

GOOD NEIGHBOR SCRIPT™

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Has Caring Got You Stressed? Why Caretakers Need a Little TLC, Too

Are you feeling burned out or overwhelmed by caring for a loved one? If so, it's not all in your head. Caring for others affects the health and well-being of the people providing those services. And there is a term for it: caregiver stress.

By 2030, the population of people ages 65 and older is expected to more than double to 71 million people, according to a study published in Nursing Forum in 2016. This means the number of people who will require a caregiver at some point in their life is expected to rise, too. One commonly overlooked problem is that caregivers face significant, life-impacting stress. A study published in the Journals of Gerontology found that caregiver stress is common among those providing substantial care for elderly family members in their 80s and 90s.

Signs of Caregiver Stress

It can be easy to neglect yourself when you get wrapped up with your caregiving duties.

So how can you tell if you or a loved one are facing caregiver stress? Here are some key signs, as noted by the Mayo Clinic:

- You may feel tired all the time. Caregiving demands physical and mental energy. If you are caring for a loved one, it can also tax your emotions. All these factors can leave you feeling exhausted.
- You don't feel great. When you're stressed, you may experience random aches and pains you didn't notice before, or you may develop new health problems. This is not uncommon. Caregiver stress can increase pain, discomfort and other unpleasant conditions in the body.
- Your sleep may suffer. You may have trouble falling or staying asleep. That's understandable. You have a lot on your plate!
- You may no longer enjoy some of your favorite activities. In fact, you may not have the energy or motivation to engage in them at all.
- You might find yourself unintentionally gaining or losing weight. Sometimes, when you are stressed, you can lose the desire to eat or you may overeat. Also, enduring chronic stress can increase cortisol, the stress hormone. This can lead to weight gain, even if you maintain your regular eating habits.
- You might be prone to drink or abuse prescription or recreational drugs. Mood-altering substances may seem

like they're helping you unwind or cope with strong emotions. But when you feel like you have to pop a pill or take a drink to make it through the day, that can be a sign of a deeper issue.

Risk Factors for Caregiver Stress

Some people are more likely to experience caregiver stress. Certain factors increase a person's risk for caregiver stress. According to the Mayo Clinic, these include:

- Being female
- Suffering from depression prior to becoming a caregiver
- Spending a significant amount of time caring for an individual
- Being socially isolated
- Facing financial challenges
- Living with the person for whom you are caring
- Lacking other options for a caregiver

How to Manage Caregiver Stress

While caregiver stress can be a serious problem, there are things you can do to take better care of yourself and manage your symptoms:

- Take things one step at a time. Make a list of your tasks and organize them based on level of importance.
- Allow yourself to accept help. Whenever possible, delegate some of the tasks on your list to others who are willing and able to help.
- Expand your network. Connect with people who are also caregivers or have experience caring for others. Support groups can be great sources of information and encouragement.
- Be realistic. After you review your list of action items, sift out the tasks that are reasonable to complete. Devise a strategy and seek help for those that are not realistic.
- Carve out a little "me" time. Exercise, meditation, yoga and engaging in hobbies are helpful for stress management and can help you feel less overwhelmed.

Caregiver stress can be challenging, but with an action plan and some outside help, you can manage it. Remember: You can't take care of your loved ones if you don't take care of yourself first.

Health & Fitness Tips for Managing Diabetes Around the Holidays

The holidays can be the most wonderful time of the year, full of festive gatherings and an often overwhelming amount of delicious food. But it can also be a difficult time of year to manage effectively for people with diabetes. How can you make sure your glucose levels aren't getting in the way of a good time this holiday season?

- 1. Be Prepared.** Plan ahead, know what foods are available and figure out what you want before it's time to eat. That way, you can count carbs before you hit the buffet table and avoid any last-minute, sugary temptations.
- 2. Limit the Drinks.** While eggnog and other holiday cocktails are delightful, they are also full of the kind of empty carbs that shoot your blood sugar sky high! Pay careful attention to your alcohol intake and account for every sip.
- 3. Don't Graze.** It's easy to be charmed by a holiday buffet table. But eating a little here and there over the course of the evening can lead to glucose levels rising quickly.
- 4. Check Your Blood Sugar.** The carb count of holiday food can add up more quickly than you'd think. Check your glucose level more frequently to make sure it isn't going too high.
- 5. Indulge a Little.** You don't have to deny yourself completely. After all, Mom's apple pie doesn't make an appearance too often. Just engage in a little moderation. Take the time to figure out what you really want to eat and then account for it.



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November Recipe Poached Cod in Tomato Broth with Sweet Potato and Golden Raisins

Sicilian cooking is known for fresh vegetables, seafood and... raisins? The island off the boot of Italy has been influenced by myriad cultures that have passed through over the millennia, including Greek, French and Arab cultures. The use of dried fruits in savory and sweet dishes alike is a remnant of Arab rule on the island in the 10th and 11th centuries. Here, we plump raisins in a classic cod stew for balancing bursts of sweetness with the rich saltiness of the sea.

