



## Get Up and Move!

While there are many benefits to senior exercise, most seniors are not involved in enough physical exercise. The National Center for Health Statistics cites that 30 percent of Americans aged 45-64 exercise routinely. That number increases to a mere 32 percent for those 65 and older. The NCHS also reports that approximately 70 percent of women and men between the ages of 50 and 74 are overweight, and 30 percent of those are obese.

Exercise improves our ability to perform tasks of daily living including maintaining independence and mobility. Exercise improves mental health and is a deterrent to depression and anxiety. Alzheimer's and Dementia research indicates that regular exercise may enhance cognition and reduce mental decline. Improving strength through exercise also increases bone density and reduces risk of injury due to falls. More than one third of adults over age 65 and older fall each year. Among people 75 and older, those who fall are four to five times more likely to be admitted to a long-term care facility for at least 1 year. Seniors can reduce their risk of falling by increasing lower body strength and improving balance through regular physical activity.

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## How to Stay Active - Make Exercise a Habit

One of the best ways to stay physically active is to make it a life-long habit. Set yourself up to succeed right from the start by seeking to make exercise a regular part of your day. When it becomes a normal part of your everyday routine, like brushing your teeth, then you'll be less likely to stop and will find it easier to start up again if you're interrupted for some reason. If you can stick with an exercise routine or physical activity for at least

6 months, it's a good sign that you're on your way to making physical activity a regular habit. Here are a few ways to help you make exercise a regular part of your daily life:

- Make it a priority.
- Make it easy.
- Make it safe.
- Make it social.
- Make it interesting and fun.
- Make it an active decision.

*Information taken from [www.nihseniorhealth.gov](http://www.nihseniorhealth.gov).*

## Recommended Readings: Book of the Month



*The Power Of Now* by Eckhart Tolle is a guide to spiritual awakening from a man who is emerging as one of this generation's clearest, most inspiring teachers on the subject. I've bought this book for several friends, both 65 and over. They all enjoyed reading it. Great for mental, emotional and physical health.

Eckhart Tolle is not aligned with any particular religion but does what all the great masters have done: shows that the way, the truth, and the light already exist within each human being. There is no need to look elsewhere.

At the heart of the book is Tolle's own story of early despair that culminated in a life-transforming experience of enlightenment at the age of 29. He emerged to share insights on the perils of the mind, the power of the present, and the accessibility of one's true nature.

According to Tolle, "To regain awareness of Being and to abide in that state of 'feeling-realization' is enlightenment." *The Power Of Now* is available now at local bookstores and [amazon.com](http://amazon.com).

### Joe Whitt

Vice President of  
Business Development

## From your Administrator...

Hi, I am Kathy Smith, the Administrator for *Care One Homecare Services*.

We appreciate our patients so much and look forward to helping you gain your independence again. At Care One Homecare, our mission statement is very important to us, please take a moment to read our mission statement:

- We are committed to exceeding our customer's expectations.
- The right employees make the difference
- The team approach works best
- We pay attention to the details
- We take what the company is doing very seriously, but not ourselves.

I hope that our staff is an excellent reflection of our mission statement, and I am positive that our staff is the best at what they do. Your complete satisfaction with our staff and our company is extremely important to us, please let us know if you have any concerns. Please remember Care One Homecare Services for your needs in the future, and don't forget to tell your friends and neighbors what excellent care you received.

Sincerely,

*Kathy Smith*

Administrator

## Did You Know...?

As of April 1, 2011, Medicare has established a new requirement for payment of services for all new home health patients. To meet this new requirement, you will need to have a face-to-face encounter with a physician, nurse practitioner, clinical nurse specialist or physician's assistant for the matter related to your need for home health services. This visit would need to be done either 90 days prior to your start of care, or within 30 days after your start of care.

For many patients, the requirement will have been met before you were referred for home health care services. For those of you who do not already meet the requirement, we may not be able to admit you into our care, or you may be admitted with the understanding that not having the re-



quired encounter within 30 days may lead to your loss of continued care or your financial responsibility for the care provided.

This is a requirement from Medicare, not this home health agency. If you need any help understanding this new rule, we will be happy to help you.

Thank you for taking time to understand this important new Medicare requirement. If you have any questions about it, just give us a call.

# Senior Exercise *continued from pg.1*



Reducing fall risk and improving cognition are not the only benefits of exercise. Seniors can also reduce their risk of obesity, high blood pressure, diabetes, osteoporosis, stroke, depression, colon cancer and premature death, according to statistics from the Centers for Disease Control and Prevention (CDC) in Atlanta.

When considering an exercise program – consider the activities you enjoy. Exercising with a partner also improves the success rate of the commitment. Walking is an excellent form of exercise and doesn't require a membership or equipment. Simply lace up your shoes and get moving! Walking provides lower extremity weight bearing exercise while also improving your cardiovascular system. Start out slow, perhaps only 10 minutes per day 3-4 days a week, steadily increasing until you reach a minimum of 30 minutes 3-4 days a week. Yoga is an excellent exercise activity that improves flexibility, strength and balance. DVDs are readily available and many YMCAs or local fitness centers offer Senior Yoga classes. Swimming or water walking is another excellent exercise that provides a low-impact work-out that enhancing strength and flexibility while improving cardiovascular health.

Whatever exercise you choose – remember to start slow, consider enlisting a partner and find something you enjoy! The positive results that you gain – will enhance you mentally and physically! **Get up and move!**

We suggest a number of ways for seniors of all abilities to stay active including:

- A selection of daily aerobic activities designed for all levels of physical and cognitive ability
- Utilizing the Nintendo Wii for therapeutic and recreational exercises including bowling
- Outings to points of interest throughout the community

## Recipe of the Month

### Hamburger and Potato Casserole

#### Ingredients:

- 1/4 pound of hamburger (or more)
- 1 small onion, chopped
- 6 small red or white potatoes, cut in fourths
- 1/2 cup water

#### Directions:

1. Put hamburger, onion and potatoes in rice cooker pan.
2. Turn rice cooker on to cook. Brown for 5-10 minutes – until burger is brown.
3. Add water. Cover and cook for about 15 minutes, until potatoes are done.

**Sally Strackbein**

[www.SallysKitchen.com](http://www.SallysKitchen.com)



*If you have a recipe that you would like featured in our newsletter, please send it to:*

*Care One Home Care Services  
Attn: Jana Hiestand – "Recipe"  
3301 W. Bethel Ave.  
Muncie, IN 47304*

*Or submit it via email to:  
[jana.hiestand@careonehomecare.com](mailto:jana.hiestand@careonehomecare.com)  
Subject line: "Recipe"*

*We can put only one recipe in each newsletter, if it's not in the upcoming newsletter; it could possibly be in the next issue. Thank you!*



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Recover with Us at Home

We love hearing from you! Please contact us with your questions, comments, or feedback!

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BALANCE FITNESS LIFESTYLE SPRING
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