WakeMed Children's Rehabilitation

Family Handbook

WakeMed

Important Phone Numbers

Cathy Smith, Executive Director
WakeMed Rehab Services 919-350-4161

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Welcome to WakeMed Children's Rehabilitation

While you are with us, your recovery and well-being are our primary concerns.

During the many years that we have been helping individuals through the process of recovery and rehabilitation, we have learned a lot about the needs and expectations of our patients and their families. With each new patient and family, we learn even more.

Though we pride ourselves on being able to anticipate and meet patient and family needs, we may occasionally miss something. If at any time during your stay with us you have concerns, questions or problems, we have individuals who are responsible for helping you.

As a patient in our rehab program, a case manager is assigned to coordinate the efforts of your rehab team and act as an advocate on your behalf. You will meet your case manager soon after you are admitted to the rehab hospital. Your case manager will provide a phone number for you to use whenever you need to discuss a problem, share a concern or make suggestions about how we can improve your experience with us.

You are also encouraged to speak directly with your team members or charge nurse about anything that concerns you. If that is not possible or comfortable for you, you may ask your case manager to communicate with team members on your behalf. Our priority is to keep the lines of communication among you, your family members and our staff open and accessible.

Finally, as Director of WakeMed Rehab Hospital, I feel a personal responsibility to make sure that you are satisfied during your time with us. Please know that I, too, am available to meet with you or your family members should the need arise.

I can be reached at 919-350-8864.

On behalf of all of the staff at WakeMed Rehab, I welcome you to the Rehabilitation Hospital and wish you the very best.

Sincerely,

Beth Villena, MHA, LCSW, CCM
Director
WakeMed Rehabilitation Hospital

WakeMed
Rehabilitation

Helpful Information

Unit Access
Your child's safety is a top priority. An elevator code will be provided to the two adults who will be staying with your child in order to gain access to the fourth floor Children's Hospital. Identification bracelets will also be given to the two approved caregivers staying overnight that will allow entry into the secured 4E unit.

Accommodations
Each of our pediatric rooms has a built-in sleeper sofa to make your overnight stay more comfortable. You will be provided with pillows and blankets, and please let us know if there is anything else you need.

Meals
You will be assisted in making food selections for your child for the upcoming day. Meal trays will be brought to your child's room and will be prepared according to their specific dietary needs. The general dining schedule is:

- **Breakfast** – Served before 8am
- **Lunch** – Served around noon
- **Dinner** – Served around 5pm

If you would like to bring in outside food for your child, please discuss it with your nurse ahead of time. One meal tray is also provided at each mealtime for the family member staying in the room, but you are welcome to bring your own food as well.

Bathing
Every morning and evening, assistance will be provided with personal hygiene as needed. The nursing staff will assist with personal hygiene. If the therapists determine that your child is safe to have a shower, nursing will coordinate a schedule with you and your child.

Laundry
Families are encouraged to take clothing home to wash. If you would like to launder your child's clothes on site, a washer and dryer is available for use in the Ronald McDonald Family Room.

Parking
Free visitor parking is available in the P1 Visitor Parking Deck.

The Ronald McDonald Family Room
The Ronald McDonald Family Room is located on 4E across the hall from room 4E01. As the parent or guardian of a child hospitalized on the 4th floor, you may use this respite room which includes a sitting area, a small kitchen stocked with complimentary snacks and drinks, computer/internet access, washer and dryer, and a cell phone charging station. Volunteers staff this room as services allow, generally from 9am-9pm.

Bedside iPad
All patients in Children's Rehab have an iPad available for use that serves to connect you to your child's health record. The primary goal of the iPad is to increase your knowledge about your child's current health status, help you make more informed decisions, and support you becoming an active member of your child's care team. Some other special features include:

- **MyHealth** – You can view vital signs and trends immediately, and some labs within 12 hours of the results.
- **MyChart** – You can sign-up for MyChart, our patient portal. MyChart can be accessed from your Bedside iPad.
- **To Learn** – You can complete, at your own pace, education assignments sent to you by your child's treatment team. Completed education will be saved in your child's MyChart account for your future reference.
- **Translation App** – Live translation services are immediately available when needed through the bedside iPad
- **Happening Soon** – You can see your child's rehab schedule and when their medications are due.
- **Note to Self** – You can write reminder notes to yourself.
- **Additional Activities** – Café 3000 menu, Campus map, TV channel list and more.

