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Get Ready For Winter!

The days are getting cooler and shorter. As winter approaches, make sure you are prepared for anything and everything. Add the following supplies to your emergency kit:

Rock salt or alternative products to melt ice on walkways.

Sand to improve traction.

Snow shovels and other snow removal equipment.

Sufficient heating fuel. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.

Adequate clothing and blankets to keep you warm.¹

You can **prepare your home for the winter** by servicing your furnace, reversing ceiling fans, clearing leaves from flat rooftops and checking for roof damage that may turn into leaks.²

Outside, **check trees and shrubs.** Remove deadfall or trim limbs close to your home or power lines that could cause problems in a winter storm.²

1. <https://www.ready.gov/winter-weather>

2. <http://www.kiplinger.com/slideshow/real-estate/T029-S001-12-ways-to-prepare-your-home-for-winter/index.html>

Bourbon-Glazed Salmon



Yield: 8 servings
(serving size: 1 fillet)

Ingredients:

1 c. packed brown sugar
6 tbsp bourbon
1/4 c. soy sauce
2 tbsp fresh lime juice
2 tsp grated fresh ginger
1/2 tsp salt
1/4 tsp freshly ground black pepper
2 garlic cloves, crushed
8 (6-ounce) salmon fillets
Cooking spray
4 tsp sesame seeds
1/2 c. sliced green onions

Combine the first 8 ingredients in a large zip-top plastic bag; add salmon fillets. Seal bag. Marinate in refrigerator 30 minutes, turning bag once. Remove fillets from bag; discard marinade. Preheat broiler.

Place fillets on broiler pan coated with cooking spray. Broil 11 minutes or until fish flakes easily when tested with a fork. Sprinkle each fillet with 1/2 tsp sesame seeds and 1 tbsp onions.

Guarding Against Nursing Home Theft

Nursing homes offer a trust fund option to manage financial transactions for their residents. This may be convenient, but because there is less regulatory oversight, it may carry higher risk than using a bank. **Before deciding, know your rights and learn how the provider has historically managed funds.**

Learn if thefts have occurred at a nursing home through the Medicare.gov website's "Find Care Providers" search box. Under the "Health Inspections" tab, click "View Inspection Results" and scroll down to "Complaint Inspections" to see the full text of any reports.

Ask the nursing home if it conducts background checks on employees who manage residents' money.

Federal law requires nursing homes to conduct criminal background checks on employees with direct patient access, but this excludes office personnel.

Once you or a loved one choose to place money in a nursing home trust fund, regularly monitor fund management activities. Rules require that residents or their financial representative must approve every transaction, all debits and credits must be listed in a quarterly financial statement, and accounts must earn

interest. Review all financial statements for unfamiliar line items, unpaid bills, or unauthorized withdrawals.

Keep an eye out for unusual spending patterns. Monies of individual residents are often aggregated in one facility-wide fund, providing cover for mismanagement or theft, as money skimmed from many residents in small amounts may escape notice.

If you suspect an issue, write the administrator requesting an explanation by a certain date. If they don't resolve the issue, turn to your state's long-term-care ombudsman, your state's Medicare Fraud Control Unit, and/or the police for help.



The nursing home trust fund is an optional service. If you are not confident in its security, choose a bank instead.

Grant, Robyn "Don't Be a Victim of Nursing Home Theft" Bottom Line Personal

"Theft and Loss Fact Sheet" - The National Consumer Voice for Quality Long-term Care

Nutritional Benefits of Zucchini



Also called courgette, zucchini has its origin in the Americas and is available in yellow, light green, and green color.

Zucchini provides fiber, vitamin C, carbohydrates, and protein. It contains significant quantities of potassium, folate, and vitamin A.

Available locally throughout the growing season, young zucchini has a subtle taste, soft covering, and buttery white flesh. Almost all parts of this squash are edible, including the flesh, seeds, and even the skin.

A single cup of zucchini has about 33 calories and 0 fat.

