

Creamy Potato Soup /Serves 4-6



Recipe courtesy of loveandlemons.com

- Ingredients:**
- 3 tablespoons extra-virgin olive oil, divided

1 large white onion, chopped

½ teaspoon sea salt

4 garlic cloves, chopped

1 tablespoon white wine vinegar

4 cups vegetable broth

1½ pounds Yukon gold potatoes, about 5, chopped

1½ cups cooked white beans, drained and rinsed

½ teaspoon Dijon mustard

1 tablespoon fresh lemon juice

¼ teaspoon smoked paprika

Freshly ground black pepper

- Directions:**
1. Heat 2 tablespoons olive oil in a large pot or Dutch oven over medium heat. Add the onion, salt, and several grinds of pepper. Sauté 6 to 8 minutes, until softened.

2. Add the garlic, stir, and cook 2 more minutes. Stir in the white wine vinegar and cook, stirring, for 30 seconds, and then add the broth, potatoes, and white beans. Bring to a boil, reduce the heat, and simmer 30 minutes.

3. Let cool slightly, then transfer half of the soup to a blender with the remaining 1 tablespoon olive oil, the mustard, lemon juice, and paprika. Blend until smooth and return the pureed soup back to the pot.

4. Use a potato masher to gently smash the potato chunks and beans. Season to taste with more salt and pepper and serve with desired toppings.

Optional Toppings

- Scallions or chives
- Coconut bacon
- Greek yogurt, optional
- Cheddar cheese, optional

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

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](mailto:Lori.Mayer@Genesishcc.com). You may also contact Lori Mayer at 610-925-4138.

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National Assisted Living Week Celebrates “Joyful Moments”



“To get the full value of joy you must have someone to divide it with.”  
— Mark Twain

If the past few years have taught us anything, it's this: You can't take good times for granted. More than ever, it's important to find ways to spend time with the people you love, making the most of every special moment.

That's the message behind “Joyful Moments,” the theme of this year's National Assisted Living Week (September 11 – 17). This theme celebrates assisted living communities as places where caregivers, residents, family members, and friends come together to create joyful moments and happy memories.

Better together

Consider the Mark Twain quote above. The point, of course, is that joyful moments are meant to be shared. During National Assisted Living Week, assisted living communities will be organizing activities and events to help residents celebrate the importance of sharing good times with the people who make a difference in each other's lives.

Gerald Hamilton, Chairperson of the National Center for Assisted Living, explains that this year's theme brings to light the extraordinary bond created in assisted living facilities between residents, staff, and families. “We truly are one big extended family,” says Gerald, “finding joy and caring for each other through every moment of life, big and small.”

“Joyful Moments” is a reminder that challenges can be overcome by focusing on the connections you make and the time you spend with those who matter most. In keeping with this theme, articles in this issue of Genesis Today focus on ways to share and spread joy.

For more information on National Assisted Living Week and this year's theme, visit [www.ahcancal.org/ncal](http://www.ahcancal.org/ncal)

caregivers’

corner

Take a break: Respite care has advantages for both of you

While taking care of an elderly loved one, it's important to also take care of yourself. Focusing too much on the needs of another at the expense of your own can lead to caregiver burnout.

Respite care is a sensible solution that can benefit both caregivers and those for whom they care. It provides temporary relief for caregivers, while ensuring that loved ones still receive the assistance they need.

There are different types of respite care to meet a range of specific needs. Many assisted living communities, including Genesis, offer short-stay respite programs. This is often a practical option for patients after a hospital or skilled nursing stay. Assisted living facilities offer rehabilitation services that can aid the recovery process before a patient returns home.

Providing personalized attention

Respite care providers can meet the needs of elderly loved ones in a variety of ways:

- **Assisting with Activities of Daily Living (ADLs).** These include dressing, bathing, and eating.
- **Delivering medical care.** Most respite care providers and assisted living communities are equipped to address basic medical care. Additional services, such as medication management, may also be available.
- **Providing companionship.** If you worry about leaving an elderly loved one alone for too long, respite care can provide supervision and companion services..
- **Help with recuperating.** Respite care is also a prudent option for those who need continued recuperation after rehabilitation therapy.
- **Preparing and providing meals.** Respite care facilities include dining service, so you have the assurance of knowing a loved one will remain well-nourished during his or her stay.