- **Virtual Visits** – You and your child can connect virtually with loved ones through in-room iPads using the following apps, which are available in self-service to download and install if you have an account:
  > Google Meet
  > Skype
  > WhatsApp

Keeping You Safe

To help us maintain a positive, respectful, and caring environment for all, ***please avoid***:

- A tone that is threatening
- Words that hurt, humiliate or threaten
- Physical actions that may cause injury
- Sexual actions
- Use of drugs or alcohol
- Possession, display or use of any weapon

Therapy Schedule

Your child's therapy program will formally begin the day after admission. Your child will get a daily therapy schedule each morning to prepare for the day's events. Staff will help you and your child get to and from therapy appointments. Scheduled therapy times are determined for each child based on their needs. We also work to respect your child's preferences to the best of our ability. Your child will participate in a minimum of three hours of therapy on most days.

Introducing Your Team

With WakeMed Rehab, you and your child have an entire team of pediatric specialists on your side! The team includes rehab physicians and providers, pediatric hospitalists, and nurses, nursing assistants, clinical case managers, occupational and physical therapists, therapeutic recreation specialists, child life specialists and even our Canine Companions for Independence Facility Dog Pistachio! Depending on your child's specific needs, other team members may include a speech language pathologist, neuropsychologist or rehab psychologist. Members of the team work together to develop treatments designed to best meet your child's needs.

You & Your Family

The most important members of the treatment team are your child and your family. We will ask for your input and always welcome your candid feedback.

Medical Care

Medical care is directed and provided by physiatrists – physicians who are board certified in physical medicine and rehabilitation. They are assisted by advanced practice providers (APPs), including physician assistants (PAs) and nurse practitioners (NPs). The physiatrist and APP will see your child every day during their stay – usually in the early morning. The APP is the main medical person you and your child will see during the day. Depending on your child's medical care needs, a pediatric hospitalist – a physician who provides medical care to children when they are in the hospital – may also visit and provide care to your child. A physiatrist is on call in the evening and at night. Consulting physician services and 24-hour emergency medical services are available if needed.

Clinical Case Management

Our pediatric clinical case manager (CCM) is the team leader and a liaison for you, your family and the treatment team. The clinical case manager will help you and your family with personal, financial, emotional and social concerns that may arise as a result of your child's illness or injury. This often includes coordinating services with your child's school or school system. In addition, they work to set up family training and an appropriate and safe discharge plan.

Nursing Care

As key members of the team, nurses work closely with other rehab team members to ensure your child's needs are met. They are present 24 hours a day, seven days-a-week, and provide nursing care, manage complex medical issues, educate you and your child about your child's condition, and teach your child the skills needed to function at the highest possible level. In addition, here to help you and your child are nursing assistants who are trained professionals who work under the direction of the nurse, assisting with activities of daily living and other health care needs.

Occupational Therapy
Occupational therapists (OTs) help your child learn to do self-care through therapy in daily living skills, such as bathing, dressing and grooming, as well as hand coordination, vision, perception, strength and movement.

Physical Therapy
Physical therapists (PTs) help improve your child's strength, endurance, balance, coordination, quality of movement and functional mobility, such as transferring, walking, wheelchair mobility or stair climbing, as appropriate.

Speech Therapy
Speech language pathologists help improve your child's speech, language, cognition (thinking), swallowing and communication skills.

Neuropsychology
Neuropsychologists are psychologists with specialized training in brain function. They evaluate cognitive (thinking ability) and emotional and behavioral changes related to a medical condition, if needed.

Rehab Psychology
A rehabilitation psychologist works with individuals with different medical or chronic health conditions to provide interventions aimed at maximizing health and well-being, functional independence, and social role participation.

Therapeutic Recreation
Therapeutic recreation specialists work with your child on leisure skills and community re-entry. Pistachio, a Canine Companions for Independence Facility Dog, is an important member of the therapeutic recreation team.

Dietitian
A clinical dietitian is available for nutritional assessment, diet modification and counseling.

Spiritual Care
Our chaplains are available to meet with you and your family members to offer spiritual support and assistance with decision making.

Keeping You Informed Team Conference

Bedside Team Rounding
Once a week, your Case Manager and rehab medical team will come to your child's hospital room and briefly share with you how things are going. It is a weekly opportunity to engage with your team and hear how your child is doing, what will be the focus of your program for the coming week, and to ask questions. Information on your discharge plans will also be discussed.

Team Conference Report
In addition to talking with you about your child's weekly progress, you will receive a written Patient/Caregiver Update after each weekly bedside team rounding. Sections include:

- **Medical Update:** This section provides brief updates on how your child is doing medically and with nursing care needs.
- **Preparing for Discharge:** This section will help you and your family know how much help is needed now as well as what help may be needed after your child discharges. This information covers several important areas including moving around, going up and down stairs, getting dressed and remembering.
- **Discharge Plan:** An estimated length of stay or discharge date will be re-evaluated each week and discussed with you. Also included in this section will be follow up recommendations for therapy and medical equipment needed once your child is discharged.

Discharge Goals: Each therapy discipline involved in your child's care will work with you and your child to set goals on anticipated progress during Rehab and adjusts these goals as needed. This is done to help prepare for the help you may need to provide your child at discharge.

