

April 2023

Helping caregivers through their journey one step at a time.

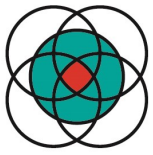
Tips and Techniques for Dealing with Stress

by Dr. Rita Nachen Gugel

Change is an expected part of our daily lives today. Dealing with it so that YOU control IT rather than vice versa is an important and positive force in controlling your life. Try a few of these tips.

- **Accept what you cannot change.** Take a tip from AA. Change what you can, if it bothers you. But, if you cannot change it, learn to live with it.
- **Face up to your problems.** Sort them out, and see which ones are real and which are simply imagined. Deal with them as they are, and not what you think they are.
- **Deal with one problem at a time.** Sort out your priorities, and deal with them in the order of their importance to you.
- **Be flexible.** Give in once and a while. If you do, others will too.
- **Don't hold all of your worries inside yourself—talk it out.** Frequently we swallow our unhappiness (along with candy, cake, ice cream, etc.) because we can't let the problems out. Talk to someone. A burden shared is much less of a burden.
- **Work off Stress.** Physical outlets for stress help your body to fight off many of the negative results of stress.
- **Get enough rest/relaxation/sleep.** Give your body a chance to recover from day to day. Lack of sleep and rest will only make matters worse for you.
- **Avoid “self medication.”** A “spoonful of sugar” may make the “medicine go down,” but it does your body no good. Sugar, alcohol, nicotine, and ice cream may all feel good going down, but they make matters worse— from the inside. They add to your body's physical stresses, thus making dealing with external stresses much harder.
- **“Take time to smell the roses.”** Have some fun. Relax.
- **Think about and do something for others.** A little altruism never hurt. It even makes people feel better about themselves.
- **Be the “captain of your ship.”** If you are not happy with your life, think about what's wrong or missing, and then plan the necessary actions to change it to coincide with your needs and desires for your life.
- **Work on your relationships with those who share your life.** Don't hold back your feelings. Share them with your family and friends and co-workers. It can help to decrease tensions.





About Parkinson's Disease

What is Parkinson's disease?

Parkinson's disease (PD) is a neurodegenerative, progressive disorder that affects predominately dopamine-producing neurons in a specific area of the brain called substantia nigra.

How common is PD?

Nearly one million Americans and 10 million people worldwide live with PD, with approximately 60,000 people in the U.S. diagnosed with PD each year. It is the second most common neurodegenerative condition after Alzheimer's. The number of people with PD will increase substantially in the next 20 years due to the aging of the population.

What are the symptoms of PD?

Symptoms generally develop slowly over years. The progression is often different from one person to another. People with PD may experience:

- Tremor, mainly at rest and described as pill rolling tremor in hands
- Slowness of movements (bradykinesia)
- Limb rigidity
- Gait and balance problems

In addition to movement-related ("motor") symptoms, Parkinson's symptoms may be unrelated to movement ("non-motor"), such as apathy, depression, constipation, sleep behavior disorders, loss of sense of smell and cognitive impairment.

Who does PD affect?

Getting older is the biggest factor for PD with most people diagnosed in their 60s. In rare cases, some people will develop PD before age 50, known as young-onset PD. Men are 1.5 times more likely to have PD than women.

Directly inheriting the disease is quite rare. Only about 10 to 15 percent of all cases of Parkinson's are thought to be genetic forms of the disease. In the other 85 to 90 percent of cases, the cause is unknown.

How is PD diagnosed?

There is no diagnostic test for PD. Physicians rely on a combination of clinical exams and tests evaluating symptoms. Often, a Parkinson's diagnosis is first made by a primary care physician. Many people seek an additional opinion from a movement disorder specialist, a neurologist with experience and specific training in the assessment and treatment of PD.

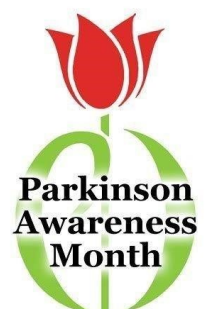
How is Parkinson's treated?

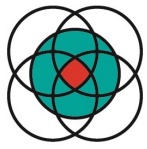
It is possible to have a good to great quality of life with PD. Treatment for each person with Parkinson's is based on his or her symptoms, and may include medication and, later, surgical therapy. Other treatments include lifestyle modifications, like getting more rest and exercise.

There are many medications available to treat Parkinson's symptoms, although none yet that reverse the effects of the disease.

About the Parkinson's Foundation

The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure. **In everything we do, we build on the energy, experience and passion of our global Parkinson's community.**





STRAWBERRY CRISP

This fresh tasting Strawberry Crisp is quick to toss together and uses fresh or frozen strawberries. A simple, easy to prepare summer dessert that can be enjoyed all year round!

Fresh vs. Frozen Strawberries

If you have the choice between fresh and frozen, personally I love a good fresh strawberry crisp. Ripe berries that you've either picked yourself or purchased gives off the best results. However strawberry season is such a short season that using frozen strawberries when the berries aren't quite in season is perfectly fine too! There's no shame in using frozen strawberries. Plus, if you keep a handful around, you can whip up this strawberry crisp dessert in a snap if you need an impromptu dessert!

Berries hold a LOT of juice in them. This makes them great to cook with, but it also makes them hard to freeze and thaw properly. You know how ice takes up more space than water? When the juice in the berries expands, it sort of "pops" them during the baking process. For a compromise, I recommend adding extra cornstarch to help absorb the additional water and juice that frozen berries produce.

Can You Use Frozen Strawberries in Crisp?

Yes, you can definitely use frozen strawberries for this recipe. If you only have access to frozen strawberries, no worries they will work just as great. Just add in a little extra corn starch to absorb the extra water that comes with frozen strawberries.



COOK TIME 35 minutes

TOTAL TIME 55 minutes

YIELD: 6

Ingredients

- 32 ounces of strawberries, hulled and quartered (approximately 4 cups)
- 1/4 cup white sugar
- 2 Tablespoons cornstarch (3 Tablespoons if using Frozen Strawberries)
- 1 cup all-purpose flour
- 1/2 cup old fashioned rolled oats
- 1/3 cup white sugar
- 1/3 cup brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup butter, melted (1 stick)
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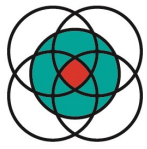
Instructions

- Preheat oven to 350F.
- Spray a 9" x 9" square pan with non-stick cooking spray.
- In a bowl, toss strawberries, 1/4 cup sugar and cornstarch.
- Place berries into prepared pan.
- In a separate bowl, mix flour, oats, 1/3 cup white sugar, brown sugar, cinnamon and salt.
- Add melted butter and mix well.
- Pour oatmeal mixture on top of berries.
- Bake for 35 minutes or until topping is golden and berries are bubbly.
- Serve immediately with a scoop of vanilla ice cream!

Notes When baking with frozen strawberries, do not thaw first. Bake frozen.

SERVING SIZE: 1

Amount Per Serving: Calories: 466 Total fat: 17g saturated fat: 10g trans fat: 1g unsaturated fat: 5g Cholesterol: 41mg Sodium: 240mg carbohydrates: 68g Fiber: 5g Sugar: 38g Protein: 5g



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SPRING WORD SCRAMBLE

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