

Pancakes

Makes 8 pancakes



Ingredients:

- 1 cup all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 large egg
- ¾ cup milk
- ¼ cup of butter or margarine, melted

Preparation:

In a medium bowl, combine flour, sugar, baking powder, and salt. Stir in egg, milk and butter. Do not over mix. Pour ¼ cup of batter per pancake onto a hot greased griddle. Flip pancakes when bubbles form on top. Serve when golden brown. (Makes 8 pancakes – but can be multiplied for the proper amount.)

Then... get creative with toppings. Adorn your pancakes with a smiley face, a snowman, or even a cat. The possibilities are endless. Mix and match a few of these toppings:



Fruit:

- Strawberries
- Raspberries
- Blueberries
- Bananas
- Peaches
- Maraschino Cherries

The Sweets:

- M&Ms
- Chocolate Chips
- Sprinkles

Savory:

- A Fried Egg
- Bacon
- Sausage
- Butter

Sauces:

- Chocolate Syrup
- Maple Syrup
- Carmel Sauce
- Jam

A Little Extra:

- Powdered Sugar
- Whipped Cream
- Cinnamon

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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Genesis Today

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National Assisted Living Week®
SEPTEMBER 8-14, 2019

Get inspired!

“A Spark of Creativity” is the theme of this year’s National Assisted Living Week

Albert Einstein said, “Creativity is intelligence having fun.” You can’t argue with that. But not only is being creative fun, it is also beneficial to your overall health. Creative pursuits can alleviate boredom, keep minds busy, help prevent feelings of depression, and even give you a sense of purpose.

What’s more, activities such as painting, music, and arts and crafts can help with hand-eye coordination, cognitive abilities, and concentration. In other words, being creative can have a positive impact on your well-being.

So it’s easy to see why the National Center for Assisted Living has designated “A Spark of Creativity” as its theme for this year’s National Assisted Living Week (September 8 – 14). This theme is intended to inspire facility residents to tap into their creative side, through the arts and with other means of self-expression.

This theme is also a call to action to assisted living staff to “get creative” in providing care to residents. Staff personnel and caregivers alike are encouraged to offer ideas that could help improve each resident’s quality of life. Scott Tittle, Executive Director of the National Center for Assisted Living, explains it this way:

“A Spark of Creativity” encourages everyone to get their creative juices flowing — whether it’s residents trying out new things, or caregivers exploring innovative ways to improve care and community life.”

During National Assisted Living Week, assisted living communities nationwide will be organizing activities and events to help residents get in touch with their artistic side. It’s a time to find that inner “spark” that will set your creativity ablaze.

To help you get inspired, we have a few suggestions for you. In this issue, you’ll find articles on Art Therapy and expressing yourself through words. (We’ll even tell you how to get artistic with pancakes!) But how you choose to be creative is totally up to you. Whether you put brush to palette, pen to paper, or pick up an instrument and make music, using your imagination can help you “age well.”

So conjure your muse of choice...and start those creative juices flowing!

For more information about National Assisted Living Week and this year’s theme, visit www.ahcancal.org/ncal/events.

caregivers’

Downsizing Tips for Moving to Assisted Living

One of the most emotional aspects of moving from a long-time home to an assisted living facility is getting rid of possessions. After all, downsizing can be daunting for anyone, but especially for the elderly, who may find it upsetting to let go of the past.

The good news is, there are ways that caregivers and residents can work together to make the process less stressful. When helping a loved one downsize, it’s important to be empathetic. Rather than say, “Why are you keeping this?,” be understanding about why certain items may be seen as valuable. Don’t be too quick to discard something; your loved one may need time to think about it.

Here are some questions to ask when deciding whether to keep or part with an item:

Do you really need it? Be honest: if the answer is no, get rid of it.

Do you use it regularly? If the item is something that is only used once in a while, maybe you can do without it (or borrow one when you do need it).

Do you have more than one? Depending on the item, you may be able to get by with one and part with the rest.

Does the item have financial value? If so, hold on to it. Maybe it can be handed down to a family member later.

Does it have sentimental value? This can be tricky. You don’t want to be overly sentimental, but it’s important to understand that something may be dear to one’s heart for a special reason. Save a little space for these treasured items.