Discharge Information: An estimated length of stay or discharge date will be re-evaluated each week and provided to you on the weekly report. Also included will be recommendations for how much assistance might be needed, along with follow-up recommendations for therapy and medical equipment needs.

Use of AI in the Rehab Hospital

In the Rehab Hospital, the use of artificial intelligence (AI) is limited and primarily used for basic service delivery documentation. Although AI use is minimal, rehab is committed to maintaining transparent practices, protecting sensitive health information, and ensuring strong human oversight over all AI processes. All sensitive data processed by AI is safeguarded through established privacy and security protocols.

Developmental Needs for Children in the Hospital

It is important to encourage your child to play and engage in developmentally appropriate activities. Play makes the hospital less scary and also helps your child focus on activities, rather than on his or her illness or injury. Below are some tips for better understanding what your child is going through based on his or her age and stage of development, and what you can do to help.

PRESCHOOLERS (3-5 years)

Activities

- Coloring and drawing
- Building structures that represent familiar things
- Showing off their creations or accomplishments to others
- Pretending

Social Interactions

- Beginning to understand the concept of rules and boundaries
- Not yet able to understand other's points of view
- Interpreting words and phrases literally, leading to misunderstanding

Common Stressors and Fears in the Hospital

- Difficulty separating fantasy and reality and can think hospitalization is a punishment
- Fear of separation
- Fear of loss of control
- Fear of bodily injury or harm

What You Can Do to Help

- Reassure your child that hospitalization, treatments and procedures are not punishment and that he or she has done nothing wrong
- Be honest with your child and give clear explanations
- Continue to set normal limits and structure
- Participate in your child's care and give praise

SCHOOL AGE (6-12 years)

Activities

- Talking about themselves and their interests
- Playing cards, board games and video games
- Organized group play
- Energetic activities (dancing, sports, etc.)

Social Interactions

- Being with friends more and more important
- Taking pride in work and seeking recognition for their accomplishments
- Learning to understand others' perspectives
- Learning rules for appropriate behavior and social cooperation

Common Stressors and Fears in the Hospital

- Dependence and loss of being able to do for themselves
- Fear of losing bodily functions and disfigurement
- Concerns about pain, death and disability

What You Can Do to Help

- Honest preparation for procedures; let your child know if any treatments or medicines will change the way their bodies look or work
- Emphasize the things your child CAN do
- Allow choice whenever possible and encourage your child to make decisions regarding their care
- Allow your child to explore equipment and ask questions

Preparing for Discharge

Discharge Criteria

Your child will be discharged from the Rehab Hospital when he/she meets any of the following:

- Your child meets his or her inpatient rehab goals or progress levels off
- Your child would benefit from a less intensive rehab program
- Your child is well enough to be cared for in a less intensive care setting
- Your child's medical needs would be best addressed by WakeMed's acute care team
- Your child does not consistently tolerate or participate in three hours of therapy each day

Family Education and Training

Family education will focus on your child's current abilities and ways you can assist and support his or her recovery while in Rehab and after discharge to home. Educational topics will cover all aspects of your child's functioning, including emotional needs, developmental and behavioral issues, and educational needs. You are welcomed and encouraged to attend therapy sessions with your child. In addition, your clinical case manager will work to set up formal family training with you and other members of your family so you can ask questions and have hands-on practice with your child's care. We want you and your family to feel safe, comfortable and prepared when it is time to leave the Rehab Hospital.

Day Passes

If allowed, your treatment team may recommend that you and your child go home on a day pass prior to discharge to practice newly learned skills. Day passes may be used on weekends between 10am and 8pm, after any scheduled therapy is completed. A family member or other caregiver must complete training before a pass will be allowed.

Discharge Planning

Your clinical case manager will work with you to set up the most appropriate follow-up services for your child. Your clinical case manager will communicate the team's recommendations for follow-up therapy and equipment and offer you choices regarding agencies and vendors who can provide services to your child. Once you are in agreement, your clinical case manager will coordinate the arrangements. Medical equipment will be delivered to your child's room by the morning of discharge for you to take home with you. Your signature will be required to accept this equipment. Please note there may be out-of-pocket costs for some items that will be due upon delivery.

School Coordination

Your clinical case manager will also make sure that your child's academic needs have been addressed during their stay by gathering appropriate school records, contacting your child's school, and communicating recommendations for on-going educational services once your child is ready for academic activities.

Independence Day

Just before discharge from Children's Rehab, your child will celebrate "Independence Day". Your child will be asked to do everything within their abilities. Team members will be close by to evaluate and encourage your child, and they will challenge your child to carry out tasks of the day as independently as possible. We will make the day special for your child and celebrate these accomplishments!

