

One-Pan Chicken Parmesan Pasta



eatingwell.com

Active Time: 45 mins

Total Time: 45 mins

Servings: 4

Yield: 4 servings

Nutrition Facts (per serving)

538 Calories

17g Fat

56g Carbs

41g Protein

Ingredients:

- 2 tablespoons extra-virgin olive oil, divided
- ¼ cup whole-wheat panko breadcrumbs
- 1 tablespoon plus 1 teaspoon minced garlic, divided
- 1 pound boneless, skinless chicken breast, cut into 1/2-inch pieces
- 1 teaspoon Italian seasoning
- ¼ teaspoon salt
- 3 cups low-sodium chicken broth
- 1 ½ cups crushed tomatoes
- 8 ounces whole-wheat penne
- ½ cup shredded mozzarella cheese
- ¼ cup shredded Parmesan cheese
- ¼ cup chopped fresh basil

Directions:

Heat 1 tablespoon oil in a large broiler-safe skillet over medium-high heat. Add panko and 1 teaspoon garlic. Cook, stirring, until the panko is golden brown, 1 to 2 minutes. Transfer to a small bowl and set aside. Wipe out the pan.

Heat the remaining 1 tablespoon oil in the pan over medium-high heat. Add chicken, Italian seasoning, salt and the remaining 1 tablespoon garlic. Cook, stirring frequently, until the chicken is no longer pink on the outside, about 2 minutes. Add broth, tomatoes and penne. Bring to a boil and cook, uncovered, stirring frequently, until the penne is cooked and the sauce has reduced and thickened, 15 to 20 minutes.

Meanwhile, position an oven rack in the upper third of the oven. Preheat the broiler to high. When the pasta is cooked, sprinkle mozzarella over the penne mixture. Place the pan under the broiler; broil until the mozzarella is bubbling and beginning to brown, about 1 minute. Top with the panko mixture, Parmesan and basil.

This newsletter is published quarterly and provides information and resources for caregivers and older adults. Information and comments are welcomed and should be sent to, Lori.Mayer@Genesishcc.com. You may also contact Lori Mayer at 610-925-4138.

genesishcc.com

PG 4 FALL 2023

www.genesishcc.com

Towson, MD 21286
515 Fairmont Avenue



Genesis Today

FALL 2023

INSIDE

Page 2 What is true quality of life? | 3 Overcoming depression | 3 What is your story? The health benefits of reflection

National Assisted Living Week Celebrates a "Season of Reflection"



"The way we experience the world around us is a direct reflection of the world within us."

- Gabrielle Bernstein

Autumn is a season of change. It's also an appropriate time to reflect on the positive aspects of your life — to gain a fresh perspective and focus on what truly matters to you.

That's the message behind "Season of Reflection," the theme of this year's National Assisted Living Week (September 10 — 16). This theme encourages residents, caregivers, and family members alike to pause and reflect together.

As NCAL Executive Director, LaShaun Bethea explains, "This year's theme gives us the chance to recognize and thank those who truly make communities across the country a loving home and welcome the sense of renewal that comes with the changing season."

Looking back is a guide for going forward.

Reflection enables us to learn from our past experiences and apply what we learn to future experiences. What we perceive about

ourselves, as well as the people and the world around us, affects how we live from day to day. It's important to recognize that assisted living residents and the people who care for them have an impact on each other's lives.

In this "Season of Reflection," take the time to recall and talk about rewarding moments you've shared with others — and celebrate life's little successes together.

During National Assisted Living Week, assisted living communities will be organizing activities and events to help residents reflect on their lives and show gratitude for those who dedicate their lives to caring for others.



For more information on National Assisted Living Week and this year's theme, visit www.ahcancal.org/ncal

caregivers'

corner

Talking to loved ones about advanced care

Talking to an elderly loved one about assisted living may be among the most difficult and emotional conversations you'll ever have. But it's also one of the most important.

Plan on having the "talk" sooner rather than later. Prepare for the conversation by creating a list of your concerns. Start by asking questions, kindly and calmly:

If you get injured or sick, where would you go? How would you pay for it? Are you lonely sometimes? Would you like to spend more time with people your own age?