Planning ahead for respite care is wise. Consider researching and exploring your local options ahead of time. Many caregivers try out respite care before they need it, to make sure they have a trusted option when the time comes.



## Genesis Senior Living Communities

### ALABAMA

Hilltop at Glenwood, Florence  
Magnolia Village, Independent Living, Gardendale

### COLORADO

Cheyenne Place Independent Living,  
Colorado Springs

### CONNECTICUT

Glen Crest Independent Living, Danbury  
St. Joseph's Center, Trumbull

### KENTUCKY

Edmonston Center, Brownsville  
Heritage Place, Owensboro

### MAINE

Harbor Hill Center, Belfast  
Orono Commons, Orono

### MASSACHUSETTS

Heritage Woods, Agawam

### NEW HAMPSHIRE

Granite Ledges of Concord, Concord  
Partridge House, Hampton  
Langdon Place of Nashua, Nashua  
Langdon Place of Keene, Keene  
Langdon Place of Dover, Dover  
Langdon Place of Exeter, Exeter  
Mineral Springs, North Conway

### NEW MEXICO

Village at Northrise - The Hallmark, Las Cruces  
Village at Northrise - Morningside, Las Cruces  
Village at Northrise - Desert Willow II, Las Cruces

### PENNSYLVANIA

Lehigh Commons, Macungie  
Highgate at Paoli Pointe, Paoli  
Sanatoga Court, Pottstown  
Berkshire Commons, Reading  
Mifflin Court, Shillington

### WEST VIRGINIA

Wishing Well Assisted Living Community  
at Fairmont Campus, Fairmont Call

Call 866-745-2273 or  
visit [genesishcc.com](http://genesishcc.com)  
to learn more.

## Assisted living places an emphasis on quality of life



When it comes to health care, quality of life has become increasingly important in recent years. More and more elderly Americans are taking advantage of options to maintain or improve quality of life — and that includes choosing to reside in assisted living communities.

In a study conducted by the National Library of Medicine, older Americans described quality of life as “being healthy, having peace, living in harmony, feeling happy, being satisfied with life and keeping busy.”\* Today's assisted living communities can help to achieve each of those objectives. Residents enjoy a lifestyle that offers the opportunity make new connections and explore different ways to enrich their lives, all while remaining close to friends and family.

### A sense of community and companionship

Life in an assisted living community can reduce or eliminate the feelings of isolation or loneliness that the elderly often feel. Residents have the opportunity to interact with people in the same stage of life, many of whom share similar experiences and circumstances. They thrive in an environment that enables them to make new friends and get to know staff members.

Moreover, assisted living residents feel a sense of purpose by belonging to a community of people who truly care about them. This, in turn, creates a healthier frame of mind and positive outlook on life that can lead to greater overall wellness.

### Plenty of ways to stay active

In a typical assisted living community, there is no shortage of ways to make the most of your waking hours. Residents can create “joyful moments” by engaging in a variety of social and cultural offerings. Planned outings, game and movie nights, and group lunches are all common activities at assisted living communities.



An emphasis is also placed on maintaining physical health while having fun. For instance, some communities include pools, fitness classes, and walking paths for light exercise. In recent years, trishaws (bicycles with a sidecar) have become a big hit with residents. They allow passengers to enjoy the experience of riding a bike without exertion.

### Turning living space into a home

Quality of life in an assisted living community can also be enhanced by adding personal touches to your apartment. Create your own unique and cozy space by arranging furniture and including favorite comfort items, such as throw pillows, a quilt, or curtains. Shelves and bookcases are great ways to display photographs and other mementos that help you hold joyful memories dear. Your living space truly becomes a welcoming and comfortable home — all with less housework!

Ultimately, one of the most rewarding benefits of assisted living is peace of mind for residents and family members alike. Along with enjoying a fulfilling lifestyle, residents receive the assistance and support they need when they need it — and that means less worry for family members.

\*[www.ncbi.nlm.nih.gov/pmc/articles](http://www.ncbi.nlm.nih.gov/pmc/articles)

## 7 Important Steps on your Journey to Greater Wellness

Maintaining health and wellness is an ongoing goal, even as we age — or maybe especially as we age. Focusing on physical well-being can lead to a more fit brain and body, as well as happiness and fulfillment.

