

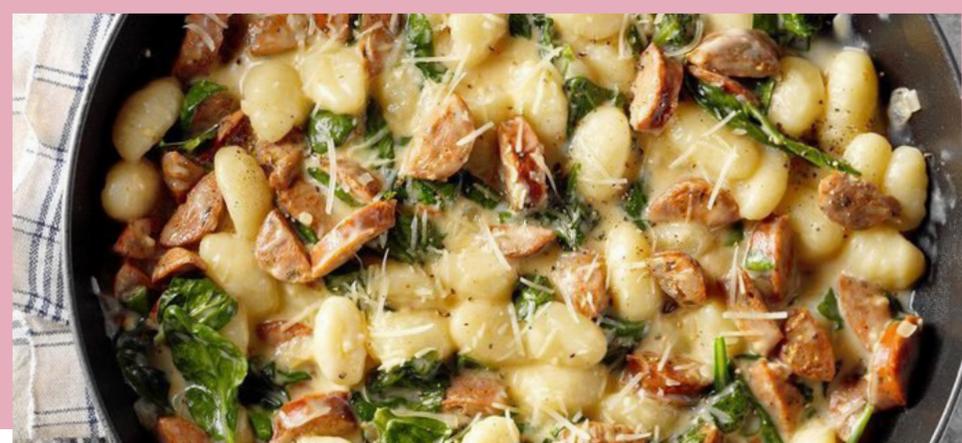


SHOW SOME PUPPY LOVE

New activity-tracking pet technology is giving pet owners a new look at pet health and whereabouts. See the devices that have the whole internet barking.

WARM UP WITH A CUP. OR BOWL!

Fight the chills with this delicious and easy gnocchi with spinach and chicken sausage recipe. You're going to love it.

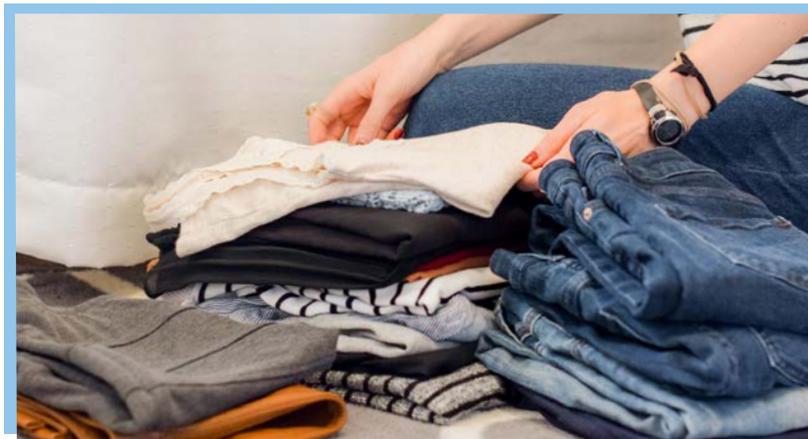


CARING FOR AN AGING PARENT: HOW TO KEEP YOUR PEACE OF MIND

Looking after an older adult? There are many ways to protect your own happiness, health and peace of mind. We share the details.

NO TIME LIKE THE PRESENT TO BEGIN DECLUTTERING

There are no two ways around it: The act of organizing, decluttering, and downsizing a lifetime's worth of possessions can be daunting, both physically and emotionally. It's so much simpler to put it off to another day! But for a number of reasons, consider starting this process now, and not waiting until you are actually ready to move — or when a move becomes a necessity.





DOES YOUR DOG NEED A FITBIT?

THE NEW WEARABLE TECHNOLOGY FOR PETS

Is your dog a tad chubby and short on exercise? Want to find out if your pup is itchier than usual or seems dehydrated? New, activity-tracking pet technology, similar to gadgets made for humans, is giving pet owners a deep dive into the health and well-being of their furry family members.

These wearable devices can track a dog's location, even if Rover jumps in the lake, and can help you pinpoint Fluffy's calorie count or track her steps, just like the Fitbits and other activity trackers many pet owners use for themselves.

Ken Irwin, 63, became a believer after his German shepherd, Rearden, escaped the yard while in hot pursuit of a deer. Irwin and his wife searched around their 16-acre property outside Atlanta by car and eventually found Rearden, but Irwin wanted to ensure his pet would never go missing again. "You really get religion when that happens," he says.

Soon after, an ad for Whistle, a location tracker for pets, flashed across his computer screen. Five years and several upgraded versions later, Irwin has become an ardent evangelist of pet-tracking technology.

GOOD FOR DOGS AND OWNERS

Canine-friendly wearable technologies can do more than just locate. They monitor activity in dogs, including exercise, but also things like licking, scratching and how much water they drink. These data points are often presented through a smartphone app with a user-friendly dashboard that in some cases lets owners compare achievements, canine versus canine, to see which pup achieves the most daily steps.

And they're not just good for dogs. A study by the University of Haifa found that dog activity trackers have a positive impact not only on the animal's physical and mental health, but on their humans, too. Researchers found these devices increase owners' motivation to boost their own physical activity with their canines while reinforcing the human-dog bond and gaining a better awareness of pets' needs.

