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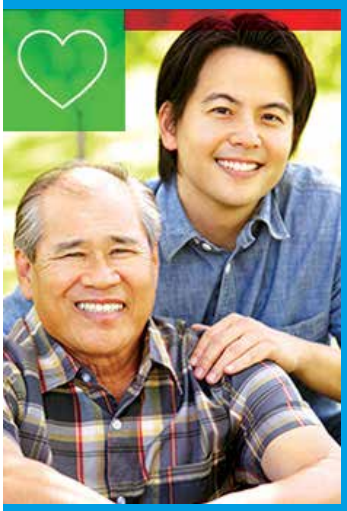

Support for Caregivers

If you are among the one in six American workers taking care of an elderly, disabled or ill loved one, you know how difficult it can be to juggle caregiving with work and personal responsibilities. Here are important tips from our experts:

Understand the diagnosis and what to expect. A close communication with your loved one's doctors is vital.

Make a care plan. Your items should include building a daily care schedule and reaching out to family and friends to enlist them in sharing day-to-day responsibilities and/or the cost of care.

Review insurance coverage. Depending on the age and situation of your loved one, adult care services, for example, may or may not be covered.

Check out Medicare and Medicaid coverage. Medicare, for example, may help you pay for durable medical equipment.

Eating Healthy through the Seasons

Shorter days and colder weather tend to make us want to bundle up and treat ourselves with comfort foods, which typically aren't the healthiest or lowest in calories. Try these tips to help you eat more fruits and vegetables during the fall and winter months.

Salads never go out of season.
- Winter fruit is a perfect addition to your salads including sliced apples, pomegranate seeds, and figs.
- Add canned beans, grated cheeses, and nuts for added nutrients.

Warm up your house on a chilly winter evening with roasted vegetables.
- Chop up any combination of potatoes, squash, onions, and garlic. Toss with olive oil, roast, and enjoy!
- Make soups and stews for inexpensive and easy meals that can be made in advance.

Cook with winter squashes such as spaghetti, delicata, butternut, pumpkin and acorn.
- Cut the squash in half, place it skin-side up on a baking sheet, and roast for 20-40 minutes, depending on size.
- Chop up cooked squash to add to pasta and rice dishes, or to eat with a bit of olive oil.

Managing Holiday Depression

Some say it's the most wonderful time of the year. But for those suffering from depression, the holidays can be especially challenging. The following tips can help you cope with managing this condition throughout the holidays.

- **Recognize that you're not alone.** Depression may make you feel isolated, but consider this: according to the National Institute of Mental Health, major depressive disorder affects about 14.8 million Americans each year.
- **Reach out for support.** Seek support from understanding friends and loved ones, or those in your community or religious organization.
- **Keep up your healthy habits.** Maintaining healthy habits like getting enough sleep, exercise and healthy nutrition, is important year-round, but even more so during the stressful holiday season.
- **Do a good deed.** Doing kind things for others can help you feel good, too. You could volunteer at a soup kitchen or animal shelter, donate food to a food bank or clothing to a local shelter.

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