

Delaware County

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Legacy Corps of Del. Cty.
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Brain Teasers

Quick! Count the number of times that the letter F appears in the following sentence: "Finished files are the result of years of scientific study combined with the experience of years".
How many did you find?

I Do Love the Holidays

You will know that I am coming
From the jingle of my bell,
But exactly who I am is not an
easy thing to tell.
Children, they adore me for they
find me jolly,

but I do not see them when the
halls are decked with holly.
My job often leaves me frozen,
I am a man that all should know,
But I do not do business in times
of sleet or ice or snow.
I travel much on business,
But no reindeer haul me around,
I do all my traveling firmly on the
ground.
I love the time of Christmas,
But that's not my vocational sea-
son,
And I assure that is because of a
sound economic reason.
Who am I?
(answers on pg. 3, margin)

Winter 2008 Issue 1

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Up and Coming!

December 16- There will be an Advisory Board Meeting at the Senior Housing Community Hall from 1:00-2:00 PM.

December 30- at the PSB (Public Safety Building) from 10:00 AM-1:00 PM. Speaker will be Christen Callahan. She will presenting on Yoga and its benefits. We will also have a holiday luncheon to follow, (please bring a dish to pass if able & your place setting).

January 29, 2009- at the PSB from 10:00 AM-noon. Speakers will be Pamela Tanner from the NYS Division of Veteran's Affairs and



Note from the Editor

We have had a wonderful year and a staff of 22 fantastic volunteers to serve approx. 75-85 caregivers. Over the course of the year we have enrolled over 25 new caregivers and clients into our program, enlisted five new volunteers and one student. We also had four new Advisory Board members join our ranks.

We extend our condolences to those caregivers who's loved ones passed away this year. We are happy we had the opportunity to

get to know them in effort to assist you. We had a successful match for our Legacy Corps/ARC collaboration program. (You can see the article in the Dec. 17 issue of the Walton Reporter) and kicked off the "Adopt a Grandparent" program in our county school system.

I had the pleasure of working with two very capable students from the MSW program at Binghamton University through the

Hartford Practicum Partnership for Aging Education Program and had a phenomenal summer assistant through the Delaware County Youth Bureau. I am fortunate to have her back when she is home on break!

So, my most heartfelt thanks to everyone for helping to make this another successful year and to wish you and yours a most wonderful holiday season and New Year of good health, happiness and peace.

Kit

(con't. from pg. 3,col. 2) nervousness and premenstrual syndrome (PMS).

You can avoid the highs and lows: of mood and energy associated with fluctuating blood sugar levels by choosing foods that are digested slowly. These foods have a low Glycaemic Index and include wholegrain rye bread, oats and basmati rice. High GI foods, which are best avoided, include French baguettes and instant white rice.



Winter Broccoli Soup

1 lg. celery rib, thinly sliced
1 med. bunch broccoli, florets only, coarsely chopped
1 med. onion
Chopped 2 sm. Parsnips, peeled and sliced
4 c. fat-free reduced sodium chicken broth, or vegetable broth,
Salt and freshly ground black pepper to taste
2-3 tsp. lemon juice,
Optional, chopped fresh

parsley for garnish

Instructions:

In deep saucepan, place celery, broccoli, onion, parsnips, broth, and pepper. Cover tightly and bring to boil over medium-high heat. Reduce heat, and simmer until vegetables are very tender, about 20 minutes.

In blender, puree soup until velvet-smooth. Serve in bowls or pour into mugs. Garnish with parsley, if desired.



Nutritional Information:

Serves 4. Per Serving: 106 calories, <1 g. total fat (<1 g. saturated fat), 23 g. carbohydrates, 6 g. protein, 6 g. dietary fiber, 613 mg. sodium www.aicr.org.

You probably noticed some black dots appearing at the top of the page when you scanned the image. However, no dots did actually appear or disappear, it is just an optical illusion! When you focus on such a crossing black dot at that location at all. So there are no black dots in the image!

Please don't be shy, this program has been developed specifically for you, the caregiver.

Did you know?

Sweet healing powers? Honey speeds recovery from moderate burns by about four days compared with traditional dressings, according to a review of 19 studies. But the review concluded that honey did not improve the healing.



The traditional Christmas fruit cake is a derivative of the Christmas pudding. It includes raisins, dates, nuts and candied fruit, also forgetting the generous helping of brandy or rum.

Brain Exercises for Caregivers

by: Cheryl Ellis

Brain foods and brain vitamins have naturally led to brain stimulating exercises. It's considered "old news" that anagrams and crossword puzzles help the brain work out. A new frontier is emerging; our search for healthier brains has led to development of software programs and other technology to improve brain functions.

Every time we learn something new, our brain grows new tissue.

A Pound of Brains, Please

If we could order another helping of brain mass to replace what we perceive is deteriorating daily, mental and emotional stress would be less of a concern. Proper foods, rest and other factors help maintain the approximately three pounds the human brain weighs.

We can "order up" more brains to replace the parts that naturally die off by incorporating activities that stimulate the brain. We keep the new parts



functional and working by continuing that stimulation.

Put your brain on a "smart" diet

Take a look at how you are processing the things you need to do. By getting your brain to work a little differently, you may find that the drain you've experienced with these tasks is because you're doing them the "same old way"

Caregivers work long and hard to establish productive ways that can accomplish what they need to do for themselves and their loved ones. While set patterns can improve efficiency, if done the same way for too long, the patterns become a rut.

Look at your routine from a different perspective. You may find you save minutes in places you didn't expect. Or, while it may take longer to accomplish something a change in perspective may make the experience more enjoyable.

But is it good for me?