For Irwin, that understanding has morphed from knowing his dogs are within the confines of his yard to getting useful health alerts that let him know it might be time to visit a vet. The scratching and licking features have been especially handy for his giant, long-haired shepherds. When Irwin noticed an exponential rise in his scratching for his younger dog, Dominique Francon, compared to Reardon's, he knew something was up. "She had a hot spot and I didn't even realize it," he says.

SOME FRIENDLY DOG COMPETITION

Since Whistle debuted in 2012, a slew of pet health trackers — with and without GPS — have entered the market, driving down prices and adding features. FitBark 2 can monitor a dog's daily activity and sleep, alerting owners to potential mobility, anxiety and skin issues. PitPat can provide personalized exercise recommendations and lets owners who connect on the app compare their pets' daily exercise tallies.

Retired physical education teacher Martha Hanna, 68, of Roanoke, Virginia, got her first human activity tracker in August 2014 and liked it so much she bought one for her husband for Christmas that year. As soon as she found out there was similar technology for dogs, she was sold.

Hanna bought one FitBark for each of her mini schnauzers, Jack and Eddie, both 9 years old, and then another for Rocky, a standard schnauzer, who just turned 2. Hanna and her husband track everyone's steps on their five- to eight-mile morning walks and compare their dogs' activity levels with other FitBark wearers on #FitBarkDogsofInstagram. "We like to see if we're coming out on top," she says.

Hanna says the goals they've set for their dogs motivate the couple to walk more than their own health trackers do. And it's become another fun way to engage with their pets. "There's definitely competition in it — of course, the dogs don't know it," says Hanna. "We'll tell them, 'Your brother is beating you today,' but they don't really know or care."

Ready to keep the good thinking going? Learn more about the active, pet-focused lifestyle that residents at Henry Ford Village enjoy every day.

<https://www.aarp.org/home-family/friends-family/info-2020/wearable-tech-for-pets.html>



GNOCCHI WITH SPINACH AND CHICKEN SAUSAGE

Grab an apron! Let's make something delicious tonight.

INGREDIENTS

- | | |
|---|--------------------------------------|
| 1 package (16 ounces) potato gnocchi | 1 cup white wine or chicken broth |
| 2 tablespoons olive oil | 1 tablespoon cornstarch |
| 1 package (12 ounces) fully cooked Italian chicken sausage links, halved and sliced | 1/2 cup reduced-sodium chicken broth |
| 2 shallots, finely chopped | 3 cups fresh baby spinach |
| 2 garlic cloves, minced | 1/2 cup heavy whipping cream |
| | 1/4 cup shredded Parmesan cheese |

INSTRUCTIONS

1. Cook gnocchi according to package directions. Meanwhile, in a large skillet, heat oil over medium-high heat; cook sausage and shallots until sausage is browned and shallots are tender. Add garlic; cook 1 minute longer.
2. Stir in wine. Bring to a boil; cook until liquid is reduced by half, 3-4 minutes. In a small bowl, mix cornstarch and broth until smooth; stir into sausage mixture. Return to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Add spinach and cream; cook and stir until spinach is wilted.
3. Drain gnocchi; add to pan and heat through. Sprinkle with cheese.

For another deliciously good time, schedule a virtual visit at Henry Ford Village today!

<https://www.tasteofhome.com/recipes/gnocchi-with-spinach-and-chicken-sausage/>



CARING FOR AN AGING PARENT?

HERE ARE FIVE WAYS TO PROTECT YOUR OWN PEACE OF MIND

As a family caregiver, what are you doing to protect your own health and peace of mind?

If you're looking after an older adult, this is an important question to ask yourself on a regular basis, especially when life starts to feel hectic or overwhelming.

Caregiving can be stressful and time-consuming. Though it is undoubtedly one of the greatest acts of love there is, it can also be a major drain on your time and resources. It's easy to feel exhausted, stretched thin, or preoccupied with your loved one's health and wellbeing. In fact, it's quite common for caregivers to worry so much that they eventually suffer from burnout. Studies have shown that caregivers commonly suffer from stress; a large majority of caregivers say that they don't get enough sleep or exercise, and many even say that they put their own health on the backburner.

As a caregiver, you deserve the chance to rest and recharge. Fortunately, there are many ways to protect your own happiness, health, and peace of mind, while also making sure that your loved ones are supported and cared for.

Ready to prioritize your own peace of mind? Here are five important things for family caregivers to consider at the start of a new year:

1. KNOW THE SIGNS OF POTENTIAL TROUBLE

As a caregiver, remember that there's a limit to what you can do alone. You're not Superman, and there may come a time when the best thing you can do for your loved one — and yourself — is to reach out for help.

It's important for family caregivers to be aware of some common "yellow flags," which can indicate that it may be time to bring in additional support. Generally, there are two major areas to watch out for. Signs that it's time for additional care and attention may come from your elderly loved one, or from yourself.

