



Senior Health & Wellness Newsletter



WINTER PREPAREDNESS

Winter, especially in Kentucky, can lead to unpredictable weather events. Being prepared is important to make sure you have what you need for the unexpected. Such weather events are: snow, ice, freezing/below freezing temperatures, tornados, and severe thunderstorms. All of which could require you to stay within your home to avoid the elements as well as friends/family who may normally visit. These events may also cause power outages for periods of time. These events can be stressful at times but even more stressful when you are not prepared. Below are some tips to ensure you have what you need to get through the unexpected.

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Winter Preparedness

Things to have on hand:

1. Weather radio
2. New batteries of multiple sizes
3. Lighter
4. Flashlight
5. Enough medicine for a few days
6. Shelf stable food items (tuna, peanut butter, crackers, easy open fruits/vegetables, canned pasta meals, fruit juices, etc...)
7. Manual can opener
8. Bottled or safe drinking water
9. Over the counter medications for common winter illness (cold/flu)
10. Warm blankets
11. Gloves
12. Backup cellphone charger
13. First aid kit

Make sure you stay weather aware, especially if the local weather meteorologist is having early conversations. Meteorologists try to give as much notice to the communities so people have the opportunity to be as prepared as possible. Even though the projections may change, it is important to be ready for any event.

Understand the difference between a warning, a watch, and an advisory is very important. The following are defined by the National Weather Service (<https://www.weather.gov/sjt/WatchWarningAdvisoryExplained>).

Warning	A warning is issued when a hazardous weather or hydrologic event is occurring, imminent or likely. A warning means weather conditions pose a threat to life or property. People in the path of the storm need to take protective action.
Advisory	An advisory is issued when a hazardous weather or hydrologic event is occurring, imminent, or likely. Advisories are less serious conditions than warnings, that cause significant inconvenience and if caution is not exercised, could lead to situations that may threaten life or property.
Watch	A watch is used when the risk of hazardous weather or hydrologic event has increased significantly, but its occurrence, location or timing is still uncertain. It is intended to provide enough lead time so those who need to set their plans in motion can do so. A watch means that hazardous weather is possible. People should have a plan of action in case a storm threatens and they should listen for later information and possible warnings especially when planning travel or outdoor activities.

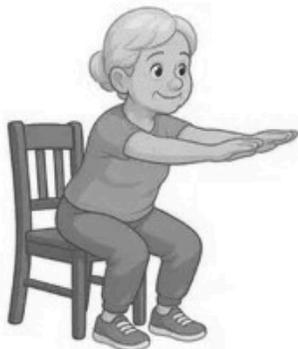
Exercise Series!

Always consult your physician before starting a new exercise program. never perform any exercise that causes pain. Never hold your breath while exercising.

Only do exercises you are comfortable doing. Use a resistance band if you have one.

Chair Squats

Sit down and stand up from a chair.



Wall Push-Ups

Place your hands on the wall and push in and out.



Marching in Place

Stand and lift your knees one by one.



Arm Circles

Move your arms in circles forward and backward.



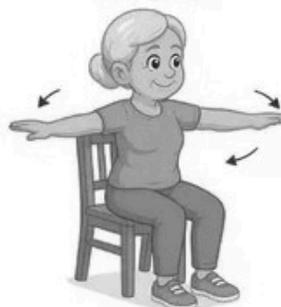
Seated Leg Extensions

Sit and extend one leg forward, then switch.



Torso Twists (Seated)

Sit and twist your upper body side to side.



Seated Knee Lifts

Sit on a chair and lift one knee at time.



Side Leg Lifts

Hold a chair and lift one leg to the side.



Overhead Shoulder Press

Lift your arms up and down slowly.



Christmas Word Scramble



HCSSAMTRI _____
 SMTEILEOT _____
 APOSETTNII _____
 MOWNASN _____
 HERAWT _____
 RNGIEADRGE _____
 HAOIDLY _____
 RFYTOS _____
 GHLISE _____
 IPALFEOCR _____
 SEERTSPN _____
 CTAODINSERO _____

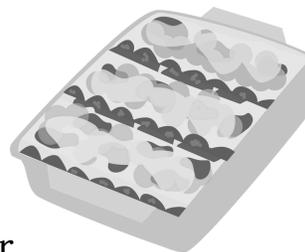
LEICCI _____
 ENERERDI _____
 WEKSFALON _____
 NASAT _____
 NIELST _____
 TIEWNR _____
 NNMATERO _____
 AHKHKUNA _____
 AORCL _____
 EOGNG _____
 ISOGKCTN _____
 CLADNE _____



Solution:
 Christmas
 Mistletoe
 Poinsettia
 Snowman
 Wreath
 Gingerbread
 Holiday
 Frosty
 Sleigh
 Fireplace
 Presents
 Decorations