Be a good listener, too. While discussing this sensitive topic, make it clear that you respect your loved one's wishes. They will likely have anxiety about moving out of their home. Be sure to acknowledge those feelings and ask questions so that you better understand their reservations.

Which type of care facility is best?

Your conversation about advanced care should include a discussion of the options:

- **Independent living** is for those who are still able to live independently but may need access to occasional assistance.
- **Assisted living** is typically for seniors who are having trouble with daily activities at home and need ongoing healthcare assistance.
- **Skilled nursing facilities** (nursing homes) are licensed healthcare facilities regulated by a state's Department of Health Services. Skilled nursing care involves trained professionals performing services needed due to an injury or illness.
- **Memory care** is provided in a facility by a staff specially trained to address the unique issues of people with dementia or Alzheimer's.
- **Personal care** offers housing, meals, and assistance with medications and personal care tasks, but does not include skilled health care services.

Once you determine which type of care is right for your loved one, plan to visit a facility together to see what they offer. While it may be unsettling, moving to assisted care can actually help improve your loved one's independence and overall quality of life.

genesishcc.com

PG 1 FALL 2023

Genesis

Genesis Senior Living Communities

ALABAMA

Hilltop at Glenwood, Florence
Magnolia Village, Independent Living, Gardendale

CONNECTICUT

Glen Crest Independent Living, Danbury
St. Joseph's Center, Trumbull

KENTUCKY

Edmonston Center, Brownsville
Heritage Place, Owensboro

MAINE

Harbor Hill Center, Belfast
Orono Commons, Orono

MASSACHUSETTS

Heritage Woods, Agawam

NEW HAMPSHIRE

Granite Ledges of Concord, Concord
Partridge House, Hampton
Langdon Place of Nashua, Nashua
Langdon Place of Keene, Keene
Langdon Place of Dover, Dover
Langdon Place of Exeter, Exeter

NEW MEXICO

Village at Northrise - The Hallmark, Las Cruces
Village at Northrise - Morningside, Las Cruces
Village at Northrise - Desert Willow II, Las Cruces

PENNSYLVANIA

Lehigh Commons, Macungie
Highgate at Paoli Pointe, Paoli
Sanatoga Court, Pottstown
Berkshire Commons, Reading
Mifflin Court, Shillington

VIRGINIA

Westwood Center, Bluefield

WEST VIRGINIA

Wishing Well Assisted Living Community
at Fairmont Campus, Fairmont Call

Visit genesishcc.com
to learn more.

What is true quality of life, (and how do you achieve it)?



How do you define a life well-lived? More than likely, it depends on who you ask — and if you ask an elderly person, the answer may surprise you.

For those who have spent more than a few decades on this earth, a rewarding existence is not determined by fame, fortune, a successful career, or even good health. A study published by the National Library of Medicine reveals older adults gauge their well-being by finding meaning in what they do and how they live.

Quality of life is a subjective measure of happiness, of course. For people age 60 and older, however, the criteria for a fulfilling life seems to come from an experienced perspective. Defining factors include:

A sense of purpose.

Older people want to have a role in society and feel like they belong to something. For many, self-worth comes from helping others. For example, you may find fulfillment in volunteering with an organization, charity, or cause you care about. Or, if your own health is stable, caring for a sick relative or friend may bring gratification. It's also important to learn new things, stay in touch with current events and connected to the world.

Keeping busy.

In the study noted above, many respondents indicated that well-being greatly depends on staying active and having ways to avoid boredom. They mentioned hobbies and activities that brought pleasure to their lives, such as games, socializing, and participating in group events. Social contact, in particular, is considered essential to older adults who want to keep loneliness at bay. This is why

assisted living communities offer activities and opportunities for socialization so that residents' lives can still be enjoyable and rewarding.

Close relationships.

Quality of life is also reflected in the connection that older people have with family members and close friends. Study participants indicated that a primary measure of happiness is "having friends and family that love me." That's certainly understandable, because these relationships make you feel supported and heard — and remind you that you still mean something to others who are important to you.



A feeling of independence.

Older people often indicate that being independent or having some control over their lives allows them to experience a sense of freedom. This in turn helps to bring more

enjoyment in life. Chances are, you want to retain your identity — to be the person you've always been — and maintain the values and way of life you've nurtured over the years.

Leaving a legacy.

