Greetings!

Burned out...at your wit's end...too much on your plate. Can you relate? We've all experienced one or more of the three major types of stress: routine stress related to daily life pressures, sudden stress from a loss or negative life change, or traumatic stress from a life-threatening event. The chronic physical impact of stress can be significant, suppressing bodily functions that aren't necessary for immediate survival, such as lowering immunity and affecting the digestive system.

So in honor of Stress Awareness Month, we at Relevar Home Care encourage you to engage in stress-reducing activities and lifestyle improvements. Try a yoga or tai chi class, get plenty of rest, and seek medical care if the stress becomes overwhelming. We can also help through providing professional, compassionate respite care, allowing family caregivers the opportunity for some much-needed downtime.

We hope you enjoy the articles in this month's newsletter in the spirit of education and cooperation in which they were sent. If you receive this issue as a forward, or if you are viewing it on our website and would like your own subscription, please click the "subscribe" button on the bottom of this email. Then add our email address to your address book to ensure delivery.

Thank you,

The Team at Relevar Home Care

Astonishing New Development in Neurological Disease Research: Mini-Brains
A Beautiful Story About Embracing Moments

This poignant short story touches on the beauty of recaptured moments of clarity in Alzheimer's. In this case, as in many, it's the magic of music that provides the conduit through which a restored sense of self can emerge.

Uncovering Previously Unknown Drug Interactions Through Search Engine Queries

Many seniors take a number of different daily medications. But oftentimes, no one knows whether the combination of those particular medications might create dangerous side effects. This TED talk explains how physicians are turning to a surprising solution - the Internet - to mine data from search engine queries to uncover drug interactions. The potential for this data research is exciting!

What's the Difference Between Palliative Care and Hospice Care?

What first comes to mind when you hear the phrase "palliative care"? For many, it's synonymous with end of life care. The true purpose of palliative care, however, is to bring relief from symptoms such as pain, vomiting and nausea that result from either a disease or from the treatment for that disease. Sometimes this does occur at the end of life.

Dr. Eric Widera, who practices palliative care at the University of California, San Francisco, explains, "We hear this all the time: 'They're not ready for palliative care,' as if it's a stage people have to accept, as opposed to something that
should be a routine part of care."

And although palliative care, like hospice care, focuses on improving quality of life, it's beneficial at any stage in a patient's illness for symptom management and can be used in tandem with curative treatments.

Studies are showing a myriad of benefits for patients and their families who choose palliative care, including significantly higher scores on quality of life assessments, less prevalence of depression and emergency room visits, and even longer survival rates.

Contact Relevar Home Care to find out how we can further assist with improving quality of life for seniors receiving either palliative or hospice care.

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Top 5 Vitamins for Seniors

"I just have no energy and feel so weary all the time!"

Sound familiar? Nothing takes the place of a well-balanced diet and plenty of exercise. For seniors whose nutrient requirements aren't being met through diet, however, this is a common refrain that, thankfully, can often be remedied through vitamin supplements. But one glance at the rows and rows of alphabetically arranged bottles of vitamins, minerals, natural supplements, and self-proclaimed "miracle cures" can be bewildering. Exactly what should seniors be taking? Experts suggest the following for seniors:

- **Multivitamins.** A daily multivitamin specifically labeled as beneficial for those age 50+ is formulated to contain the right balance for most seniors.
- **B12.** Vitamin B12 is crucial for maintaining healthy neurological function and red blood cell development, and can be hard for seniors to absorb naturally through foods. B12 deficiencies can result in fatigue, weakness, anemia and more.
- **Calcium.** The jury is still out on how effective calcium supplements are for overall bone health, but research has shown it to reduce vertebrae fractures.
- **D.** Calcium can only be absorbed in conjunction with vitamin D, which also helps protect against heart attack, stroke, and other conditions. Vitamin D deficiencies are also linked to diabetes, arthritis,
Asthma, depression and more.

- **AREDS.** This formulation of C, E, lutein, zinc and zeaxanthin has shown promising results in reducing the risk of cataracts and slowing the progression of AMD. An ophthalmologist should be consulted for a recommendation on which formula to choose.

Always check first with the physician, however, before taking any supplements, since taking too much of a particular supplement, or certain combinations of supplements with prescription medications can be dangerous.

### About Relevar Home Care

A proud recipient of Michigan's Best Small Business Award, Relevar Home Care is committed to personalized care in the friendly environment of a customer's home. The multi-disciplinary, dependable staff at Relevar includes companions, home care aides, registered nurses, physical and occupational therapists and medical social workers who provide caring with kindness like that of a loving family member. Services include personal care, light housekeeping, meal preparation, laundry, transportation and much more. For further information, visit [www.relevar.com](http://www.relevar.com) or call us at (888) 493-3513.