

The Holton News

— MANOR

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Skilled Nursing • Inpatient & Outpatient Rehab Therapy • Aquatic Therapy • Respite Care • Hospice Care

Giving Thanks for Being a Caregiver

Balancing work, home and private life with the demands of being a caregiver can be a frustrating juggling act. Just around the time you may get a good balance, the demands of your elderly parent might change and you are again pulled back into that stressful situation.

How can you offset the worry, the anxiety, the anger and the resentment? Be thankful!

If you can find ways to be thankful that you are the caregiver for your parent, that positive emotion can do

wonders to drive out those negative emotions in your heart. And when you think about it, there are quite a few great things you can be thankful for BECAUSE you are the primary caregiver for your aging parent.

You are able to give back a bit of the sacrifices they made to raise you. The amount of time and money and emotional effort your parents gave you as a child is something that can never be repaid. However, you are giving a little bit back in caring for them when they are old, which conveys, "Thank you for raising me and never giving up on me. And now I am not going to give up on you."

You can celebrate those little times of laughter and joy. Celebrate when you enjoy a movie together or laugh



at those "insider" family jokes that always bring a smile.

There is something deep inside us that feels like a sense of completion when we are able to stay with someone we love through a very tough time. Your love for your parent will deepen and grow stronger in a way that will stay with you for the rest of your life.

You are needed and you are important to your elderly mom or dad!



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Holton Manor is a non-profit 501c3 skilled nursing community, dedicated to serving the community. Tax deductible financial and item donations are always appreciated and can be placed by calling our administrator. Thank you for supporting our mission and community.

FACTS: AMERICAN DIABETES MONTH

- Diabetes is a chronic disease in which the body is unable to properly control the amount of sugar in the blood due to the lack of the hormone insulin.
- It is estimated that over 18 million Americans suffer from diabetes, and of these 18 million it is estimated that nearly one third are unaware they suffer from it.
- Diabetes is easily diagnosed using a fasting blood glucose test.
- Type 1 diabetes, or juvenile diabetes, is diagnosed in children and young adults.
- Type 2 diabetes is the most common form of diabetes and is usually found in adults over the age of 40.
- Living with diabetes can seem overwhelming at first, and it can require a good amount of commitment. However, millions of Americans live full and active lives with diabetes.

How To Stop Aging On The Outside

While there's no single secret to holding off the effects of aging, there are plenty of things that can be done to help.

Here are some suggestions:

Antioxidants are absolutely one of your best weapons against aging! Eat plenty of antioxidants as you age, such as dark vegetables and fruits like carrots, squash and spinach or blue and purple berries.

Make sure you're getting enough vitamin D in your diet.

If you're not, try eating more fish or drinking more milk. If you can't do either of those, look into supplements.

Just because you're aging doesn't mean you should stop physical activity. Almost any amount of physical activity will have benefits, provided you are doing a safe level of activity for your age and health.

Your body's increased need for hydration as you age is just as important as its increased need for some vitamins.

Remember, though, that water is not the only way to keep your body hydrated. Fruit and vegetable juices naturally contain water and are an easy way to address both your need for some vitamins and your need to stay hydrated.

For your convenience, we accept all major credit cards and ACH payments.



The Gratitude Attitude

Gratitude is one of the most powerful forces in the universe. Here are some things you can do to make the Gratitude Attitude a firm fixture in your life.

Create a "thank bank." A thank bank is simply a place where you can jot down all the things that you are grateful for in your life. Put your list somewhere safe and pull it out when you're feeling down – your mood can change instantly.

Show gratitude quietly. Don't turn gratitude into a promotional or motivational tool. Express your thanks in quiet ways: a thought, a prayer, a one-on-one word, a note of appreciation. Give people gifts of

thanks that aren't bought at shops: a bit of your time, a sacrifice, something valuable to you.

Always replace the three C's with the three A's. If you work or manage others, and sometimes feel the need to use one of the 3 C's – complaining, condemning, and criticizing – replace them with the 3 A's of **Accepting**, **Acknowledging**, and **Appreciating**. Accept people for who they are; acknowledge them for what they do; and appreciate them for just being around.

Aquatic Therapy is Fun & Effective For All Ages

Try out our warm, 93° pool to build strength and healing. It feels great all year round and physical therapy in warm water aids muscle relaxation and strengthening, increases circulation, and helps with balance and stability. It also helps decrease pain sensitivity while aiding healing following surgery, accident or injury.

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Continue Your Care & Therapy at Home

In-home health continues treatment & rehab therapy at home after you discharge from Holton Manor. We can even help you arrange home health before you leave so you know what to expect. When you need medical care at home, we are here to deliver with registered nurses and quality care.

Bringing Quality Healthcare To You



TRANSITIONS HOME HEALTH
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