

HENRY FORD VILLAGE

You've earned it.



WINTER SAFETY TIPS

The winter weather can pose some safety risks. Follow these valuable tips for seniors to be safe and warm during the harsh winter season!

BEEF STEW WITH ROOT VEGETABLES

The ultimate cold weather comfort meal that's easy to prepare and just as delicious as you remember.



BALLROOM DANCING

Learn to sway it like Fred and Ginger and get moving with an entire room while enjoying the music, company and all that ballroom dancing has to offer!

SENIOR TECHNOLOGY

Older adults are increasingly turning to intelligent tech to keep their healthy lifestyle on track. Find out more about the most exciting new technology product available for seniors.



HENRY FORD VILLAGE

Senior Living



Managed by
Life Care Services®





WINTER SAFETY TIPS

The Holidays are the busiest time of year for shopping, visiting and travel for most of us and it's vitally important that seniors take extra care during the winter months to avoid accidents during the months that can be most inclement. Snow and ice shouldn't limit mobility...but seniors have a harder time recovering from accidents so follow this helpful advice to stay safe and enjoy a Happy, Healthy Holiday Season!

- **Wear appropriate non-skid footwear**

When you venture outside, a good pair of boots in the snow can help to avoid unnecessary slips on snow and ice. If you use a cane or walker make sure the ends are properly covered with new tips.

- **Stay indoors**

until you know the roads and walkways have been cleared.

- **More than ½ of hypothermia cases reported to the CDC are in individuals 65+.**

It's important that as we age we need to dress warmer... Extremities need to be cared for by wearing warm socks, boots and gloves. Any exposed facial areas should be covered with a scarf.

- **Weather can sometimes force seniors to stay inside during the winter months.**

This can sometimes lead to loneliness and isolation. Family members should make extra effort to visit seniors who might have these feelings throughout the winter. As a senior, don't be afraid to ask for or accept help.

- **Reaction time for seniors gets longer and driving can be treacherous in the winter.**

First prepare your vehicle by putting on snow tires if you have them -- ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your insurance is up-to-date in case of emergencies. If driving is necessary during the winter, take extra time to get to your destination.

- **Using a space heater can present different issues with use during the winter months.**

Depending of course on what type is being used. People in independent living or assisted living circumstances should first check if the residency allows their use, but also have their heating units and thermostat checked for efficiency prior to the cold moving in. If your heating doesn't seem to be working as it should notify maintenance asap.

- **Staying safe and warm during the winter months is important for all.**

Extra care needs to be taken by seniors and their caregivers to assure safety during the winter months. Reaching out to friends and family to make extra effort not only for visits but also everyday help should be a focus when it is more difficult.

Call us today at 877-660-1807 to learn more about events at Henry Ford Village.

Source:

<https://www.care.com/c/stories/5447/winter-safety-tips-for-seniors/>



BEEF STEW WITH ROOT VEGETABLES

INGREDIENTS:

- 3 tablespoons olive oil
- 1 tablespoon butter
- 2 pounds beef stew meat
- 3 cloves garlic, minced
- 1 medium onion, diced
- 1 can or bottle beer
- 4 cups beef broth
more as needed
- 1 tablespoon Worcestershire sauce
- 2 to 3 tablespoons tomato paste
- 1^{1/2} teaspoons sugar
- 1/2 teaspoon paprika
- 1/2 teaspoon kosher salt
- Freshly ground black pepper
- 2 carrots, roughly sliced
- 2 parsnips, roughly sliced
- 1 small turnip, roughly sliced
- 2 tablespoons all-purpose flour
- Minced fresh parsley
- 1/4 oz onion soup mix
- 1 tbsp chopped fresh thyme, or
2 teaspoons dried
- 1/2 tsp ground black pepper

DIRECTIONS:

1. Heat the oil and butter in a pan and brown the beef. Remove the beef from the pan, throw in the garlic and onions and cook until softened, about 3 minutes. Pour in the beer, beef broth, Worcestershire sauce, tomato paste, sugar, paprika, salt and some pepper. Then return the beef to the pan, cover and simmer on a low heat until the meat is very tender, 1^{1/2} to 2 hours. If the liquid level gets too low, add more broth as needed.
2. Add the carrots, parsnips and turnips and continue to simmer until the vegetables are tender and the liquid is reduced, about 30 minutes.
3. If the stew is still too liquidy, remove a cup of cooking liquid from the pan and stir in the flour. Add the flour mixture back into the pan and stir. Simmer for 10 minutes until the stew is thick. The meat should be very tender; if it's tough, let it continue to cook.
4. To finish, add the parsley and stir through the stew.

RECIPE NOTES:

Yield: 8 servings; Prep Time: 15 minutes; Cook Time: 3 hours; Total Time: 3 hour 15 minutes

Learn more about the lifestyle and dining options that residents at Henry Ford Village enjoy every day.

Source:

<https://www.foodnetwork.com/recipes/ree-drummond/beef-stew-with-root-vegetables-recipe-1983394>



SENIOR TECHNOLOGY

Advancements in intelligent technology for seniors has made life more manageable over the last decade. From communication improvements to health tracking devices, seniors are taking advantage of technology more and more to help them through every day. Here are some new technologies that help seniors specifically and are worth checking out:

- **Smartwatch Applications:**

If you are a smart watch user check out VitalTech, a cloud-based platform that improves patient health and wellness through connected care, the emergency voice call-out and fall-detection watch provides a more subtle way to monitor for falls, while tracking vital signs like heart and respiratory rate and oxygen saturation, as well as physical activity and sleep quality. It also provides medication reminders.

- **Virtual Reality Applications:**

Rendever offers the latest in virtual reality technology. Designed specifically for seniors, Rendever is providing new opportunities for older adults to experience parts of the world they are missing. The wearable device allows the user to reconnect to places they used to call home. Users also visit famous landmarks or beautiful countries they dreamed of traveling to in person. Revisit the location of your wedding or walk the streets of Paris. The innovative technology helps seniors avoid isolation and re-engages them with new environments.

- **Simplified Tech Tablets:**

The Grandpad from Consumer Cellular is a simplified tablet made specifically for seniors. Staying connected with your friends and relatives is vitally important for good mental health, and the Grandpad does just that you can use it as a phone, video chat device, upload pictures and all with the ease of a tap of finger. A family administrator manages the GrandPad through a web portal or handy smartphone app to assure a safe, secure experience and creates a private circle that lets family and friends connect—and keeps spammers and scammers away!

- **Location Devices:**

Tired of losing your keys, luggage, or wallet? A “Tile” or “XY Find it” might be your answer. These small Bluetooth based finder devices attach to your keychain or wallet and teamed with your mobile device can immediately find any lost item within 300 feet, but also locate items lost outside the home using a GPS system.

- **Medication Dispensers:**

Pria is an example of a personal medication assistant that takes the hassle out of medication management and relieves worries about medical nonadherence. Pria is easy to set up and the pill chute makes for easy loading. With features like two-way video calling, facial recognition, and mobile alerts, families can stay connected at any time, from anywhere and have piece of mind that your loved ones are taking their medication as prescribed.

Learn more about how residents at Henry Ford Village have access to comprehensive routine health care and wellness programs

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