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to feed themselves. They may not want this help all the time.

In the more severe stage you will have to puree all the food and feed the person all the time. Be sure the

person is sitting up straight enough so he will not choke. In the very end stage some people may want to drink from a bottle. This may be an effective way of feeding them.

Eating Right on a Budget

Are you spending more than you realize on food and drinks that don't have nutritional value? Write down everything you buy and eat over a three-day period and evaluate the list. What had little or no nutritional value and was expensive, such as a daily drink from a coffee chain, sugared cereals, or soft drinks?

It is healthiest and cheapest to cook meals at home that include vegetables, protein and whole grains such as brown rice. These foods will save money and give you better health than eating at fast food restaurants.



Try the following resources:

- Look in the yellow pages for your regional food bank, which can provide free emergency food boxes.
- To find out if you're eligible for food stamps, visit the USDA Food and Nutrition Service website. It will direct you to phone numbers for each state for food stamps. It also offers a questionnaire to determine if you might be eligible.
- Make a large pot of soup or a casserole and freeze it in individual portions. Defrost and use for dinner throughout the week.
- You only need about four ounces of protein at a meal for a complete serving—the size of a deck of cards.
- Avoid buying any products with added sugar—cereals, drinks, etc. juices, etc. They are expensive and add empty calories.
- Beans are nutritious and inexpensive, and they go a long way.
- A box of oatmeal is more filling than sweetened cereal.

Shopping and cooking tips to help you with your food budget:

- Buy in bulk, even if only cooking for two. Use freezer bags and separate meat in meal-size portions. Defrost a portion for each meal.

Taking Care of Yourself—Breast Cancer Check-up Reminder

Breast cancer will strike more than 200,000 times this year and claim more than 40,000 lives. The early detection of cancer saves lives, however caregivers are prone to ignore caring for themselves because of a hectic schedule. There are three parts to breast examination: self-examination, the physician examination, and mammography. To minimize your chances of breast cancer you need all three. Most lumps in the breast are not cancer. The breast self-examination should be practiced regularly and is the most important. Practice self-care. Be sure to have a physician exam regularly and schedule your yearly mammogram.

Source: American Cancer Society

Pacing

Be aware that people who pace a great deal use lots of calories and may need to have several snacks during the day to keep their weight up.

Live Life Laughing!

For the holidays, my doctor put me on a Mistletoe diet. All the foods I like, I have to kiss-off.



Inspiration

Knowledge is knowing a tomato is a fruit.
And wisdom is not putting it in a fruit salad.

Memory Care

Since people with AD are easily distracted, if necessary, face his chair away from distractions. Soft music can help set a calm mood.