

NATIONAL

# Nutrition MONTH

## 5 Healthy Habit Tips For a Healthy Life

01

### Get enough sleep

Sleep at least 7-8 hours per night to help your body and mind rest

02

### Eat a balanced diet

Eat lots of nutrient-dense foods, including lots of fruits & vegetables

03

### Manage stress

Find healthy ways to manage stress, such as meditation, deep breathing, or yoga.

04

### Move your body

Incorporate physical activity into your daily routine.

05

### Practice good hygiene

Wash your hands frequently, and avoid touching your face a lot.

*March 2024*



You are not alone.  
YOU ARE NOT ALONE.

*"We rise by lifting others."*

## Dementia Caregiver Support Group

Basehor Community Library:

Meets in person and by Zoom on the first Thursday of every month at 6:30 pm

Join us in this safe supportive environment for caregivers.

Dr. Maritza Buenaver, Geriatric Psychiatrist specializing in dementia education, will guide us as we share our experiences. Anyone is welcome to join us.

# National Nutrition Month

*Inside: Get Enough Sleep, Eat a Balanced Diet, Manage Stress, Move Your Body, Practice Good Hygiene, Virtual Reality, Resources*

## Get Enough Sleep

- Try to maintain a regular sleep-wake schedule.
- Try to grad a few minutes of exercise every day.
- Cut down on caffeine.
- Nap when you can.
- Minimize nighttime noise or light around you.
- Unwind a bit before you turn out your light.
- Notice what helps you relax. Read, listen to soft music, watch a funny TV show, pray.
- Try to go to bed when you start to feel drowsy.



## Eat a Balanced Diet

- Eat a variety of foods; fruits, vegetables, grains, protein, dairy.
- Keep a food diary to track what you eat and add fun and new ideas.
- Read food labels to learn what is in your food.
- Choose foods that do not have a lot of sugar, sodium, and saturated fats.
- Be aware of how any calories you need per day;



Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

## Manage Stress

**Breathe Deeply**— it can be as easy as starting with 3 deep breaths and work your way up to 20. **Eat Slowly**— in order to digest food and absorb nutrients properly. **Tea Time**— take a few minutes to savor a warm cup of herbal tea like lemon balm, lavender or chamomile. **Gratitude Attitude**— Before rising and/or going to bed, think about, say out loud or write down 3 things you are grateful for.

## ***Move Your Body***

**Move more.** Inactivity and sedentary time slows down blood flow, metabolism and immune function. Try to break up sedentary time with 5 minutes of movement every hour. Light intensity activity like house cleaning has been shown to reduce the risk of mobility disability by 40%! Simply moving more throughout the day is powerful medicine, especially when paired with a tailored exercise program.

## ***Practice Good Hygiene***

**Wash your hands** often to avoid the spread of viruses and bacteria. Make sure to wash your hands with soap and water for at least 20 seconds any time you come into contact with surfaces that haven't just been cleaned.

**Prioritize Oral Hygiene.** Caregivers often are at the bottom of their own to do list and end up not caring for themselves as much as they want to and need to. Try adding yourself to the top of the to do list! Oral hygiene is linked to good health. A lack of ongoing dental care raises the risk of serious infections, pneumonia, and cardiovascular disease. **Take care of yourself too!**

## ***Join us on March 28th for Diana's Retirement Reception***

***"I would like to thank Diana Weaver immensely for all the years of support to the Dementia Caregiver Support Group. Your open arms, care and support have made a big difference in the group and all of the Basehor Library patrons. Happy Retirement!"***

***- Dr. Maritza Buenaver***

You're invited to help us celebrate all of the amazing contributions Diana has made to our community.

### **Join us:**

Basehor Community Library  
1400 158th St, Basehor, KS  
March 28, 2024  
5:30 p.m.—7:30 p.m.

***Dementia Caregiver Support Group Meetings are held Monthly on the first Thursday of the month at the Basehor Community Library.***



# Resources



## A JOURNEY THROUGH ALZHEIMER'S DISEASE "VIRTUAL REALITY EXPERIENCE"

*Find out what everyone is raving about!*

**"Enlightening" "Eye-Opening" "Empowering" "Informative"**

**Free Distance Learning Experience Through Zoom..**

**(Alzheimer's/Dementia/Lewy Body/Parkinson's)**

**Experience a journey through their eyes.**

*(A must for caregivers, families, doctors/fellows/residents/staff.)*

Free Virtual Reality Distance Learning is made possible  
by Dr. Maritza Buenaver's Iowa-GWEP/HRSA Grant.



**It's easy to schedule a  
Virtual Reality Session.  
Just email your preferred  
VR Session date and time!  
VAcaregivereducation@gmail.com**

**Also, ask about our  
Lewy Body Dementia, Parkinsons,  
Vision/Hearing Loss, and End-of-Life  
Virtual Reality Experiences.**

- [www.Facebook.com](http://www.Facebook.com)—Basehor Library—Dementia Caregiver Support Group
- [www.LeavenworthCounty.gov](http://www.LeavenworthCounty.gov)—Council on Aging
- [www.VA.gov/eastern-kansas-health-care/health-services/caregiver-support/](http://www.VA.gov/eastern-kansas-health-care/health-services/caregiver-support/)
- [www.ALZ.org](http://www.ALZ.org)—Alzheimer's Association
- [www.TeepaSnow.com](http://www.TeepaSnow.com)—A Dementia-Care Education Specialist
- [www.mountosb.org/ministries/keeler-womens-center/](http://www.mountosb.org/ministries/keeler-womens-center/)  
(913-906-8990) Free Services in Kansas City, KS
- [www.ptsd.va.gov/gethelp/help\\_for\\_veterans.asp](http://www.ptsd.va.gov/gethelp/help_for_veterans.asp)
- **CRISIS LINE: 800-273-8255—Free and Confidential**