

Lifetime Health eNews

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Caregivers: Avoid Burnout

According to the American Geriatrics Society Foundation for Health in Aging, as many as 44 million Americans care for older parents, in-laws, grandparents and other loved ones.

Caregivers assist these patients with their basic needs, and also play a vital role in their medical and psychological well-being. Care needs of these older individuals can be very involved, often making it difficult for caregivers to meet their own physical and mental needs.

This situation makes caregivers prone to burnout, meaning they are too overwhelmed or stressed to continue providing the care needed. It's important for caregivers to get help before feeling overwhelmed or reaching a breaking point. If you are a caregiver and have been putting the needs of the person for whom you care above your own health and well-being, talk to your physician or a member of your medical team. They will work with you to develop a health care plan to keep you in the shape you need to be to continue to care for your loved one. Your team can also help suggest respite services and other resources in your area.

For more information about caring for the elderly, visit the American Geriatrics Society foundation for Health in Aging at www.healthinaging.org.

Urgent Care Holiday Hours

Urgent Care by Lifetime Health is available for same day care for urgent injuries and illnesses through Thanksgiving weekend at four locations from 10 a.m. to 2 p.m., Thursday, November 24 through Saturday, November 26:

Amherst Health Center - 1185 Sweet Home Rd.

Hamburg Health Center - 151 Elmview Ave.

Mosher Health Center - 899 Main St.

West Seneca Health Center - 120 Gardenville Pkwy. W

Regular weekend hours resume Sunday; visit www.urgentcarebuffalo.com for a full list. Individuals can call ahead at **656-4040** for a same day appointment or walk in to be seen.



Enjoy the Holidays, and the Food

The holiday season is infamous for adding a few pounds to the waistline, thanks to the parties, baking, gifts and celebrations with food that seem to be holiday trademarks. However, it is possible to enjoy the holidays without gaining the pounds.

People tend to gain weight because they are putting in more calories without burning them off. They may have less opportunity to be active or workout with holiday events, or need to step up their activity to compensate for added calories. Our bodies maintain healthy weights at a certain number of calories. If you can keep your caloric intake and your exercise (calories burned) balanced, you will not gain weight.

Some helpful tips:

- **Use calories wisely:** Sugar calories burn faster leaving you hungry sooner, which leads to more eating. Whole grains stay with you longer so eating a whole-grain cereal or other whole-grain foods before an opportunity to snack might fill you up so you eat less junk food. In other words, some calories are more useful than others!
- **Consider holiday eating a barter system:** If you eat something more decadent, just take in fewer calories later. For example, if you can't resist baked treats at a party, eat a lighter dinner or eat a lower-calorie lunch before the party.
- **Pick your battles:** Some treats you eat simply because they are there, such as those that seem to be next to every office coffee pot during the holidays. You can try to avoid them altogether by making yourself busy and not going near them, or eat a small amount and then bring a light lunch, like non-fat yogurt, fruit and vegetables, to compensate for the calories of the treats. (You can choose to have a lighter meal when you get home.)
- **Substitute:** You don't have to give up the joy of baking, but you can amend your recipes. There are many substitutions for fat and sugar in baked goods and a number of sites online offer either reduced-calorie recipes or lists of substitutions. For example: low-fat milk instead of whole; baking butter with canola oil in it instead of whole butter (for everything except butter cream icing that doesn't seem to work with the substitution); egg whites instead of whole eggs; and anything made with chocolate can be made lighter by using cocoa instead of solid chocolate. You can also give away much of what you bake to cut back on what's available to you to eat.
- **Think fresh:** When entertaining or bringing an appetizer to pass, don't overlook the vegetable platter as a good idea—after all, you're not the only one looking for healthy options to barter with. For the veggie trays, consider a non-fat dip.
- **Keep moving:** Don't forget to keep up with – or step up – your exercise routine to keep the calories you burn level with the calories you take in. Adding exercise to your holiday routine also has the added benefit of lowering stress, which is another reason people eat more during the season.



Flu Sessions Now Through December

Flu sessions continue through the end of December at all Lifetime Health locations. Parents or guardians of children under the age of 3 should schedule an appointment for a flu shot with the child's pediatrician.

Session schedules and location phone numbers are available at www.lifetimehealth.org/PatientInfo/FluInfo. Check the Buffalo Flu Session Calendar on that page for a time and location most convenient to you. Please note practice names are abbreviated, and each calendar includes a key. You may also call the Flu Info Line at **656-4059** for more details on Buffalo-area flu sessions.

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