

NATIONAL

February 2025

Heart MONTH

Think Heart Healthy

Stay Active: Step #2 of the AFA
10 Steps to Healthy Aging Chart

01 Stay Physically Active

Keep moving

02 Stay Mentally Active

Participate in activities

03 Stay Socially Active

Engage with others

04 Take Care of Your Health

Recipe: Easy heart healthy salad

05 Dementia Caregiver Support Group

February 6th, Thursday, Basehor Library



You are not alone.
YOU ARE NOT ALONE.

*"To care for those who once cared for us
is one of the highest honors." -Greg Anderson*

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.

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist

and Cathy Grigsby, MS, caregiver support specialists,

will guide us as we share our experiences. Anyone is welcome to join us.



February is National Heart Month



Series: Step #2 of the 10 Steps to HEALTHY AGING



Stay active



Stay Physically Active

Physical activity will increase the blood flow to your brain and body, providing additional nourishment while reducing potential dementia risk factors such as high blood pressure, diabetes and high cholesterol.

Stay Mentally Active

Consider activities that may also be mentally engaging, such as walking with a friend, taking a dance class, joining an exercise group or golfing. To keep your mind active, it is important to participate in activities that you enjoy. Perhaps, even challenge yourself to games with strategy.

Stay Socially Active

Social engagement is associated with reduced rates of disability and mortality, and may also reduce risk for depression.

Remaining socially active may support brain health and possibly delay the onset of dementia. When staying socially active in your community, these activities can provide great connections with others. Participation in clubs, volunteer efforts and other community pursuits may be valuable in maintaining your overall health.

Source: www.alz.org



Caregiver Cooking Tip

Prepare a quick meal by steaming or stir-frying vegetables. Look for “low-sodium” canned veggies or try frozen varieties. Compare the sodium content on the Nutrition Facts label of similar products, such as different brands of tomato sauce. Then, choose the ones with less sodium. If you buy canned vegetables, rinse them under cold water before cooking to reduce the sodium.

FEBRUARY EVENT: Dementia Caregiver Support Group **Thursday, February 6th—Basehor Community Library** **1400 158th St., Basehor, KS—6:30 p.m.—7:30 p.m.**

*In a safe and welcoming environment, the Dementia Caregiver Support Group gives caregivers the opportunity to ask questions and share their experiences with others in similar circumstances. **The support group will be led by:***

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist and Cathy Grigsby, MS caregiver support specialists.



Take Care of Your Health



Healthy, hearty, satisfying, and scrumptious meals! When we hear “salad,” some people think “lettuce tossed with a few vegetables.” **But, salad can be So Much More!** In fact, it can easily become an inexpensive main meal with just a few more ingredients.

Some heart healthy building blocks to make a delicious and filling salad include:

- **Greens** – Look for dark, leafy lettuces, such as romaine, spinach or arugula. If you have access to fresh herbs, such as basil, thyme, oregano or mint, they add zest and extra nutrients to your salad bowl.
- **Proteins** – Add more satisfaction to your salad with skinless poultry or fish with omega-3 fatty acids, such as salmon, trout and herring. Mix in a chopped hard-boiled egg or a small amount cheese (choose lower-fat, lower-sodium cheeses). Toss in a can of chickpeas, kidney, navy or black beans (choose low-sodium or no-salt-added and drain and rinse thoroughly). Unsalted nuts, such as peanuts, almonds and walnuts, give your salad extra crunch and a dose of healthy fat.
- **Fruits** – Slice up fresh fruit that is in season or on sale – choose a rainbow of colors! If you are using fruit canned in juice or frozen, choose ones with no added sugars and thoroughly drain and pat dry so your leafy greens don't get soggy. Dried fruits without added sugars are another super salad ingredient.
- **Extra veggies** – Raw vegetables, such as carrots, cucumbers, broccoli and cauliflower, add great crunch and color. Roasted veggies, such as beets, potatoes or squash, add terrific flavor and a little bit of sweetness to any main meal salad.
- **Grains** – Warm or cold whole grains can add bulk and satisfaction. Try whole wheat couscous, barley, quinoa, bulgur, sorghum or wild rice. To save money, look for whole grains in the bulk aisle of your grocery store. Whole-wheat pastas are also an inexpensive way to bulk up any basic salad.
- **Dressings** – With oil, vinegar and spices in your pantry, you are minutes away from a simple homemade vinaigrette. ***Jazz it up with tasty ingredients:***

- *Chopped fresh herbs*
- *Diced veggies with lots of flavor (onions, garlic or scallions)*



A squeeze of citrus juice (orange, lemon or lime)

Experiment by adding small amounts of those add-ins to the following vinaigrette recipe, taste testing as you go.

Easy and Delicious Vinaigrette Recipe

Whisk together 1/4 cup olive oil or canola oil, 1/4 cup balsamic vinegar and 1/4 teaspoon ground mustard. Add a dash or two of black pepper and toss into a salad for four or more people.

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 to:***

vaCaregiverEducation@gmail.com

***Also, ask about our other
Virtual Reality Experiences including:
Vision/Hearing Loss and End-of-Life.***

- **Dr. Maritza Buenaver—Dementia Education, Next Session: March 19, 2025**
• **> Dementia Education Sessions are held Every Other Month on the Third Wednesday of that month, 6:30-7:30 p.m., at the Basehor Library**
- **Dementia Caregiver Support Group, Monthly, First Thursday, Basehor Library**
- **www.Facebook.com—Basehor Library—Dementia Caregiver Support Group**
- **www.LeavenworthCounty.gov—Council on Aging**
- **www.VA.gov/eastern-kansas-health-care/health-services/caregiver-support/**
- **www.ALZ.org—Alzheimer's Association**
- **www.TeepaSnow.com—A Dementia-Care Education Specialist**
- **www.mountosb.org/ministries/keeler-womens-center/ (913-906-8990) Free Services in Kansas City, KS**

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