First, it's vital to keep a close eye on your senior loved one's health status and living conditions. It may be time to seek help, such as hiring a professional senior companion care service, if you notice some of these common warning signs:

- Your loved one is unable to keep up with daily activities, such as bathing, walking, cooking, and eating
- You notice dramatic changes in their appearance, such as weight loss, bruising, or poor grooming or hygiene
- Your loved one's living environment has become messy, cluttered, or dangerous. You may notice piles of laundry, mail piling up, dust or grime on surfaces, an unkempt yard, and so on
- Your older adult relative has become withdrawn and socially isolated
- You notice mental and behavioral changes in your elderly loved one, such as frequent memory lapses and confusion, mood swings, poor speech, or angry and abusive behavior

Similarly, it's important to take stock of your own personal circumstances and well-being, for the sake of your own peace of mind, and the quality of your loved one's care.

Are you experiencing excessive strain, stress, fatigue, or symptoms of burnout? Be mindful of your feelings, and regularly make time to check in with yourself, asking questions such as:

- "Am I angry or irritable all the time?"
- "Am I losing sleep or suffering ill health?"
- "Have I lost interest in things I used to love?"
- "Am I making enough time for myself and my family?"
- "Do I frequently feel mentally or physically exhausted?"
- "Have I started turning to coping mechanisms, such as increased drinking or poor diet, to get through the day?"

All of these are signs that it may be time to seek additional help, in order to give you back your health, comfort, and safety.

With that in mind, as a family caregiver, it's important to always take steps to...

2. PROTECT YOUR OWN HEALTH

As a loving caregiver, it's easy for you to devote all of your time and attention to those you're supporting — while accidentally overlooking your own health along the way. Don't let your own health or quality of life suffer because you're putting all your attention on others! Instead, be sure to regularly check in on yourself. Gauge how you're feeling, and take concrete, daily steps to stay healthy, such as:

- Drink plenty of water.
- Get a healthy amount of rest each night.
- Make time to exercise and stay active.
- Keep up to date with any medications you may be taking.
- Talk to someone if you need help, such as a therapist or a support group.
- Keep up with your personal doctor's visits and appointments.

In addition to safeguarding your physical and mental health and wellbeing, it's important to make some time to...

3. GIVE YOURSELF A BREAK

As a caregiver, it's easy to feel like the weight of the world is on your shoulders at all times. This is particularly true if you're a member of the Sandwich Generation, looking out for older loved ones and younger kids at the same time.

It's natural to want to fill up your schedule and devote as much of your time as humanly possible to your loved ones. But it's also important to establish boundaries and make sure that you give yourself the opportunity to experience all of the other wonderful and important things in life, like enjoying nature, advancing in your career, or even taking some time to rest and do nothing at all.

As you build your calendar each month, make sure that you give yourself time for things that have nothing to do with caregiving, so you can rest, recharge, and refocus. That may mean:

- Finding time to meditate every day
- Enrolling in a new class
- Volunteering in the community
- Spending time with your kids
- Getting a work project done
- Traveling or taking a vacation
- Pursuing a new artistic project
- Taking up a new hobby or joining a sports team
- Hiking, biking, birding, or otherwise getting out into nature

We could list dozens of additional examples, and you're probably thinking of a few yourself. The most important thing is that you go out and do them!

Remember, it's not selfish at all to put yourself first every now and then. In fact, it's essential to your health and peace of mind. Taking some time off may even come back to benefit your loved one! You may return to caregiving with more focus and attention to spare, making your quality of care even better for your elderly family. Another big step may be to...

4. MAKE USE OF TECHNOLOGY

In today's day and age, there are all sorts of ways that you can put technology to work to make things easier for yourself and your senior loved one, helping to keep them safe and secure while giving you back confidence, time, and peace of mind. Here are a few ideas that may prove useful throughout the year:

- Add cameras, sensors, or home security features to your older loved one's home
- Equip your senior relative with an alert button, to instantly call 911 in the event of a fall or accident
- Make use of automated pill dispensers, digital calendars, and other mechanisms to help keep your loved one's daily schedule on track
- Use a group chat or a virtual workstation to mass-communicate with siblings, caregivers, healthcare providers, and others about your loved one's health needs
- Scan and store your loved one's important paperwork and records for easy virtual access later on

5. KNOW WHEN TO ASK FOR HELP

Finally, remember that you don't have to go it alone. One of the best ways to safeguard your loved one's well-being, and your own peace of mind, is to bring in help when you need it.

Getting help can take many forms! Depending on your needs and preferences, it might mean bringing together your network of friends and family to help support your loved one. It might mean taking advantage of meal delivery and other handy services.

For many households across the country, non-medical home care is the answer. With an in-home companion, you can rest easy, knowing that your senior has a friendly face ready to step in and provide support when you can't. With flexible hours and a variety of practical skills, a professional companion can assist your loved one in many different ways, including:

- Providing driving services
- Helping with housekeeping and laundry
- Assisting with food shopping, meal preparation, and service
- Assisting with activities of daily living
- Providing a friendly face and great conversation
- Acting as a go-between for older adults and their family caregivers

For more resources in caring for an aging parent, visit

<https://henryfordvillage.com/living-choices/senior-assisted-living-health-services/>