

HOMELIFE CONNECTION

Fall 2023



Meet Maria



Many of you have already spoken to or met Maria... But for those of you that have not....

Say hello to our latest superstar in the scheduling squad! A home care mastermind that has joined us with a treasure trove of industry know-how. With a bubbly spirit and a "we can do it" vibe, she's been a fantastic addition to the team, fitting right in with our dynamic crew.



We can't stop grinning ear to ear! We made it on the cover of 50+ Club Magazine, and we couldn't be prouder! We want to give a big thank you to our amazing community and Home Care Aides for making this possible.

But wait, there's more! We're over the moon to announce that HomeLife snagged the coveted title of "Best of Oakley" and "Best of Brentwood" for In-Home Assisted Care and Senior Services.



If you can't find the publication, swing by our office for a copy!

We can't thank everyone enough for voting for us!



Exciting Summer Attending Health and Wellness Fairs

We've been busy this summer engaging with our community and partaking in health and wellness fairs. We introduced our fun and interactive new "wheel of prizes" and contributed to some fun raffles!

But the best part was the fantastic experience meeting new people and reconnecting with old friends. If you see us out and about this fall, be sure to stop by and say hello – we'd love to chat with you!

Still Going Strong... Aging Without injury

Getting older doesn't have to mean giving up the activities you enjoy. Injuries from falls are more common as we age. Although these injuries can have devastating effects, they can be prevented so you can stay healthy and independent longer.

Speak up.

- Tell your doctor if you have fallen, if you feel unsteady when standing or walking.
- Ask your doctor to review the medicines that might make you dizzy or sleepy
- Check your eyes at least once a year and update your eyeglasses as needed.
- Visit a podiatrist once a year and discuss proper footwear to reduce your risk of falling.
- Consult doctor about health conditions like depression, osteoporosis, or hypotension that can increase your risk for falling.

Make your home safer.

- Get rid of trip hazards like throw rugs, and keep floors clutter free.
- Brighten your home with extra lighting or brighter light bulbs.
- Install grab bars in the bathroom(s)—next to the toilet and inside and outside of your bathtub or shower.



Stay active!!

Do exercises that make your legs stronger and improve your balance, like Tai Chi.



As the amount of sunshine decreases and temperatures drop, many people experience feelings of depression and sluggishness. Here is a look at some healthy living tips for older adults that will help them break out of this cycle during the fall months.

- Exercise - Keep your body in motion during fall months, this can include household chores as well as indoor workouts.
- Eat Seasonally - Some fall favorite produce includes: Winter squash, beets, figs, apples, leeks, carrots, dark leafy greens, brussel sprouts, and cabbage.
- Spice Things Up - Cinnamon lowers blood sugar, Turmeric has been linked to reducing inflammation, pain, and swelling.
- Get Enough Vitamin D - It helps maintain strong bones and muscles, and is manufactured in the body through sunlight.
- Minimize Exposure to COVID-19 and the Flu - Has the senior had his or her flu vaccine? Even while there is great concern surrounding COVID-19, a flu shot is something that senior adults should not omit.
- Stay Positive - Physical health is tied to emotional and mental health. Staying engaged with hobbies and interests and connected with family and friends are great healthy living tips that encourage and energize seniors to maintain their physical health.

Our Caregivers can help you make the most out of the beautiful fall season by engaging in safe and enjoyable activities that promote physical, mental, and emotional wellbeing.

It's the perfect time for fall crafts, visiting a local pumpkin patch or fall festival and let's not forget all the yummy pumpkin inspired baking!



Consider adding chocolate chips, walnuts or raisins to kick your recipe up a notch.

When it comes to autumn treats, nothing quite compares to the unbeatable charm of Pumpkin Bread. A classic crowd-pleaser!

Ingredients

2 Cups All Purpose Flour	1/2 Tsp. Salt	1 Tsp Baking Soda	1/2 Tsp. Baking Powder
1 Tsp Cinnamon	1 Tsp. Cloves	1 Tsp. Nutmeg	3/4 Cup Unsalted Butter
2 Cups Sugar	2 Large Eggs	1 (15 Ounce) can Pure Pumpkin	

Start by mixing together your dry ingredients except Sugar. In a separate bowl combine butter and sugar. Add eggs and beat until light and fluffy. Add pumpkin to wet mixture. Beat until combined. Mix in dry ingredients. Transfer batter to greased loaf pans. Bake for 65-75 minutes.