



® NOVEMBER

2023

® EDITION

*Where promises are kept!*

## Ask4Care's employee of the month for NOVEMBER 2023 is ARETHA OFOSU

We would like to congratulate our exceptional staff member Aretha for earning the Employee of the Month for November 2023. Her unwavering dedication to providing compassionate care to her clients by going up and beyond is truly commendable. Whether it's assisting those experiencing physical or cognitive challenges, or fostering a sense of dignity and independence in clients, she consistently embodies the values that make our team outstanding. Aretha recalls, "While working for ASK4CARE I encountered some difficulties with a resident I've supported. This resident would often hit, kick, and throw things at the staff working with them. It got to a certain point where no staff member was willing to support them because of this.

This led to a behavior therapist coming in to train me on how to handle this resident when he would behave aggressively. I was able to successfully apply the training I received to my everyday care with this client. Ever since this training the resident has become more calm, polite, friendly, and can follow directions."

*We would like to thank you for your outstanding commitment to making a positive impact on the lives for those you serve.*



# Christmas Cookies.

**Prep Time:**

20 mins

**Cook Time:**

15 mins

**Additional Time:**

2 hrs

**Total Time:**

2 hrs 35 mins

**Servings:**

48

**Yield:**

4 dozen



## Ingredients

- 3 <sup>3</sup>/<sub>4</sub> cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 <sup>1</sup>/<sub>2</sub> cups white sugar
- 1 cup margarine, softener
- 2 eggs
- 2 teaspoons vanilla extract



# Directions

- Gather all ingredients.
- Sift flour, baking powder, and salt together in a medium bowl; set aside.
- Beat sugar and margarine in a large bowl with an electric mixer until smooth. Wrap dough; chill in the refrigerator for 2 hours.
- Beat first egg into butter mixture. Beat second egg into mixture along with vanilla extract; add flour mixture and stir until dough is just combined.
- Wrap dough; chill in the refrigerator for 2 hours.
- Preheat the oven to 400 degrees F (200 degrees C). Grease two cookie sheets.
- Roll out dough on a clean floured surface to 1/4-inch thickness. Cut out shapes using cookie cutters; arrange them on the prepared cookie sheets. Gather scraps and repeat this step.
- Bake in batches in the preheated oven until edges are golden, about 6 to 8 minutes. Cool on the baking sheet briefly before removing to a wire rack to cool completely.
- Serve and enjoy!

# RAFFLE GIVEAWAY!!





# LIFESTYLE CHANGES CAN REDUCE DEMENTIA RISK BY MAINTAINING BRAIN PLASTICITY – BUT THE TIME TO ACT IS NOW

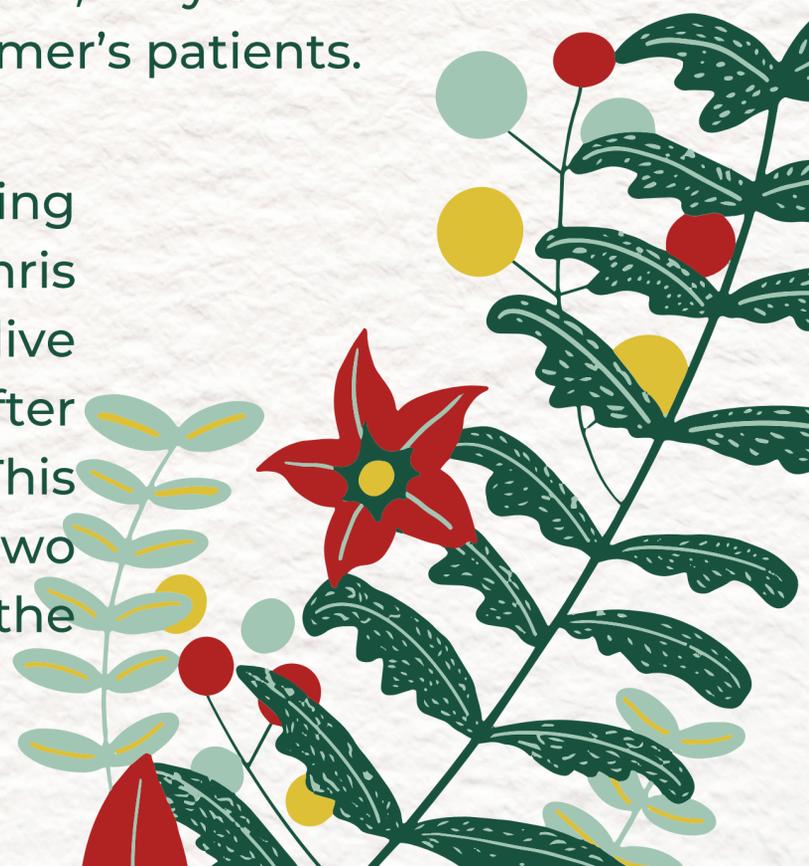
Walk 10,000 steps a day, cut back on alcohol, get better sleep at night, and stay socially active — we're told that changes like these can prevent up to 40 percent of dementia cases worldwide. Given that dementia is still one of the most feared diseases, why aren't we pushing our doctors and governments to support these lifestyle changes through new programs and policy initiatives?

## TAKING CONTROL OF YOUR HEALTH

Anyone who has watched a loved one living with dementia, facing the small and large indignities and declines that leave them eventually unable to eat, communicate or remember, knows it is a devastating disease.

There are several new drugs making their way to the market for Alzheimer's disease (one of the most common forms of dementia). However, they are still far from a cure and are currently only effective for early-stage Alzheimer's patients.

So lifestyle changes may be our best hope of delaying dementia or not developing dementia at all. Actor Chris Hemsworth knows it. He watched his grandfather live with Alzheimer's and is making lifestyle changes after learning he has two copies of the APOE4 gene. This gene is a risk factor for Alzheimer's, and having two copies significantly increases his risk of developing the same condition.



## COGNITIVE RESERVE AND NEUROPLASTICITY



Cognitive reserve is the brain's ability to withstand damage or neurodegenerative disease. If there is tissue or functional loss in one part of the brain, other brain cells (neurons) work harder to compensate. In theory, this means lifelong experiences and activities create a dam against the damage of disease and aging in the brain.

Neuroplasticity is the brain's amazing ability to adapt, learn reorganize, create new pathways, or rewire existing ones to recover from damage. The key takeaway is that neuroplasticity can happen at any time and at any age, which means learning and activities should be lifelong.

## THE ROLE OF STRESS AND INFLAMMATION

Stress responses and inflammation are the body's complex answer to injury. Inflammation is an important component of the body's immune system, helping defend against threats and repair tissue damage. While short-term inflammation is a natural and good response, chronic or prolonged inflammation disrupts normal function and causes damage to the brain's cells.

For example, one of the commonalities between dementia and untreated depression is the inflammatory process. Prolonged exposure to stress hormones can lead to chronic inflammation. Hypertension, physical inactivity, smoking, and air pollution are also associated with chronic inflammation and stress, which can damage blood vessels and neurons in the brain.



Lifestyle changes can reduce dementia risk by maintaining brain plasticity — but the time to act is now