Zucchini is rich in potassium, phosphorus, magnesium, calcium, fiber, vitamin C, and riboflavin. It also contains vitamin B6, A, E, and K, sodium, zinc, and iron. It has 94% water content.

www.organicfacts.net/health-benefits/vegetable/health-benefits-of-zucchini.html

The Healthiest Nut....?

The Global Burden of Disease Study, analyzing causes of death in 50 countries from nearly 100,000 data sources found that not eating enough nuts and seeds was the third-leading dietary risk factor for death and disability in the world.

Eating enough nuts and seeds is more likely to extend your life span than giving up processed meat consumption. Not eating enough nuts and seeds may lead to the premature deaths of 15 times more people than all those who die from overdoses of heroin, crack cocaine, and all other illicit drugs combined.

PREDIMED randomized more than 7,000 men and women at high cardiovascular risk into different diet groups and followed them for years. One group received a free half-pound of nuts every week—the equivalent of eating about an extra half-ounce of nuts daily added to what they had been consuming before the study even started.



Without making major shifts in their diet, just the minor tweak of adding nuts appeared to cut stroke risk in half. Regardless of which group subjects had been assigned, those eating more nuts each day had a significantly lower risk of dying prematurely overall.

Your life span may be increased by two years just by eating about a quarter of a cup of nuts five or more days a week.

Which nut is healthiest?

Walnuts really do seem to take the lead. They have among the highest antioxidant and omega-3 levels, and beat out other nuts in vitro in terms of suppressing cancer cell growth.

<https://nutritionfacts.org/topics/nuts/>

It Happened In ...



September 3rd 1783 – The Treaty of Paris was signed by John Adams, Ben Franklin and John Jay, formally ending the American Revolutionary War between Britain and the United States.

September 19-20th 1985 – Earthquakes in Mexico City killed from 5,000 to 20,000 persons and left over 100,000 homeless. The quakes registered 8.1 and 7.5 (Richter) causing \$4 billion in damage.

September 28th 1542 – California was discovered by Portuguese navigator Juan Rodriguez Cabrillo upon his arrival at San Diego Bay.

September 30th 1955 – Actor James Dean was killed in a car crash in California at age 24. He remains one of the most influential actors with just three major films: Rebel Without a Cause, East of Eden and Giant.

<http://www.historyplace.com/specials/calendar/september.htm>

Age-Appropriate Brain Boosters

Researchers are discovering that maintaining or even improving brainpower can be tailored to age.

Brain Boosting Strategies 46-65

Narrow Your Focus. As you age, the capacity to rapidly switch from task to task (multitasking) slows, adding to brain fatigue and reducing efficiency. Pick one job - such as answering e-mails or planning a report- and take your time doing it. Creating meaningful email responses and other original content not only increases work quality and productivity but also flexes your brain.

Synthesize. Don't get lost in a sea of information. Gather enough information for the task at hand, then focus mainly on the key meanings. Coming up with your own internally generated ideas drawn from a pool of information has been shown to boost brain health.

Brain Boosting Strategies 66+

Get Off Autopilot. Slipping into autopilot can be a dangerous state since a bored brain is going backward. To keep the

mind sharp, push yourself to learn something new. For example, keeping up with technology changes or other areas of interest builds new connections in the brain. You will feel energized building expertise in topics you find fascinating.

Stay Challenged. The problem with crossword puzzles and other brain teasers is that they get easier with practice. People who do crosswords get better mainly at crosswords, and the gains generally don't translate into other high-level mental areas.



Keep your mind sharp. Take on real challenges that you are motivated to master. Forcing yourself to learn a new language just to exercise your brain will not produce the same far-reaching cognitive benefits as honing a foreign language for practical use, such as for a trip. The brain expands and develops new pathways when it's pushed to explore unfamiliar areas.

Bond Chapman, Sandra PhD, "Best New Brain Boosters" BottomLine/Health