a legal document indicating your intent to revoke the earlier version. You can also physically destroy a will by burning, tearing, or cutting it up in front of witnesses. Just keep in mind that not having a will could complicate estate-related matters and adversely affect surviving family members.

A last will and testament is like a gift to your family, and keeping it up to date helps to ensure that financial matters will be properly addressed during a difficult time. Perhaps more important, your will can provide you with the peace of mind of knowing your legacy will live on.



Enjoy a "heartly" diet

In recognition of National Heart Month, here's a suggestion: Eat your way to a healthier heart!

By choosing a whole-foods diet, you'll not only reduce your risk for heart disease, but also help control blood pressure, lower cholesterol, lower blood sugar levels, and maintain a healthy weight.

For starters, here's a quick guide to building a heart-healthy diet:

CONSUME LESS:	INSTEAD, CHOOSE:
"Bad fats" like trans fats found in deep fried foods and saturated fats found in processed snacks and fast food.	"Good fats" like Omega 3 fatty acids and monounsaturated fat found in avocados, salmon, and nuts.
White bread, white rice, refined pastas, sugary cereals.	Whole grain bread, brown rice or quinoa, whole-wheat pasta, whole grain cereal.
High-sodium, canned vegetables.	Colorful, fresh vegetables.
Fatty and processed meats like salami, sausage, bacon, and organ meat.	Lean, skin-less meat, such as chicken breast and beans.
Candy, cakes, and sweets.	Fresh fruit and dark chocolate.
Butter and lard.	Margarine or olive oil.
High fat dairy products and processed cheese.	Low-fat dairy products or dairy-free alternatives.
Liquor and beer.	An occasional glass of red wine, which is rich in antioxidants.

Spice it up!

Eating heart-healthy doesn't have to be bland. Season vegetables with fresh or dried herbs, vinegars, soy sauce, and/or garlic. Marinate lean proteins before preparing them, or use an easy pre-packaged spice rub. Cook whole grains in low-sodium broth instead of water to enhance the flavor during the cooking process.

Easy heart healthy snacks

Fresh Trail Mix. Combine dark chocolate, unsalted walnuts, raspberries, blueberries, and blackberries for an antioxidant-packed, fiber-rich, sweet snack.

Fish & Crackers. Add tuna or salmon to whole grain crackers. Fish contains Omega 3 Fatty Acids that are essential for heart health.

Veggies & Hummus. Cut carrots and celery into sticks to dip into hummus, a chickpea-based dip. This crunchy high-protein, high-fiber snack can help lower cholesterol.

Banana and Almond Butter Toast. Toast some whole grain bread, spread on almond butter, and top it with sliced bananas. You'll feel satisfied and energized by this protein-packed, high-fiber treat. Bananas contain potassium, an essential nutrient for a steady heart-rhythm and lowering blood pressure.

When it comes to heart health, diet is only part of the equation. Exercise is equally as important, and these simple recipes can help give you the energy you need to stay active. That's a win-win — and your heart will thank you!