Pharmacy Discharge Service

The WakeMed Pharmacy offers a service to patients discharging home from Rehab that simplifies the process of obtaining medications. If interested, you can let your child's clinical case manager or nurse know and you will be contacted by a pharmacy discharge coordinator who will take care of your child's medication needs prior to leaving the hospital. The prescriptions will be delivered to your child's room, including any over-the-counter items you would like to purchase. The pharmacy accepts all major prescription insurance plans, offers many low-cost medications, and payments can be handled over the phone.

WakeMed MyChart

All patients have access to WakeMed MyChart, an online portal that provides 24/7 ability to see key portions of your electronic medical record. Parents and guardians of minors can obtain proxy access to their child's MyChart account. MyChart saves time and allows you to better manage your child's health through convenient access to important clinical information. Any team member can help you sign up for proxy access to your child's MyChart account using your child's bedside iPad or your personal device while your child is in the Rehab Hospital. If you do not access MyChart while your child is in the hospital, sign-up instructions will also be on your child's discharge instructions, along with an activation code if you do not already have one. You may also call 919-350-2288 to have someone help you sign up your child for MyChart and gain proxy access over the phone.

Personal Health Profile

Keeping your child's personal health information updated in one place is strongly encouraged! You can take it to your child's doctors' appointments or the emergency room and not have to remember all those important details, like your child's doctors' names, the medicines they take, their critical medical history and diagnoses, insurance coverage, as well as your child's emergency contact information. There are several choices on how this information can be collected and stored, depending on your personal preferences. But using WakeMed MyChart for this purpose is an excellent option and encouraged. If you would like to review additional choices, please ask your case manager for assistance.

Continuing Your Journey

There are lots of things that you can do to help your child continue to recover after discharge. Not only is it important to follow up with therapy services and doctors' appointments, and take all prescribed medications, it's also important that your child establishes a routine of fitness, good nutrition and weight management, which are all very important to your child's wellbeing.

It is our great honor to serve you and your family during this difficult time. If there is anything we can do to make your experience better, please let a member of your child's team know as soon as possible.

Do You Eat a RAINBOW?

Did you know?

- Fruits and vegetables are packed with nutrients like vitamins, minerals, and fiber to help you feel your best.
- The recommendation is to have 5-9 servings of fruits and vegetables every day.
- Only 1 in 10 Americans reach the goal!

How can you meet the goal?

- **Try something new:** Getting a produce box or visiting a Farmers' Market can be a fun way to try new fruits and vegetables.
- **Sneak them in:** Add vegetables to foods you already eat like soups, sauces, casseroles, and smoothies.
- **Eat a rainbow:** A bright and fun plate looks great, provides a variety of nutrients, and can help you eat more fruits and veggies.
- **Keep trying:** Sweet fruit is easy to love, but the bitter taste of veggies can make eating them a challenge. It may take over a dozen tries for your taste buds to adjust, so stay positive and keep tasting.
- **Snack smarter:** Instead of chips or candy, reach for fruits and veggies. Add protein like hummus or nuts to keep hunger at bay.
- **Enjoy a dip:** Try raw or lightly cooked veggies dipped in hummus, Ranch dressing made with yogurt, peanut butter, tzatziki, or guacamole.
- **Buy it all:** Fresh, frozen, and canned fruits and veggies are all great options. When choosing canned, look for fruit packed in water or its own juice and lower sodium veggies.
- **Mix it up:** Maybe you're tired of steamed broccoli or hate mushy Brussels sprouts, so try cooking them in a new way.

Boost the flavor with seasoning

- **Broths or bullion**
- **Herbs:** basil, parsley, oregano, thyme
- **Spices:** cumin, cinnamon, paprika, pepper
- **Vinegars:** Balsamic, apple cider, red wine
- **Other acids:** citrus juice or zest
- **Garlic, onion, ginger, mustard**

Try raw or cook in different ways

- Roast
- Stir fry
- Microwave
- Steam
- Sauté
- Grill

Easy Roasted vegetables

Roasting veggies is a great way to bring out their natural sweetness. Almost any veggie is great roasted, but some ideas are: broccoli, carrots, cauliflower, okra, potatoes, tomatoes, and zucchini. Try a variety of herbs and spices like basil and thyme. Here's a simple recipe:

1 pound of veggies, uniformly chopped
2 tablespoons olive oil
1-2 tablespoons balsamic vinegar or lemon juice
1-2 cloves garlic, minced or 1-2 tsp garlic powder
Salt, pepper, and herbs to taste

- Preheat oven to 400 degrees.
- Combine all ingredients in a large mixing bowl
- Spread veggies on baking sheet with foil or non-stick liner
- Roast veggies from 15-45 minutes, depending on the vegetable.
- Toss after 15-20 minutes to evenly cook veggies and check on doneness. Vegetables are done when they are tender.

