



VOL. 4 NO. 2  
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# ISLAND CAREGIVERS

ISLAND CAREGIVERS IS A MONTHLY NEWSLETTER CREATED FOR THE PERSONAL CARE AIDES OF SI HOMECARE AGENCY TO KEEP YOU INFORMED, EMPOWERED, AND ENCOURAGED TO PERFORM YOUR DUTIES WITH EXCELLENCE IN PROVIDING THE FILIPINO STANDARD OF CARE.

*With us, you're not just a number... you're family!*

## HEART-HEALTHY FOODS

Valentine's Day is a holiday filled with heart-shaped candies, chocolates, and decorations. Amidst all the sweet and sugary festivities surrounding February 14th, it's important to take care of your heart in healthy ways. The Office of Disease Prevention and Health Promotion released this insightful list of tips and shopping items that are nutritious for the heart and perfect for remembering during this Valentine's Day!

### Fruits & Vegetables:

- Fresh: tomatoes, cabbage, carrots
- Greens: Romaine lettuce, spinach, kale
- Frozen: broccoli, cauliflower

### Whole Grains:

- Bread, bagels, English muffins, tortillas
- Oatmeal or shredded wheat
- Brown or wild rice, quinoa, or oats

### Dairy, Fat-Free/Low-Fat:

- 1% milk
- Plain yogurt
- Low-fat cheese, cottage cheese
- Soy milk with added calcium, Vitamin A & D

### Proteins:

- Fish, shellfish
- Lean ground chicken or turkey (93% lean)
- Beans, peas, lentils
- Eggs, tofu, unsalted nuts



### Healthy Fats and Oils:

- Vegetable oil (canola, corn, olive)
- Light mayonnaise
- Oil-based salad dressings like balsamic vinaigrette

In celebration of Valentine's Day, we asked two of our admin staff,

**"What are your favorite heart-healthy meals?"**



"Orange chicken with veggies"

-- DON J.



"Green leafy salad"

-- JOY A.

To learn more, visit: <https://health.gov/myhealthfinder/health-conditions/heart-health/heart-healthy-foods-shopping-list>

## WELCOME NEW CAREGIVERS!

*"Laughter is timeless.  
Imagination has no age.  
And dreams are forever."  
- Walt Disney*

## HAPPY BIRTHDAY

### FEBRUARY CELEBRANTS

#### 02 - CHONA C.

Famous Birthday Twin: Farrah Fawcett

#### 09 - DON J.

Famous Birthday Twin: Tom Hiddleston

#### 10 - ITRECIA S.

Famous Birthday Twin: Laura Dern

#### 12 - WINSOME T.

Famous Birthday Twin: Josh Brolin

#### 13 - MARIA LUISA A.

Famous Birthday Twin: Jerry Springer

#### 14 - MARIA CORAZON C.

Famous Birthday Twin: Mike Bloomberg

#### 14 - MEL JOHN V.

Famous Birthday Twin: Jake Lacy

#### 15 - JOSELINA A.

Famous Birthday Twin: Amber Riley

#### 18 - BELINDA C.

Famous Birthday Twin: Matt Dillon

#### 21 - JEFF T.

Famous Birthday Twin: Jordan Peele

#### 23 - KIRTON W.

Famous Birthday Twin: Dakota Fanning

#### 25 - GLORIA P.

Famous Birthday Twin: Rashida Jones

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# COMMUNICATION TECHNIQUES FOR ALZHEIMER'S

When caring for someone with Alzheimer's disease, it can become difficult to communicate when the person you're caring for can't properly express their needs. Some common communication changes that people with Alzheimer's experience include: inability to name objects, difficulty in finding the correct word for objects, people, and places, repeating certain words over and over, gradual loss of writing ability, etc. However, studies show that despite these challenges, individuals with Alzheimer's disease still retain a strong desire to communicate.

Kathy Macaraeg, founder of *Caregiving Made Easy*, outlines the best techniques in her article written for *Senior News* titled, "Communicating and Alzheimer's Disease." As someone who has spent seven years working closely with seniors and their families, Macaraeg is also a Schmieding Alzheimer's and Dementia Caregiver. She created the insightful website, *Caregiving Made Easy*, to make caregiving more manageable through her living tips and health articles. She is also an author for *Senior News*, an informational website that is all things senior living. This article highlights the best methods for caregivers to know when caring for someone with Alzheimer's, such as:

- **Distraction or Redirection:** Attempt to engage them in a different conversation or activity.
- **Address the Underlying Feeling:** Inquire about feelings, saying phrases like, "You sound like you miss your mother," or "Are you worried about your mother?"
- **Ignore the Statement:** It may not always add value to respond. Sometimes the most helpful response will be no response.
- **Bend the Truth:** Yes, lying is wrong, but it sometimes makes sense when speaking to someone with Alzheimer's. They may still believe their mother is alive when she's not, and when you tell them the truth, it can be upsetting. Sometimes accepting their reality is easier than upsetting them.



\*\* Disclaimer: All information here is solely based on the *Senior News* article.

For more information, visit: <https://seniornews.com/communicating-and-alzheimers-disease/>

## THANK YOU!



"On behalf of management, I would like to say thank you to all the caregivers who showed earnest cooperation with the new system regarding clocking-in and clocking-out - Alaya Care. I am confidently stating that the initial project is truly a success. I am looking forward to the completion of further applications knowing that it will be another success! Thank you to all of our admirable caregivers!"

— JEFF T.