Would someone else like to have this? If the item in question is still usable or has value — but you can do without it in your new space — give it to a friend or family member who can make use of it. Or donate it to a local charity!

Throughout the downsizing process, keep in mind that change is often good. If you’re helping a loved one make the transition, emphasize all the positives of the new living situation. Also, be generous with your own storage space, if only temporarily. Your understanding and compassion can make a difference in how a loved one accepts this significant change in his or her life.

corner

Genesis

Genesis HealthCare Residences

- ALABAMA**
Hilltop at Glenwood, Florence
Magnolia Village, Gardendale
- CALIFORNIA**
Spring Senior Assisted Living, Torrance
- COLORADO**
Cheyenne Place, Colorado Springs
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- CONNECTICUT**
Glen Crest, Danbury
Groton Regency Retirement, Groton
- GEORGIA**
The Village at Renaissance, Griffin
- IDAHO**
Sunny Ridge, Nampa
Meridian Center, Meridian
- KENTUCKY**
Heritage Place, Owensboro
- MASSACHUSETTS**
Heritage Woods, Agawam
- MONTANA**
The Lodge, Great Falls
- NEW HAMPSHIRE**
Granite Ledges of Concord, Concord
Pleasant View Retirement, Concord
Partridge House, Hampton
Langdon Place of Nashua, Nashua
Langdon Place of Keene, Keene
Langdon Place of Dover, Dover
Langdon Place of Exeter, Exeter
Clipper Harbor Assisted Living, Portsmouth
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Victoria Commons, North Cape May
Brakeley Park Villas, Phillipsburg
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Village at Northrise - The Hallmark, Las Cruces
Village at Northrise - Morningside, Las Cruces
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Highgate at Paoli Pointe, Paoli
Sanatoga Court, Pottstown
Berkshire Commons, Reading
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Riverview Ridge, Wilkes-Barre
- WASHINGTON**
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Wishing Well Assisted Living Community at
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Call 866-745-2273 or visit genesishcc.com to learn more.



Find your inner Rembrandt: The benefits of art therapy

Remember those coloring books you had as a child? Remember opening the box of crayons, choosing the right colors for each illustration, and carefully drawing within the lines? Remember the simple joy you felt when finishing a picture?

You didn't know it at the time, of course, but you were experiencing a form of art therapy. You were connecting with your creative side and feeling the therapeutic effects. And that's something you can still experience today.

Art therapy is a form of psychotherapy that encourages self-expression through painting, drawing, and other creative outlets. It is practiced in a variety of settings — including many assisted living communities — and facilitated by a professional art therapist. As you're about to see, art therapy has numerous benefits for older adults.

Brighten your mood and broaden your perspective.

The aging process often brings changes that can cause anxiety or feelings of isolation — such as hearing loss, vision changes, and memory problems. Activities like sketching, painting or sculpting can have a calming, stress-relieving effect. This can improve your mood, self-esteem and overall quality of life.

Also keep in mind that it's important to keep learning as we age. With art therapy, you'll not only learn a new skill, you'll gain a deeper understanding of yourself through this alternative way of expression. Art therapy can lead to new ways of thinking, looking at the world, and problem solving.

Foster self-expression and enhance memory.

Art therapy challenges the mind and promotes cognitive abilities that help ward off dementia and keep you mentally sharp. It also has benefits for those who are already experiencing memory loss and may have trouble communicating. Expressing oneself with colorful paints or tactile clay can aid in communicating through a different medium than speech. In a sense, it's like releasing difficult emotions in healthy and positive way.

An important aspect of art is the symbolism it conveys. A trained art therapist can identify these signs and guide you to psychologically work through a particular theme or emotion as you create your masterpiece. Art therapy is a way of expressing feelings that are difficult to put into words.

Increase your dexterity. Sensory stimulation, like molding clay and moving a paintbrush in a controlled fashion, helps improve dexterity — especially in the hands and arms. Art therapy can even include expressive dance, with movements that can increase flexibility and promote strength. The ongoing practice of art also improves hand-eye coordination and sensory motor functions.

Increase your dexterity.

Along with all of these physical and mental health benefits, art therapy can enhance your life in another very important way: It's fun! So give it a try...and ignite your "spark" of creativity.