WHAT'S IN SEASON?

Fall
Apples
Arugula
Beets
Broccoli
Bok Choy
Brussel sprouts
Butternut squash
Cauliflower
Cranberries
Garlic
Ginger
Grapes
Mushrooms
Parsnips
Pears
Pineapple
Pommegranate
Prickly Pear
Pumpkin
Rutabagas
Spaghetti squash
Sweet Potatoes
Turnips
Winter Squash
Yams

Winter
Apples
Bok Choy
Brussel Sprouts
Chesnuts
Dates
Grapefruit
Jicama
Kale
Leeks
Mushrooms
Oranges
Parsnips
Pears
Prickly Pear
Radicchio
Red Currents
Rutabagas
Sweet Potatoes
Tangerines
Turnips
Yams

Spring
Apricots
Artichokes
Arugula
Asparagus
Beets
Broccoli
Chives
Collard Greens
Green Beans
Honeydew
Mango
Mustard Greens
Oranges
Limes
Pineapple
Rhubarb
Snow Peas
Spinach
Strawberries
Sweet Corn
Sugar Snap Peas
Swiss Chard
Watercress

Summer
Apricots
Bell Peppers
Blackberries
Blueberries
Cantaloupe
Cherries
Cucumbers
Dragonfruit/Pitaya
Eggplant
Figs
Garlic
Grapefruit
Grapes
Green Beans
Green Peas
Honeydew Melon
Jalapeno Pepper
Jackfruit
Kiwifruit
Lima Beans
Limes
Nectarines
Okra
Peaches
Persimmon
Plums
Poblano pepper
Radishes
Raspberries
Strawberries
Sweet Corn
Tomatillo
Tomatoes
Watermelon
Yellow crookneck squash
Zucchini

Year Round
Avocados
Bananas
Cabbage
Carrots
Celery
Lemons
Lettuce
Onions
Papayas
Bell Peppers
Potatoes

Lemony Basil Spaghetti Squash

1 spaghetti squash
2 tablespoons extra virgin olive oil
1 garlic clove, finely minced
1 lemon, juiced and zest freshly grated
2 tablespoons fresh basil, chopped
¼ teaspoon black pepper
Pinch of salt

- Preheat the oven to 400 degrees F.
- Cut the spaghetti squash in half lengthwise.
- Scrape out the seeds and place it on a baking sheet flat side down. Brush with olive oil and sprinkle with salt and pepper.
- Roast the squash for 30-35 minutes until the strands easily scrape off the sides.
- Meanwhile, heat a skillet over medium-low heat. Add the olive oil and sauté the garlic for 30 seconds. Stir in the lemon juice, zest, and salt and pepper. Bring to a simmer, and then turn off the heat.
- Use a fork to scrape the strands away from the squash skin, put them into bowl, and gently toss with the garlic mixture.
- Optional: top with Parmesan cheese and toasted walnuts.

Foods that boost brain function,
enhance memory and improve concentration

BRAIN FOOD

BREAKFAST

Don't skip breakfast! It's one of the most important meals of the day. Research has shown that kids who are breakfast eaters perform better academically than those who skip.

Don't set your kids (or yourself) up for a mid-morning crash by consuming a high-sugar breakfast.

- **Oatmeal made with skim milk and topped with raspberries or blueberries.** Fruit is a great source of antioxidants, specifically Vitamin C, and has been shown to improve cognitive function and protect the brain. Oats are loaded with fiber and B-vitamins, helping to provide your body with sustained energy levels.

  Top hot oatmeal with cinnamon and some chopped walnuts, or granola (see recipe on back) to provide some brain-boosting omega-3s. Also try these topping options: dried fruit and soy milk, sliced almonds and a drizzle of honey, fresh banana and a dash of nutmeg with skim milk.

  Sweeten your oatmeal with a little brown sugar, applesauce or maple syrup. When serving packaged varieties of oatmeal, don't add sugar (it's got enough already).

- **Scrambled eggs with cheese rolled up in a whole wheat tortilla.** Choline in eggs boosts memory and concentration.

- **Hard-boiled eggs.** Keep hard-boiled eggs handy for snacks or for a grab-and-go breakfast complete with a piece of fruit and a handful of almonds.

- **Home-made egg sandwich.** Put a fried egg on a toasted whole wheat English muffin and top it with a slice of low-fat cheese.

Recipe

FRENCH TOAST

adapated recipe from Mark Bittman

2 eggs
1 cup skim milk
1 tablespoon sugar (optional)
1 teaspoon vanilla extract
8 slices whole grain bread
1 teaspoon ground cinnamon (optional)
Butter or neutral oil, as needed

Put a large skillet over medium-low heat while you prepare the egg mixture.