With that in mind, here are seven ways to put yourself on the road to greater wellness.

**Eat sensibly.** Finding the right amount of nutrients to help maintain cognitive and physical energy is important. Make sure your diet includes fruits, vegetables, nuts, olive oil, and whole grains. A moderate amount of fish and poultry is fine, but go easy on the red meat and processed meats.

**Get enough sleep.** To feel vigorous and well-rested in the morning, try for 7 to 8 hours of sleep each night. That may mean going to bed earlier. For a better night's sleep, avoid caffeine and alcohol in the evening, limit your daytime naps to 20 minutes, and try to go to bed and awake at the same time every day.

**Be physically active.** A moderate amount of exercise can work wonders on your body. Try for about 2.5 hours of physical activity per week, with an emphasis on cardiovascular health and muscle-strengthening. Taking a walk every day is a great start.

**Interact with others.** Loneliness can be debilitating, often leading to dementia, depression, and weight

gain. That's why it's important to stay social. Get involved in the group activities offered at your assisted living community, or stay in frequent contact with family and friends. Just having someone to talk to can mean so much.

**Live with purpose.** Life after retirement can still be rewarding. Find an activity or cause that brings you a sense of purpose and usefulness. Volunteer work or getting involved with a charity can make your life more meaningful and fulfilled.

**Challenge your brain.** Keeping your cognitive skills engaged can help ward off dementia. Try a new hobby, take a class, or learn a new language. A healthier mind can help ensure a healthier body.

**Reduce stress.** Chronic stress has a detrimental effect on the body in a number of ways — including increasing inflammation and hampering the immune system. Find ways to “chill out.” If you're feeling a little on edge, consider yoga, tai chi or meditation. Even a nice brisk walk can do the trick.

Sometimes the first few steps on the road to wellness are the most challenging. If you find it hard to get started, seek the help of family, friends, caregivers, and community staff members. Having support and encouragement can help to keep you on track.



## Relive the Good Times: Remembering Joyful Moments

Everyone enjoys a leisurely stroll down memory lane. After all, it's fun to relive, talk, and laugh about your fondest memories. But did you know that reminiscing can actually help improve quality of life? Remembering happy times can boost your mood, make you feel less agitated, and help ward off dementia.

In keeping with the theme of this year's National Assisted Living Week, here are some ways that you, your family members, and friends can recall joyful moments of the past:

**Look at old photos.** Nothing brings back memories more clearly than looking at snapshots from the past. You can “visualize” the place and time of a memory you hold dear.



**Watch a classic movie.** Old movies are great for bringing back memories. After watching one with family or friends, talk about what was different — clothes, hairstyles, fads — in the era when the movie took place.

**Listen to favorite music.** Crank up a “blast from the past.” Studies have shown that music can help retrieve stored memories, as well as

reactivate the areas of the brain associated with memory, speech, and emotion.

**Talk about past travel adventures.** Memory lane can lead to some faraway places. When getting together with family and friends, talk about your past trips, favorite destinations, and the activities you enjoyed most while on vacation.

**Relive holiday traditions.** Holidays are great times to relive favorite memories. Converse with friends and family members about what each of you remembers the most about past holidays. Try to re-create family traditions each year.

Ultimately, reminiscing about days past can bring families closer together. Staying connected to the past reinforces that your life has been meaningful, as you reflect on all that you've accomplished in life. Sharing happy memories can bring laughter and entertainment — and afterwards, you'll find yourself smiling more.

And you know what? In the process you'll be creating new joyful moments.

## Savor the joy of chocolate



As you celebrate National Assisted Living Week, you can enjoy an added bonus: September 13 is International Chocolate Day. If you like chocolate (and who doesn't?), this day gives you a great excuse to indulge your sweet tooth with brownies, mousse, fudge, bon bons, truffles, ganache...well, you get the idea.



Here's the best part: Despite its sweet, rich flavor, chocolate actually has health benefits when eaten in moderation. Dark chocolate contains a high level of antioxidants, which can reduce cholesterol, regulate blood pressure, and lower the risk of stroke. Eating dark chocolate also releases endorphins to boost your mood.

So go for it without guilt. While you're celebrating National Assisted Living Week, serve chocolate to family, friends, and caregivers to add even more joy to those “joyful moments.”