Mental exertion can be positive and invigorating. We don't often experience that as caregivers,

however. Some decisions that must be thought about carefully often come at us from left field. Repeatedly making decisions this way can wear us down.

Incorporating your loved one

Conditions which attack brain function may be difficult to overcome if you expect standard results. The rewards that come from brain games may not be measurable, even though most games offer a point or grading system.

Exercises online and through different software programs target different areas of the brain. You may be interested in helping your loved one develop a given area, but think outside the box and incorporate a variety of exercises.



Results you can't buy

Regardless of which types of mental exercise you employ, the results that matter are reduced stress levels, better mental acuity, and a closer relationship with those around you. Whether you are

investigating brainwork to improve your own coping skills, or to help your loved one retain their mental abilities, you are employing tools to help the caregiving experience for everyone involved.

The surprising power of gentle exercise

Yoga, tai chi, and Pilates are well known for their ability to improve balance, flexibility, and mood. And because they put minimal pressure on the hops and knees, they're good for older people or those with joint problems. Growing research shows that they offer other benefits as well.

Yoga. Uses controlled breathing and a series of poses, called asanas that can: protect the heart, promote healthy eating, control pain, ease asthma, and improve sleep

Tai Chi. Improves stability and balance while walking. It might slow bone loss, boost immunity, ease pain of arthritis, and aid cancer patients.

Pilates. Focus on the body's core abdominal muscles, that might ease chronic back pain, burn calories and boost fitness, and improve mental focus.

Did you know? From the Food and Mood Handbook

Low fat diets can make you depressed: research has linked diets that drastically cut down on all types of fat with an increase in symptoms of depression.

Turkey and chicken: contain a good source of mood enhancing tryptophan, an essential amino acid which is converted into serotonin- which can be low in people suffering from depression.



Regular tea and coffee: drinkers may be confusing the mental boost apparently provided by their favorite cuppa with the affects of avoiding the unpleasant caffeine withdrawal symptoms. Caffeine dependency can be acquired with as little as two or three cups drunk daily.

Contrary to popular belief, tinned tuna: is not a good source of omega-3 essential fatty acids as the canning process reduces the tuna's fat content.



Carbohydrate cravings: may be a subconscious attempt to raise serotonin levels. Serotonin is the neurotransmitter, or brain chemical, responsible for mood, sleep and appetite control. It is made from a protein fragment called tryptophan and this is absorbed more quickly into the brain after eating a car-

bohydrate meal.

The rotation diet: method for planning meals is highly recommended as a method for managing multiple food sensitives. Its advantage is that you need to cut out any problem foods completely. It can also be used to detect hidden food allergies and minimize the risk of developing new sensitives..

Vitamin B6, vitamin C, Folic Acid (Folate) and Zinc: are all essential good mood nutrients. They are needed to make the feel-good brain chemical serotonin form the tryptophan protein fragment that is found in foods such as meat, fish, beans, and lentils.



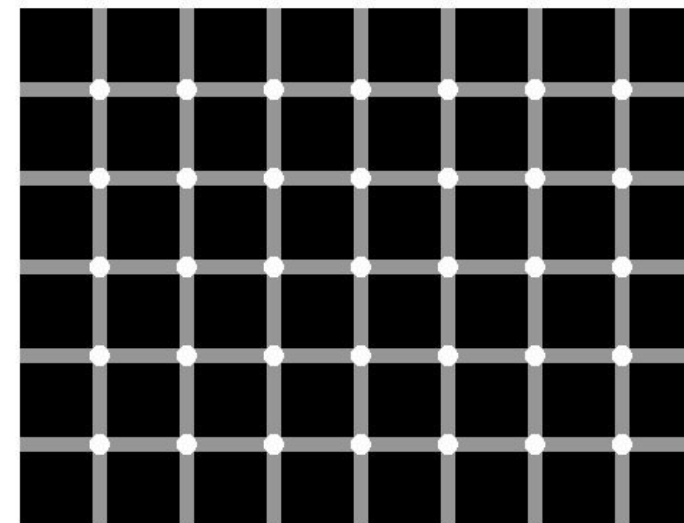
Uncovering hidden food allergies: can sometimes involve careful detective work. Some people with a sensitivity to chicken eggs may find that they also react to chicken meat.



Caffeine: increases mental alertness and concentration and can improve performance. However, too much caffeine has been found associated with: anxiety, cravings, depression, emotional instability, insomnia, mood swings,

(con't. 4, col. 1, bottom)

Look at the imagine below:



The Question: How many black dots can you find in the image? Note that the image is static (i.e. it is not changing); we are not fooling you! **Answer pg. 4, col. 4, bottom**



Color Reading: Above you find a number of words written in different colors. Try to name the colors you see as fast as possible. This means that you should say the names of the colors in which the words are written, and not read the words themselves.

You probably noticed that it is rather tough to say the names of the colors very fast, since your brain is also reading the text, which is almost unavoidable...

<http://www.sharpbrains.com>

The Wellness Wizard™

- Reminds users to take their medications, and perform other important tasks such as locking doors before bedtime, and of upcoming appointments
- Reminder messages are played in the voice of a loved one, and at specified times and dates (daily, every-other-day, weekly, monthly, any day in the future)
- Checks on the user's well-being while they are alone and alerts caregivers if assistance is needed

<http://safetyandwellness.com/>



Answer to F's in Sentence: How many F's did you count? Three? Wrong, there are six! Almost everyone guesses three. Why? It seems that the brain cannot correctly process the word "Of". The letter F usually makes the "f" sound, like in "fox". However, in the word "of", it makes a "v" sound. Somehow, your brain overlooks the word "of" as it scans for the sound of "f".

Answer to riddle: The Ice cream man

A New Year's resolution is something that goes in one year and out the other. ~Unattributed