Beat the eggs lightly in a broad bowl and stir in the milk, sugar, vanilla, and cinnamon.

Add about 1 teaspoon of butter or oil to the griddle or skillet. When the butter is melted or the oil is hot, dip each slice of bread in the batter and put it on the griddle. Cook until nicely browned on each side, turning as necessary, for no more than 10 minutes or so total; you may find that you can raise the heat a bit. Serve immediately, or keep warm in the oven for up to 30 minutes.

Top with applesauce, Greek yogurt and berries, or a small drizzle of pure maple syrup.

Cooking

(continued on back)

Foods that boost brain function,
enhance memory and improve concentration

BRAIN FOOD

LUNCH

- **Turkey / hummus wrap.** Spread hummus on a whole grain tortilla, layer with two-to-four slices of turkey, add sliced red bell peppers and wrap. Have a side of yogurt or a piece of fruit.
- **Peanut butter / banana sandwich.** Spread peanut butter and sliced bananas over a slice of whole grain bread. Include a cup of strawberries and a cup of skim milk for a complete meal.
- **Chunk white tuna salad on a whole grain English muffin.** Mix tuna with plain Greek yogurt for a calcium and protein boost!

DINNER

This meal offers another great chance to incorporate brain foods! Aim for 1/2 the plate to be colorful veggies, 1/4 whole grains and 1/4 lean protein.

- **Spinach Salad.** Have a meatless meal and load a salad with your favorite nutritious toppings – like strawberries, mandarin oranges, edamame, chick peas and sliced almonds.
- **Lean beef or turkey burger with vegetables.** Top a whole grain bun with a lean meat burger and garnish with tomato slices and sautéed spinach. This meal has iron, important for energy and concentration, and zinc for memory.
- **Meatballs and spaghetti.** Top whole wheat pasta with lean meatballs, marinara sauce and a sprinkle of Parmesan cheese. Complete your meal with a side of steamed broccoli.

Recipe

PEANUT BUTTER PUMPKIN GRANOLA

Makes four 1/4 c. servings

Cooking

- 2 tbsp. creamy natural peanut butter
- 2 tbsp. honey (local if possible)
- 1/4 tsp. cinnamon or pumpkin pie spice
- 1/4 tsp. vanilla extract
- 1 c. oats
- 1/4 cup pepitas (shelled pumpkin seeds)
- 1/4 cup raisins, dried cranberries, or other dried fruit of choice

Preheat oven to 325 degrees.

Spray cookie sheet with non-stick cooking spray and set aside.

Combine peanut butter and honey in a pan on medium heat. Stir until thoroughly mixed then turn off the heat (this does not take long).

Stir cinnamon or pumpkin pie spice and vanilla into peanut butter and honey mixture. Add oats and pepitas and stir until oats are completely covered in peanut butter mixture.

Spread the mixture onto prepared cookie sheet and bake for 15 minutes or until granola is slightly browned.

Let cool until granola is crunchy. Add in the raisins or other dried fruit. Keep in air-tight container.

SNACKS

- **Apple slices.** Add protein and healthy fats by dipping the apple in peanut butter or almond butter.
- **Low-fat yogurt parfaits.** In a tall glass, layer yogurt with berries (fresh, frozen, or dried), granola and chopped nuts (almonds or walnuts).
- **Trail Mix.** Unsweetened whole grain cereal mixed with dried cranberries and almonds.

Rethink your drink

Swapping sugary beverages for water may reduce calorie intake by 10-13%.

Sugar-sweetened beverages like soda and energy / sports drinks are the

#1 SOURCE OF ADDED SUGARS IN OUR DIET.

A 12 oz. can of regular soda has about

150 CALORIES AND 10 TEASPOONS OF ADDED SUGAR.

DECEPTIVE DRINKS

Flavored Milk
Sports & Energy Drinks
Sugary Soda & Tea
Sweetened Juice

Did you know?

You would have to eat 48 grapes to get the same amount of sugar in 1 cup of grape juice.

Instead of sugary drinks:

- Try a splash of juice in plain or carbonated water.
- Sip unsweetened iced or hot teas.
- Order a coffee drink with ½ the pumps of syrup.
- Eat whole fruit instead of drinking juice.

Water can help:

- Slow down eating speed and reduce overeating.
- Kidneys stay healthy so they can remove waste from the blood.
- Reduce the risk of conditions like kidney stones, headaches, and constipation.

Flavor your water with fruits, vegetables, or herbs. Enjoy immediately or let diffuse in the fridge or at room temperature. Try a single ingredient or one of these combinations:

- Sliced limes & raspberries
- Pineapple chunks & mint leaves
- Sliced lemons & basil leaves
- Blackberries & sage leaves
- Sliced strawberries & cucumber
- Watermelon chunks & rosemary

How much fluid is enough?