What's your story? Express yourself through words

Everyone has a story — and chances are, yours is more interesting than you realize. After all, you've seen and done so much in your lifetime, so why not share your experiences with the world? (Or at least with your family and friends.)

As renowned poet, Maya Angelou, said, "There is no greater agony than bearing an untold story inside of you." In light of this year's Assisted Living Week theme, "A Spark of Creativity," now is a great time to tell yours. You'll find that writing can be a great stress reliever — and it's even linked to a number of health benefits, including enhanced cognitive function.

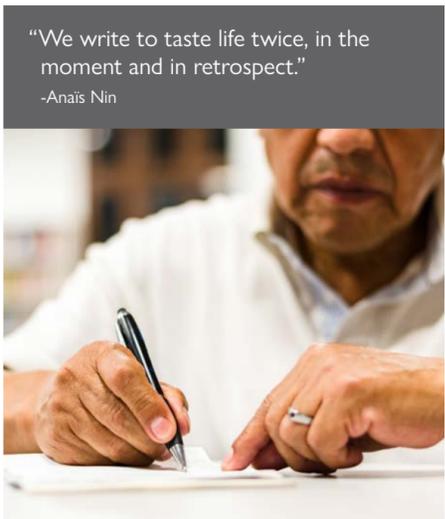
Let's start with a bit of advice.

Don't worry about being a good writer. Just write — a little bit every day, if time permits. For your first draft, you don't even have to concern yourself with style or grammar. It's just you telling a story to yourself. Your goal doesn't have to be writing a novel, either. Your story can be told in snippets in a daily journal, or by describing on paper some of the significant events in your life.

If you think that getting started is the hardest part, you're not alone. Even professional writers struggle with that at times. You may want to consider a formal writing "prompt" for inspiration. These are words, statements, or scenarios that can get your imagination going. If you have Internet access, you can find sites online with writing prompts. Or, ask a friend or family member to suggest a topic for you to write about.

If the actual writing part seems daunting to you, consider enlisting someone to record conversations with you as you tell your story. When you listen back, you can transcribe your words and add to them. Once you get on a roll, you will likely find that expressing yourself in words can be cathartic — and very inspiring.

Again, you don't have to write the Great American Novel. But putting pen to paper is a rewarding way to let your story live on and preserve your legacy for generations to come.



"We write to taste life twice, in the moment and in retrospect."
-Anaïs Nin

Celebrate National Pancake Day!

Whoever said you shouldn't play with your food didn't know how fun it could be!

That's why National Pancake Day on September 26 is worth celebrating. It's a great time to try a little pancake art and enjoy a yummy breakfast at the same time. Residents, staff, and family members can all join in the fun by planning a pancake-making event for the day. Say goodbye to boring pancakes topped with maple syrup and a pat of butter, and hello to a delectable dish with a dash of creativity and a sprinkle of imagination. You may find that your end result looks almost too good to eat. Almost. But before you chow down, be sure to snap a photo of your creation. If possible, share it on social media for all to see. Enjoy!

Start by whipping up some fluffy pancakes. See the recipe on page 4.



Get ready for Medicare's Open Enrollment



Medicare's Annual Election Period (AEP) is quickly approaching. Also known as Open Enrollment, AEP runs from October 15, 2019 to December 7, 2019. This is the window of time in which a person who qualifies for Medicare can change or renew their health plan for 2020.

For instance, if you have an Original Medicare plan and would like to switch to a Medicare Advantage plan, you may do so at this time. If you already have a Medicare Advantage plan, you also have the opportunity to switch to a Medicare Advantage plan offered by another health insurance company.

An important change for 2020

If you have a Medicare Part D prescription drug plan, here is some good news. The amount you have to pay out of your pocket in the coverage gap known as the Medicare "donut hole" will begin to decrease each year. Ultimately, you'll pay no more than 25 percent for covered brand name and generic drugs in the donut hole.

With the start of Open Enrollment just a month away, now is the time to start researching your options. If you have access to the Internet, a search for "Medicare Open Enrollment" will yield plenty of information. Also, watch for mailings from various health insurers who are offering Medicare Advantage plans during AEP.

To learn more about Medicare's enrollment periods and to compare your coverage options, visit www.medicare.gov.