



Create *new holiday traditions* for your family

Family traditions are wonderful. They are the bonds we share with our loved ones and they bring us together. With fall celebrations in full swing, it's time to think about how the upcoming holidays may be impacting loved ones in our life who are aging, ill, or experiencing dementia. For them the holidays may be stressful, confusing and lonely.

Perhaps your parents have hosted Thanksgiving dinner for as long as you can remember. You may even be smiling at a fond memory you have right now. However, as time passes, these events must evolve as our families grow, change, and age. It can be quite emotional to let go of these long-held holiday traditions. The key is to stay positive and be open and willing to try new activities, while encouraging other family members to do the same.

Involve your loved one in preparations

Most older adults have physical limitations, but that doesn't mean they can't help with holiday preparations. Include them in activities such as decorating the tree, making handwritten cards, baking cookies and wrapping gifts. This is a great way for them to feel connected to the family and have a sense of purpose.

Share the gratitude

For Thanksgiving, instead of stressing over the perfect menu, start a new tradition by turning it into a potluck with dishes brought by the younger family members to share. Trying new, non-traditional options for dinner can be fun, too. Thanksgiving taco bar? Go around the table and have everyone share a memory that includes



Safe airline travel tips for seniors

Anyone who travels often by plane knows far too well that flying can be stressful. Slow-moving airport security lines, extremely cramped airline seats and long walks to navigate terminals can become exhausting to anyone, let alone a senior. Many airports, along with the Federal Aviation Administration, have taken steps to ease the burden on travelers – especially older adults and those with disabilities – and help make it a more pleasant journey. With the busy holiday travel season upon us, a little pre-planning and knowledge can make the travel experience for you or your loved one a healthier and more comfortable experience.

the senior in your life. Showing you hold onto these memories will make your loved one feel special.

Go for a walk or even a drive

If the weather is not too cold and there is no snow or ice on the ground that is hazardous, bundle up and pour some hot chocolate into travel mugs. Head out to a neighborhood that is decorated with festive lights for the holiday. This simple activity of walking arm-in-arm with loved ones makes for special holiday memories. If it's too cold for a walk, take a drive through neighborhoods instead and enjoy the sights in the warmth.

Visiting your loved one

If the older adult in your life has an illness or disability that prevents them from attending a celebration, find other ways to include them. You could bring dinner to them if they're in the hospital, or just spend time with them. Try to visit on the actual holiday, so they're not alone.

Ask for ideas

Ask loved one what is important to them. It may be sharing a meal with extended family, seeing their grandchildren, or attending a religious service. Ask other members of your family, including children, for ideas on spending time with their elders. Some families enjoy watching movies or going to live shows, looking through photo albums and sharing stories, baking, making crafts, singing holiday songs, playing games... focus on spending time together!

While it won't be the same, you can focus on new and creative ways to celebrate with senior loved ones that can help everyone adapt and focus on your family being together. Holidays are the time we reconnect and spend time reflecting on all things for which we are grateful.

Planning ahead can save money

Purchase your tickets ahead of time for lower prices and travel on lighter traveling days. You can sign up for online services that will let you know ahead of time about travel deals during the holidays. The day before Thanksgiving and the following Sunday are the busiest travel days, so avoid traveling by air on those days if at all possible. Flying on Black Friday will almost guarantee that you avoid the crowds because most people will be shopping!

Medication

This is one area that you really want to plan in advance. Talk to your doctor and discuss any travel precautions you should take. They may ask you to come in for a checkup before your trip. This goes for anyone traveling, not just seniors – always keep your medication with you in your carry-on bag in case your checked baggage becomes lost. It's important to keep up with your regular medication regime. Also, prepare ahead of time if you need to take medication in-flight, or if crossing multiple time zones to ensure the right medicines are taken at the proper times. It's a good idea to bring a doctor's note and other medical information with you; it's sometimes not enough to declare your age or medical situation verbally.

Preflight plans

Wear comfortable clothing and shoes. Make sure you know exactly what you need to bring and how to pack it properly. Don't be afraid to ask a friend or caregiver for help with this if you need it. Again, make sure your medication is in your carry-on and not in your checked bags. Check your baggage before you board, taking a minimal amount through security and onto the plane with you. Request priority boarding to enter the plane in the first group before everyone else, especially if you need help getting to your

seat, or help with stowing your carry-on. If at all possible, request an aisle seat that will allow you to move about during the flight, and make it easier for you to get to the restroom.