- Pale yellow or clear urine indicates being well-hydrated, while dark yellow urine may signal dehydration.
- Dehydration can lead to disruptions in mood, concentration, alertness, and short-term memory.

Exercising?

Hydration can affect performance, so fluid intake is important before, during, and after activity.

- Choose water for moderate intensity exercise that is less than 1 hour.
- Drink an extra 2 glasses of water for every hour of exercise or strenuous physical activity.

Much of the information in this flier was obtained from the American Heart Association website.

Swap the Sweets

Most Americans consume nearly
20 TEASPOONS
of added sugars **EACH DAY**.
That's **TRIPLE** the recommended daily limit for women and **DOUBLE** for men!

According to the American Heart Association, "there is consistent evidence that cardiovascular risk increases as added sugar consumption increases."

Added sugars are not the sugars naturally found in fruit or plain dairy; they are added to foods during processing or preparation. We add sugar throughout the day: spoon it on cereal, pour it in drinks, drizzle it over baked goods, and sprinkle it on dessert.

Sugary drinks are the #1 source of added sugar, but it's in all kinds of food like the ones highlighted below. Try to make sweet treats just that – a special treat rather than a daily food – and make some swaps like these to reduce added sugar in your day:

UNBALANCED BREAKFASTS

- Breakfast & Energy Bars
- Granola
- Sugary Cereal
- Sweetened Oatmeal

Instead, try:

- Adding fruit to low-sugar cereal.
- Mixing a small amount of sweet cereal with a low-sugar variety.
- Heating oatmeal before sweetening; hot foods may need less seasoning than cool.

ICE-COLD CANDY

- Ice Cream & Gelato
- Frozen Yogurt
- Fruit-Flavored Popsicles
- Sherbet & Sorbet

Swap for:

- Frozen fruit like blueberries.
- Plain or low-sugar yogurt topped with fruit or blended in a small smoothie.

SWEET, SWEET SYRUPS

- Coffee Flavors
- Drink Mixers
- Jellies & Jams
- Pancake Syrup

Reduce syrup by:

- Replacing half of the syrup with fresh or defrosted frozen fruit.
- Topping pancakes and waffles with fruit, low-sugar yogurt, or peanut butter.

BEWITCHING BAKED GOODS

- Bread & Pastries
- Cakes, Cookies & Pies
- Donuts
- Flavored Bagels

When baking:

- Use half the amount of sugar in a recipe.
- Substitute some of the sugar with equal parts unsweetened applesauce.

Read the label

- Nutrition facts show how many grams of sugar have been added to a product. There are 4 grams of sugar in 1 teaspoon.
- Reduce daily added sugar to:
  - 24g for women and children
  - 36g for men
- The **ingredient list** shows the types of sugar added to a product.
- Sugars like agave nectar, honey, molasses, organic sugar, and maple syrup all count as added sugar.

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium	**7%**
Total Carbohydrate 37g	
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

While sugar can be useful when cooking (it can make baked goods tender, enhance acidic flavors, and balance bitter, sour, and spicy), experiment with extracts and spices like these to bring out the flavor in foods:

Extracts: almond, vanilla, lemon, lime

Spices: cinnamon, nutmeg, ginger, allspice

Making the most of your workouts

Exercising can seem a little intimidating at first, but knowing a few key tips will help you make the most of your workout.

- To make your workout more effective, your goal should be to work hard, but not too hard. If your activity is too strenuous, you will probably get tired in the first 5-10 minutes! A good rule of thumb is to be sweating a little, breathing harder, and feel your heart pumping faster. If you can sing your favorite song while working out, you are not working hard enough. If you can not talk, you are working too hard.
- Different types of activity work different areas of our body, and have different benefits. Try to get in at least 60 minutes of cardiovascular/aerobic exercise per day, and try muscle strengthening and bone strengthening 3 times per week.
- Don't forget to stretch after exercise! Stretching makes muscles more flexible, which can keep us from getting sore or injured.

› Cardiovascular/Aerobic Exercise

What is it? Exercise that strengthens your heart, lungs, & circulatory system and improves your endurance.

How much? 60 minutes+ each day

What should I do? Your activities should be mostly moderate- or vigorous-intensity exercise. Stay in the blue zone shown below!

Intensity Level	Rate of Perceived Exertion (0-10, 0 is sitting on the couch & 10 is working as hard as you can imagine)	Sample Activities
Low	3-4	Slow walking, slow dancing, ping-pong, gentle stretching, gardening, golf, fishing, playing catch
Moderate	5-6	Walking, hiking, biking, roller blading, dancing, yoga, yard work, vacuuming, Wii Fit sports, elliptical and rowing machines, tennis, jumping on a trampoline
Vigorous (High)	7-8	Running, jumping rope, martial arts/kickboxing, aerobics, power yoga, soccer, basketball, intense games like tag, stationary bike, Zumba

› Muscle Strengthening Exercise

What is it? Exercise that challenges your muscles and makes them grow stronger.

