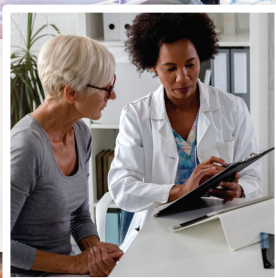


Baby Boomers

Have the time of your life, in the prime of your life



JULY 2022



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Bingo Bonanza at Tall Oaks



TALL OAKS

At top: We extend our gratitude to the individuals and organizations who supported this event, including (left to right) Nicole Clark from Legacy Hospice; Ashley James from Cavalier Home Healthcare; Jamie Wells from Comfort Keepers; Alisha Jones from Assisted Living Locators; and Alexandra Varnon from Griswold Home Care!

Bottom left: Carolyn Bradley, local Reston resident, shows off her Bingo basket! Bottom right: Tall Oaks Activity Director Adina Cimpean calls Bingo.

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ON THE COVER: FRIENDS ENJOY THE SUMMER SUNSHINE POOLSIDE.
PHOTO COURTESY ADOBE STOCK

COURTESY OF TALL OAKS

At Tall Oaks Assisted Living, we know that great food, games, and prizes are a recipe for fundraising success. In June, our senior living community hosted a Taco Tuesday-Bingo Bonanza-themed event to benefit the Alzheimer's Association.

Over 60 attendees munched on

tasty, chef-prepared tacos while playing round after round of unlimited Bingo. Thanks to the support of our residents, families, local organizations, and our Reston neighbors, we raised over \$1,100!

Many Bingo Bonanza participants won grand prizes generously donated by Tall Oaks' professional partners and fellow supporters of the Alzheimer's Association.

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Visit TallOaksAL.com/Know to register. 

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The rewards of family caregiving

COURTESY OF BRAND POINT MEDIA

If you're one of the 53 million Americans who are caregivers for a relative or friend, you already know it's a challenging job that often goes unrecognized. But you also know something others may not: Caring for a friend or family member can be one of the most rewarding things you've ever done in your life. You're spending every day giving them the personalized care and attention they deserve. You're doing for them what you hope someone will do for you one day when you need it - showing love and compassion through your



COURTESY PHOTO

everyday actions.

To make the most of your time caring for your loved one, it's important to care for yourself as well, so you'll be at your best and able to

enjoy the time you have with them as much as possible. Fortunately, there are many positive steps you can take to not only get rest and respite when you need it, but also

to embrace your role as the most important person in their life right now.

Here are tips and resources to support your own self-care, and to reaffirm the important work you do every day.

- Find a community of caregivers
- Reframe your time with your loved one
- Take care of yourself
- Share the care
- Don't do it alone

Celebrate the important and valuable work you do every day, and know you are appreciated.


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How to find the right doctor

COURTESY OF FAMILY FEATURES

Whether you're rarely sick or have conditions that require frequent visits to the doctor, having a trusted and skilled health care provider is an important step in protecting your health.

Any number of reasons can result in needing to find a new doctor, such as moving to a new community, changes to your insurance, your old doctor retiring or needing a specialist.

These suggestions from the Centers for Medicare & Medicaid Services (CMS) can help you be more efficient and thorough as you look for a doctor who is right for you.

Ask for recommendations

Talk to people you know about whether they have a provider they like. If you're looking for a new provider because of a move or retirement, ask your current doctor for a recommendation. If you need to make a change with your primary care doctor but see specialists or other medical professionals you like and trust, you can also request referrals from them.

Check with your insurance company

If you have health insurance, you may need to choose from a list of doctors in your plan's network. Some insurance plans may let you choose a doctor outside your network if you pay more of the cost.

To find a doctor who takes your



insurance, call your insurance company and ask for a list of doctors near you who are in-network or use the insurance company's website to search for a doctor. It's also a good idea to call the doctor's office and ask for confirmation they take your plan. You should have your insurance, Medicare or Medicaid card handy in case the office needs your plan details.

Narrow your options

Some of the providers you consider may not be viable options for simple reasons, like their practice isn't currently taking new patients or they don't have office hours matching your schedule. You can also consider questions such as hospital affiliations and wheth-

er other providers can help if you need emergency care and your doctor isn't available.

Take a deeper look

Online research can tell you a great deal about potential doctors, from biographical information and credentials to ratings by former patients.

When searching for a new provider, another important area to consider is financial relationships. One resource patients can consider is Open Payments, a national disclosure program within CMS that provides visibility into financial relationships between drug and medical device companies and physicians, and teaching hospitals. The government requires pharmaceu-

tical companies, device manufacturers and group purchasing organizations to report funds they give health care providers in the form of meals, entertainment, travel, gifts, consulting fees, research payments and more, promoting transparency and helping uncover potential conflicts of interest.

It's important to know most health care providers receive payments. Just because financial ties are reported does not mean anyone has done anything wrong. However, patients can use the information to talk with their provider about why they recommend certain medications or treatments, including asking about generic options, which are equally as effective as name brands but typically less expensive. It's also an opportunity to start a discussion with a provider about areas of professional interest and expertise based on research or consulting.

Listen to your gut

If you're undecided, request an introductory appointment with a provider you're considering. Look for a clinic where you are treated with respect and the medical team listens to your opinions and concerns. You should feel comfortable asking questions, and the doctor needs to be able to explain things in ways you understand.