Solution:
 Icicle
 Reindeer
 Snowflake
 Santa
 Tinsel
 Winter
 Ornament
 Hanukkah
 Carol
 Eggnog
 Stocking
 Candle

Recipe



Lasagna Roll Ups for One

- 2 lasagna noodles
 - ½ tbsp olive oil
 - ¼ c chopped onions
 - 1 clove garlic - minced
 - 4 ounces ground beef
 - ½ tsp Italian seasoning
 - ¼ tsp salt
 - ⅛ tsp black pepper
 - ½ c tomato sauce plus 2 tbsp for baking dish
 - ½ c ricotta cheese
 - 2 tbsp parmesan cheese - divided
 - ½ c shredded mozzarella cheese - divided
- Heat oven to 350 degrees. Cook the lasagna noodles according to package directions, drain and set aside.
 - Heat olive oil in skillet over medium heat. Add onions and cook for 1 minute, stirring occasionally. Add garlic and cook for 30 seconds.
 - Stir in ground beef, Italian seasoning, salt and pepper. Cook until beef is no longer pink.
 - Add tomato sauce, reduce heat to low and simmer 2 minutes, stirring occasionally.
 - In a small bowl, mix ricotta, half the Parmesan and half the mozzarella.
 - Spread 2 tbsp of meat sauce on the bottom of a 5 x 7 baking dish. Place noodles flat on a plate or board. Spread cheese mixture evenly over each noodle.
 - Spoon ¼ c meat sauce over the cheese on each noodle. Reserve remaining sauce. Roll up noodles and place in baking dish.
 - Top with remaining sauce, then sprinkle with the rest of the mozzarella and Parmesan.
 - Cover with foil and bake 30 minutes. Remove foil and bake 8-10 minutes more until cheese is melted and bubbly.

IMPORTANT DATES IN DECEMBER

December 07 ... Pearl Harbor Remembrance Day
December 15 ... First Day of Chanukah/Hannukah
December 21 ... Winter Solstice
December 24 ... Christmas Eve
December 25 ... Christmas Day
December 26 ... Kwanzaa
December 31 ... New Year's Eve



Can you find it? Somewhere in the newsletter is a tiny Kentucky. Did you spot it?



LAST MONTH'S WAS LOCATED ON PAGE 3 IN THE "MARCH" EXERCISE, ON THE PERSON'S THIGH.

Dementia Corner

Supporting Brain Health During the Holidays for Persons Living with Dementia

As the holiday season approaches, families across Kentucky gather around tables filled with favorite recipes, laughter, and memories. For those caring for a loved one living with dementia, the holidays can be both joyful and challenging. But what if the food we serve could do more than bring comfort it could also help support brain health?

The concept of “**food as medicine**” is gaining attention among health professionals and caregivers alike. According to the Office of Disease Prevention and Health Promotion, research shows that certain foods can play a powerful role in promoting brain health and slowing cognitive decline. These foods provide essential nutrients that support memory, mood, and overall brain function helping to make the holiday season both healthy and heartwarming.

Nourishing the Brain: What to Include on the Holiday Menu

Experts recommend following a brain-healthy eating pattern such as the MIND diet—a blend of the Mediterranean and DASH diets. Here are a few ideas to make your holiday table both delicious and dementia-friendly:

- **Leafy greens** like spinach, kale, and collard greens are rich in folate and vitamin E, which protect brain cells. Try adding a colorful salad or sautéed greens to your spread.
- **Berries**—especially blueberries and strawberries—contain antioxidants that may help slow brain aging. Add them to yogurt parfaits, oatmeal, or desserts.
- **Whole grains** such as brown rice, quinoa, and whole-wheat rolls provide steady energy and improve circulation to the brain.
- **Fish**, particularly salmon or trout, is packed with omega-3 fatty acids that support brain function. Consider offering a baked or grilled fish dish alongside traditional options.
- **Nuts and seeds** like walnuts and sunflower seeds make for festive snacks and provide healthy fats for brain health.

Creating Meaningful Mealtimes Moments

Beyond nutrition, mealtimes can be a source of connection and comfort for persons living with dementia. Caregivers can make meals more enjoyable and less stressful by keeping the environment calm, serving familiar foods, and encouraging participation in simple meal tasks—like stirring ingredients or setting the table.

Small Changes, Lasting Impact

This holiday season, consider ways to turn your favorite dishes into brain-boosting meals. Swap butter for olive oil, reduce added sugar, and add more colorful fruits and vegetables. These small choices not only support cognitive health but also create a healthier table for everyone.

Source: Office of Disease Prevention and Health Promotion. Food Is Medicine: A Project to Unify and Advance Collective Action. U.S. Department of Health & Human Services. Last updated July 14, 2025.