How much? 3 days per week (as a part of the 60+ minutes per day).

What should I do? You want to do 1 - 3 sets of each exercise, work all major muscle groups, and perform 12-15 repetitions. Be sure not to lift weights that are too heavy! If you cannot do 8 reps, the weight is too heavy. If you can do 20 or more reps, the weight is too light. Check out the sample chart below!

Body Part	Sample Exercises
Chest	Push-ups, Plank, Dumbbell Chest Press
Back	Push-ups, Plank, Bent Over Row, Reverse Fly, Supermans
Shoulders	Push-ups, Plank, Overhead Press, Lateral Raises
Arms	Push-ups, Plank, Biceps Curls, Tricep Kickbacks
Abdominals	Plank, Crunches, Crossover Crunches, Leg Raises
Legs	Squats, Lunges, Leg Extensions, Leg Curls, Outer Thigh Raises, Inner Thigh Lifts, Hip Extensions (Donkey Kicks)

› Bone Strengthening Exercise

What is it? Exercise that involves some impact, which helps your bones get stronger.

How much? Bone strengthening activities should be included at least 3 days per week (as a part of the 60+ minutes per day).

What should I do? These exercises include higher-impact activities like running, jumping rope, jumping jacks, etc. Just be sure to include these higher-impact activities a couple of days per week!

› Stretching

What is it? Stretching helps our muscles to be more flexible.

How much? Stretch every day to improve flexibility and decrease soreness and chance for injury.

What should I do? Exercises such as touching your toes or extending your arms over your head, yoga, martial arts, gymnastics and dance

Being active helps us to balance our energy and maintain a healthy weight!

* To lose 1 pound per week, you'd have to burn 500 calories a day *

To burn 500 calories:

Run or jog 50 minutes
Bike › 10 mph 50 minutes
Swimming laps 1 hour
Aerobics 1 hour
Fast walking 70 minutes
Basketball 80 minutes
Dancing 90 minutes
Hiking 80 minutes

To take in 500 calories:

Two 20 oz. sodas
2 ½ packs snack crackers
3 oz. chips (3 small bags)
Small burger and small fries
70 gummy bears
10 Oreo cookies
Two Reeses or Kit Kat packs
One medium milkshake

Falls Prevention Tips

HOME SAFETY CHECKLIST

Exercise

- ☐ Exercise regularly to build your strength and improve balance and coordination.
- ☐ Ask your doctor which exercises are safe for you.

Take Your Time

- ☐ See an eye specialist to have your eyes checked. Poor vision can increase your chance of falling.
- ☐ Slow your movements, no need to rush!

Light Your Path

- ☐ Use nightlights to light the path between the bedroom and bathroom.
- ☐ Turn the lights on before climbing the stairs. Switches should be at both ends.

Be Medication Wise

- ☐ If your meds make you dizzy or unbalanced, contact your doctor.
- ☐ Keep a list of all the over-the-counter and prescription medications you are taking and bring it (or the bottles) with you to the doctor so he/she can check them for potential side effects or medication interactions.
- ☐ Have your doctor or pharmacist review all medications you are taking. Some can affect balance and coordination.

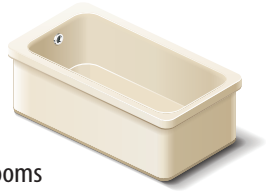
Clear the Way

- ☐ Remove tripping hazards on the floor in walking areas and stairways.
- ☐ During the winter, keep sidewalks, outdoor steps and walkways clear of snow and ice.

Throw Rugs Can Throw You

- ☐ Remove throw rugs or use non-skid backing, and smooth out all folds and wrinkles.
- ☐ If carpeting is puckered, wrinkled or torn, replace or repair.

Slippery When Wet



- ☐ Use non-slip bath mats to prevent slips and falls in bathtubs and showers.
- ☐ Grab bars should be installed in all bathrooms next to bathtubs, showers and toilets.
- ☐ Wipe up spilled liquids right away; even a few drops can be a slipping hazard.

Beware Your Furry Friends

- ☐ If you have pets, walk slowly and carefully to avoid tripping over an excited or startled animal.

Tread Carefully

- ☐ Use sturdy, easy-to-grip handrails on both sides of the stairs.
- ☐ Wear sturdy, well-fitted, low-heeled shoes with non-slip soles. They are much safer.

Think Before You Drink

- ☐ Alcohol affects your balance, which can make you more likely to fall.
- ☐ Dangerous side effects can occur when alcohol is taken with certain medications. Check with your doctor to see if moderate consumption is safe for you.

Notes

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