Find more resources for your health care needs at [cms.gov](https://www.cms.gov).

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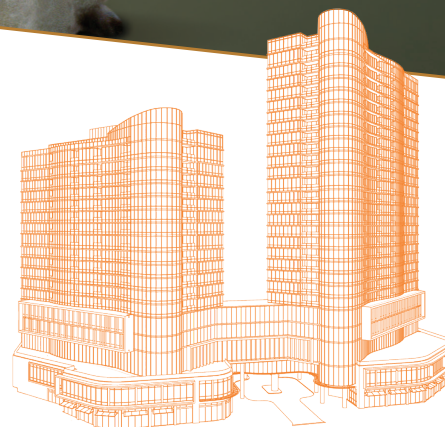
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Manage heart health for stronger brain health

COURTESY OF FAMILY FEATURES

The same risk factors that contribute to making heart disease the leading cause of death worldwide also impact the rising global prevalence of brain disease, including stroke, Alzheimer's disease and dementia.

The global death rate from Alzheimer's disease and other dementias is increasing even more than the rate of heart disease death, according to the American Heart Association's Heart Disease and Stroke Statistics 2022 Update.

Globally, more than 54 million people had Alzheimer's disease and other dementias in 2020, a 37% increase since 2010 and 144% increase over the past 30 years (1990-2020). Additionally, more than 1.89 million deaths were attributed to Alzheimer's disease and other dementias worldwide in 2020, compared to nearly 9 million deaths from heart disease.

"The global rate of brain disease is quickly outpacing heart disease," said Mitchell S.V. Elkind, M.D. M.S., FAHA, the past president of the American Heart Association (2020-21), a professor of neurology and epidemiology at Columbia University's Vagelos College of Physicians and Surgeons and attending neurologist at New York-Presbyterian/Columbia University Irving Medical Center. "We are learning more about how some types of dementia are related to aging, and how some types are due to poor vascular health. It's be-



FAMILY FEATURES

coming more evident that reducing vascular disease risk factors can make a real difference in helping people live longer, healthier lives, free of heart disease and brain disease."

According to the statistics update, people with midlife hypertension were five times more likely to experience impairment on global cognition and about twice as likely to experience reduced executive function, dementia and Alzheimer's disease. The risk for dementia associated with heart failure was nearly two-fold.

Experts recommend maintaining a healthy weight, managing your blood pressure and following other heart-healthy lifestyle behaviors that can also support good brain health while studies show main-

taining good vascular health is associated with healthy aging and retained cognitive function.

Optimal brain health includes the ability to perform tasks like movement, perception, learning and memory, communication, problem solving, judgment, decision making and emotion. Cognitive decline and dementia are often seen following stroke or cerebrovascular disease and indicate a decline in brain health.

Consider these steps to live a healthier lifestyle and protect your heart and brain health:

- Don't smoke; avoid second-hand smoke.
- Reach and maintain a healthy weight. Be mindful of your eating habits; eat foods low in saturated fat, trans fat, sodium and added

sugars.

- Be physically active. Start slowly and build up to at least 150 minutes of moderate physical activity (such as brisk walking) each week. As an alternative, you can do 75 minutes of vigorous physical activity, or a combination of the two, to improve overall cardiovascular health.

- Get your blood pressure checked regularly and work with your health care team to manage it if it's high.

- Have regular medical checkups and take your medicine as directed.

- Decrease your stress level and seek emotional support when needed.

Learn more about the relationship between heart health and brain health at heart.org.



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COURTESY OF BRAND POINT MEDIA

Grape Sangria Spritzers

Total time: 15 minutes plus chilling • Yield: Makes 4 servings

Ingredients

3/4 cup halved red California grapes
3/4 cup halved green California grapes
1 bottle rosé wine
1/3 cup peach brandy or orange liqueur, such as Cointreau
1 large navel orange, cut in half lengthwise and cut crosswise in 1/4-inch thick slices
2 ripe, medium yellow nectarines, halved and cut into slices
Ice and chilled seltzer, for serving

Directions

1. Place the grape halves in a 1 and 1/2- to 2-quart pitcher and pour in the wine and brandy. Add the orange and nectarine slices to the pitcher, stir, cover and refrigerate at least 8 hours or overnight.
2. When ready to serve, fill 4 tall glasses 1/3 full of ice. Add a generous amount of fruit. Pour in the wine mixture to cover and then top off with the seltzer.



Grilled Blackened Pork and Grape Kebabs

Total time: 25 minutes plus standing • Yield: Makes 4 servings (four 12-inch skewers)

Ingredients

1 pound boneless pork sirloin or pork loin, cut evenly into 20 cubes (about 3/4 inch)
2 tablespoons extra-virgin olive oil
1 clove garlic, peeled and finely grated
2 tablespoons Cajun seasoning
16 large green California grapes
1 medium red onion, peeled, quartered lengthwise; each piece halved crosswise
1 small yellow bell pepper, trimmed and cut into eight 3/4-inch squares
Lemon wedges, for serving

Directions

1. In a medium bowl, toss together the pork, oil, garlic, and Cajun seasoning until meat is evenly coated; let stand for 15 minute at room temperature.
2. Meanwhile, assemble the kebabs
3. Grill the kebabs covered, until lightly charred underneath. Turn, cover, and grill 5 minutes more. Transfer kebabs to a platter and serve with lemon wedges.



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