Many older people wish to leave positive remnants of their lives behind. That doesn't necessarily mean bequeathing valuable possessions or funding monuments. It is more a matter of passing on your values and beliefs in order to preserve yourself in the memories of those who follow.

Ultimately, when reflecting on your own quality of life, it's important to stay focused on what matters most to you. Stay true to yourself by maintaining a strong sense of your own value and fulfillment. In so doing, you'll continue to lead a life well-lived.

Overcoming depression: Don't let the changing season make you "SAD."

A change of seasons often brings a change of moods. Shorter days and longer, colder nights can bring about a condition known as Seasonal Affective Disorder (SAD). While depression isn't necessarily a normal symptom of aging, elderly people seem to be susceptible to it — especially those with health problems.

Often the signs of depression are overlooked because they are mistaken as byproducts of another illness, or grief for the loss of a loved one. Nevertheless, it is a serious concern that needs to be medically addressed. Here are some signs to watch for:

- Lack of interest, especially in activities you usually enjoy
- Irregular sleep schedule — sleeping a lot or experiencing insomnia
- Prolonged periods of sadness or despair
- Withdrawal from social activities
- Weight loss due to lack of eating
- Unexplained aches and pains

If you are experiencing any of these, take heart, because there are some simple ways to overcome feelings of gloom.

Light up your life

A common cause of the winter doldrums is a lack of Vitamin D, due to less sunlight exposure. If the weather's cool, but the sun is shining, bundle up and get outdoors for a walk. You can also try bringing the sunshine indoors:

- Keep the blinds open during the sunny part of the day to invite warmth in.
- Sit in the sunlight by a window for at least fifteen minutes a day.
- Decorate your living space with flowers to make it feel warm and bright.

Healthier is happier

You can ward off depression by taking care of your health. Try adjusting your sleep cycle to experience more daylight; go to bed earlier so you can rise with the sun. Also, physical activity can relieve stress and anxiety, so try some indoor exercises, such as chair aerobics or stretching, to boost your mood.

What you eat can make a difference, too. Be sure to include fresh vegetables and fruits in your diet, and drink plenty of water. Even



"comfort" food, like a hearty bowl of soup, can lift your spirits. Some dietary supplements — such as St. John's Wort and Omega 3 fatty acids — can help to ease depression. Be sure to consult your doctor before using supplements.

Stay active and social

When you're feeling down, treat yourself to things you enjoy. Better yet, find something new to enjoy. Many communities offer group activities, such as bingo or game night. At times when you're alone, indulge in a hobby, like crafting, knitting, puzzles, or reading. Also, consider volunteering your time; helping others is a great way to feel better about your life.

As much as possible, engage in positive activities and stay connected with family and friends. If you continue to feel depressed, you may want to consult with your doctor.

What's your story? Experience the health benefits of reflecting on your past.

"I've got a story for you..."

How many times have you started a conversation with words similar to that? Without realizing it, we all tell stories to family and friends every day — whether it's about something that happened at the grocery store, an accident you witnessed, an idea you have, or how you met your spouse or a friend. Nearly every incident in life has a story.

But did you know that storytelling is actually good for your mental health?

Research has shown that sharing stories can have a positive impact on your frame of mind. This is especially true for the elderly. Here are some of the ways reminiscing can enhance your well-being:

Boost your confidence. Sharing stories about your experiences can make you feel more self-assured by engaging with others and capturing their attention.

Learn from the past. By recalling how you overcame struggles, you have a perspective for taking on new challenges. You may even find that talking about your younger years helps you forgive yourself for past mistakes or regrets.



Ease your sorrow. Reflecting on the positive aspects of life can lessen grieving. It can also help terminally ill patients feel that their life has had a purpose.

Ward off dementia. Studies show that storytelling and reminiscing can help older adults stave off — and even improve — memory issues.

For all of these reasons, many assisted living communities offer group storytelling programs, giving residents the opportunity

to share their life stories with each other. Of course, storytelling works both ways — there's the telling and the listening. By asking family members and caregivers to share their stories, you'll also improve your listening skills. Each of you will find a special kind of joy in reflecting on your past together.

So go ahead, start spinning a yarn about your life — and feel free to embellish it a bit. Your audience will enjoy the tale and you'll feel better about yourself.