Total time range: 25 to 40 minutes
Prep time: 10 minutes
Cook time: 15 minutes

Ingredients

1 organic lemon	4 or 5 sprigs fresh organic flat-leaf parsley
1 organic yellow onion	1 tablespoon golden raisins
2 wild cod fillets (about 6 ounces each)	Kosher salt
1 organic sweet potato	Freshly ground black pepper
1 or 2 cloves fresh organic peeled garlic	Olive oil
1 tablespoon tomato paste	White wine, optional
1 cup diced tomatoes	

Tools

Peeler, garlic press or fine-toothed grater (optional), fine-mesh strainer, medium heatproof bowl, medium sauce pot with a lid, large frying pan with a lid

1. Poach the cod

- Using a peeler, remove zest from the lemon in wide strips, being careful to remove only the outermost yellow layer and leave behind the bitter white pith. Juice half the lemon; set aside for finishing the dish. Cut the remaining half into wedges for garnish.
- Peel and thinly slice the onion. Set aside $\frac{1}{4}$ of the onion for the stew.

In a medium sauce pot, cover the cod with 1 inch of water, at least $1\frac{1}{2}$ cups. Add the lemon zest and $\frac{1}{4}$ of the onion. Bring to a boil, reduce to a vigorous simmer, cover and cook for about 2 to 3 minutes until the cod starts turning opaque but is not yet cooked through. Using a slotted spoon or spatula, transfer the cod to a plate. Strain the poaching liquid into a medium heatproof bowl.

While the water heats and the cod cooks, prepare the vegetables.

2. Prep the vegetables; start the stew

- Scrub or peel the sweet potato. Trim the ends and cut the potato in half lengthwise. Cut each half lengthwise into $\frac{1}{2}$ -inch-thick slices, then slice crosswise into $\frac{1}{4}$ -inch cubes.
- Finely chop, press or grate enough garlic to measure 1 teaspoon.

In a large frying pan over medium-high heat, warm 2 tablespoons of oil until hot but not smoking. Add the sweet potato, season with salt and pepper and cook for 6 to 8 minutes, stirring occasionally, until it starts to soften. Add the remaining onion, season with salt and pepper and cook for 2 to 3 minutes, stirring occasionally, until it starts to soften. Stir in the garlic and tomato paste and cook for about 30 seconds until fragrant.

Add $\frac{1}{4}$ cup of white wine, if using, and cook until thickened slightly for 1 to 2 minutes. Add the tomatoes and $1\frac{1}{2}$ cups of cod poaching liquid. Bring to a boil, reduce to a simmer, cover and cook for 4 to 6 minutes until the flavors come together and the vegetables are just tender.

While the stew simmers, prepare the parsley.

3. Prep the parsley; finish the stew

- Strip the parsley leaves from the stems, coarsely chop the leaves. Set aside half for garnish.

Add the cod, raisins and half the parsley to the pan with the stew. Cook for 1 to 2 minutes over medium heat until the cod is cooked through. Remove from the heat, stir in 1 tablespoon of lemon juice and season to taste with salt and pepper.

4. Serve

Transfer the cod and stew to individual bowls. Garnish with the remaining parsley and serve with the lemon wedges.



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Ask a Pharmacist What are Your Top Tips for Managing Diabetes?

1. Make an appointment with a diabetes educator.

Diabetes management is not easy – in fact, it can seem like a full-time job. A diabetes educator is the perfect complement to your physician and can help answer questions relating to meal recommendations, food intake monitoring and physical activity. In addition, a diabetes educator can help increase your confidence in knowing you are doing all you can to reduce the risks of diabetes complications.

2. Understand that you can still eat the foods you like.

Having diabetes doesn't mean you have to give up certain foods like desserts, pizza, soda, etc. The reality is, you can still eat what you like as long as your carbs are under control. Making efforts to control portion sizes will allow you to still eat the things you love and maintain control of diabetes.

3. Make weight loss a priority

If you are overweight, weight loss can be an essential element to improving diabetes management and decreasing medication needs. It can also lead to potentially putting diabetes into remission.

4. Controlling diabetes only leads to positive impacts! Uncontrolled diabetes can lead to several complications such as nerve damage, foot damage, eye damage, skin conditions, death and more. When diabetes is controlled and managed appropriately, these scary complications can be avoided.

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Local Love Q&A Weaver Pharmacy GENEVA, NE



What is your favorite part of owning an independent pharmacy?

Our favorite part is being able to help our patients with all their health needs, especially customers who helped us get started from scratch to now serving the local nursing home. We are able to put our customers' health first, unlike big corporations.

What role does your independent pharmacy play in your local community?

We feel honored to be the only pharmacy in our county. We have been the consultant pharmacy for our local nursing home for over 25 years and offer 24-hour coverage to all residents of our county. We are very proud to say that we have been deficiency-free for the last six years.

We are very involved in our local community, from working with our chamber of commerce and school district to sponsoring many events and youth sports teams in town. We are now working with the regional department of health to help with blood pressure and diabetes programs.

What does Locally Loved mean to you?

Locally Loved means we have the trust of our customers and that we continue to be compassionate, friendly, professional, caring, helpful, dependable and complete. We give back to the community through our many health projects.

November is National Diabetes Month!

Good Neighbor Pharmacy offers a wide range of products ideal for people who have diabetes to help them maintain a healthy lifestyle at a great value.