Stand up and stretch often

One of the most critical risks for senior travelers is DVT (deep vein thrombosis). It can cause death during and after a long flight simply because a person did not move about or stretch often enough. When you are cramped in an airplane flying for many hours, it's critical to stretch, stand, and even move about when you can. Even if the seatbelt sign remains on and you aren't permitted to get up, you can stretch your toes up and down motion and roll your feet in a small circular motion all while remaining in your seat.

Request assistance at the airport

When you arrive at the airport, ask at the check-in desk for assistance getting to the gate by way of a cart or wheelchair if you have trouble walking long distances. You can also ask for assistance at security, where you may be able to go through a shorter line. The TSA has made several changes in recent years to make the process easier for seniors and those with disabilities. Trip advisers recommend that senior travelers declare any medical issues they have before going through the security gates or checkpoints. If you have a medical device like a pacemaker, you should request a pat-down at security rather than going through a scanner. Airlines will also allow one escort to assist seniors through a security checkpoint as long as they show an official ID, however it's critical to make this arrangement in advance of your departure. If you are 75 or older, you can leave your shoes and a light jacket on when going through. Passengers in wheelchairs who are unable to stand or walk will be accommodated accordingly.

Have a healthy snack on hand

Don't let yourself get too hungry. Pack a snack bar, nuts, or fruit in anticipation of unexpected flight delays. Unless you have a particularly long flight, airlines serve only a small snack. This is important if you are on medication to manage chronic health issues such as diabetes. Purchase bottled water once you pass through security and keep it handy during the flight to prevent dehydration and jet-lag.

Travel aids

Noise reducing headphones and a travel pillow can help make your flight more restful. Check with your doctor to see if it is suggested that you wear compression stockings which can help reduce the risk of blood clots. A nose and mouth guard or mask worn in flight can help reduce exposure to infectious, airborne bacteria.

One you arrive, you're generally better off waiting for other passengers to exit the plane first, that way attendants can then assist you. If arrangements are made ahead of time and it's not against policy, a relative (with proper ID) can meet you at the gate.

The key to arranging your trip is quite simple – plan in advance! Understand that there is help available to make your journey less tiring and difficult. This will help make your visit with family a more pleasant and relaxing experience.

For information on in home care for you or a loved one call or contact us today.

7			1					
1	4						8	9
		8	3	4				
4	5			1		8	3	
			8		4			
	2	6		7			4	1
				3	2	4		
6	3						7	2
					1			3

Sudoku:

The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3x3 boxes.

Visit www.sudokuoftheday.com for further tips and help about how to play – and good luck!

*Sudoku puzzle courtesy of
www.sudokuoftheday.com*

Simply Delicious

Peppermint Meltaway Cookies

Servings: 29 **Prep time:** 30 min **Cook time:** 20 min

Melt-in-your-mouth frosted peppermint cookies that are perfect for the holidays!

Ingredients

Cookies

- 1-1/4 cups (178g) all-purpose flour
- 1/2 cup (68g) cornstarch
- 1/4 tsp salt
- 1 cup (226g) unsalted butter, softened
- 1/2 cup (68g) powdered sugar
- 1/2 tsp peppermint extract

Frosting

- 2 Tbsp (28g) salted butter, softened
- 2 Tbsp half and half
- 1/4 tsp peppermint extract
- 1-1/2 cups (200g) powdered sugar
- 1/4 cup (42g) finely crushed peppermint bits or candy canes

Instructions

In a mixing bowl whisk together flour, cornstarch and salt, set aside.

In the bowl of an electric stand mixer cream fitted with the paddle attachment cream together butter and powdered sugar until combined.

Mix in peppermint extract then with mixer set on low speed slowly add in flour mixture and mix just until combined.

Cover bowl with plastic wrap and chill until nearly firm, about 1 hour, while preheating oven to 350 degrees during last 15 minutes of chilling.

Scoop dough out 1 even tablespoon at a time, shape into a ball then transfer to an ungreased 18 by 13-inch baking sheet, spacing cookies 2-inches apart (keep dough that's wont be baking chilled).

Bake in preheated oven until cookies are set and bottoms



are lightly golden brown, about 10 - 13 minutes. Let cool on baking sheet several minutes then transfer to a wire rack to cool completely.

In the bowl of an electric stand mixer cream together butter, half and half, peppermint extract and powdered sugar until light and fluffy.

Working with one cookie at a time spread frosting over cookie and immediately after frosting each cookie add crushed peppermint bits before frosting starts to set, repeat process with all cookies. Store cookies in an airtight container at room temperature.

Just for laughs...



While he was visiting for the holidays, my father asked for the password to our Wi-Fi.

“It’s taped under the modem,” I told him.

After three failed attempts to log on, he asked, “Am I spelling this right? T-A-P-E-D-U-N-D-E-R-T-H-E-M-O-D-E-M?”