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Stay Healthy During the Holidays

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While the holidays are a time of gatherings with family and friends, they can also be a source of stress. Staying healthy can be a challenge during this time of year, especially for seniors. Below are 11 tips to help stay healthy, reduce stress and avoid the holiday blues.

- 1. Make Healthy Choices:** From rich meals to tempting and tasty homemade snacks, the holidays are a time for many to indulge in food — or overindulge. Try to plan meals with other events in mind. For example, if a big dinner is planned for New Year's Eve, consider a light lunch of salad or soup.
- 2. Stay Hydrated:** Drinking water is one way to stay healthy during the holidays. Have water easily accessible at home and keep bottled water in a purse or bag while running errands.
- 3. Follow Dietary Restrictions:** This can be difficult to adhere to during busy, stressful times, especially if there aren't healthy options available. To make it easier to follow dietary guidelines keep healthy options like fresh cut fruit and veggies on hand.
- 4. Drink in Moderation:** Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects. Consider fun, alcohol-free drinks instead.
- 5. Keep exercising:** Even just bundling up and walking around the block on a nice day can keep you on an exercise schedule. If it's snowing or icy try walking around an indoor shopping mall or large store.

Continued on next page



Continued from page 1

6. Shake up Traditions: Between cleaning a house and cooking for a crowd, hosting a big holiday meal can be a source of stress. Consider passing the tradition on to the younger generation of family members. If you still enjoy hosting, ask other family members to help clean or prepare part of the meal.

7. Decrease Gifts: If you're on a fixed income, purchasing gifts can be a financial challenge. Consider having a holiday grab bag where everyone contributes one gift.

8. Rest after Traveling: If you're traveling long distances to visit family, take time to rest upon arrival. Taking time to nap or watch TV can leave you with more energy for the rest of the trip.

9. Be Mindful of Home Hazards: If you're staying in a family member's home, take a minute to scan for tripping hazards such as area rugs or stairs. If possible ask for a room on the first floor, close to the bathroom. Ask for nightlights in the bathroom and hall to reduce tripping hazards.

10. Take Breaks: Between parties and shopping, the holidays often involve busy days and late nights. Carve some time for a nap or a way to relax for a bit.

11. Stay Involved: Helping to decorate the home or prepare a dish during the holidays is a great way to feel a part of the celebrations!

Thank You!

We want to take a moment to thank you for being an EMS LifeLink member. We're honored to have your trust and are proud to help provide you peace of mind and safety in your home.

We wish you a happy holiday season and look forward to another year together.

From everyone at EMS LifeLink - wishing you peace and happiness into the New Year.



*Nicole, Carrie and Bob
Your EMS LifeLink Team*

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