

# Health & Nutrition

## The Best Kept Secret

In the Jersey Shore region, we have a large population of senior citizens. Many of them are independent. Though some of them may need assistance with their activities of daily living (bathing, dressing, cooking) or have trouble getting to appointments. There are spouses taking care of loved ones with memory loss; and adult children overseeing their elderly parents' care. Where do they turn? What resources are available? Whether it be personal choice or financial feasibility, long term care (nursing homes and assisted living) isn't necessarily an option for everyone. You can explore the option of a home health aide in your home, but will there be enough social stimulation for your loved one?

For over 30 years, adult medical day care (also referred to as Adult Day Health Services) has been growing in New Jersey. In a little tiny corner of Atlantic County is a diamond in the rough. Generations Adult Day Health Services, LLC. Upon its inception nine years ago, Generations became committed to providing high quality, low ratio health care to the elderly and disabled community members in Atlantic and Cape May counties. Many caregivers have referred to Generations as the "best kept secret." It's a small, family-owned and operated 40-slot adult medical daycare licensed by the New Jersey Department of Health and Senior Services. At Generations, Program Members receive breakfast and lunch; trips and activities; nursing and social work; caregiver resources and

support. The Program runs Mondays through Fridays from 9:30-2:30 with transportation included. With the support of Registered Nurses and a Certified Social Worker, Generations is able to help families keep their seniors at home with a high quality of life and dignity, while reducing caregiver stress. Generations follows the Eden Alternative philosophy, which was started by Dr. Bill Thomas, MD from Harvard. He encourages the involvement of children, gardens and animals to create a "human habitat." At Generations, you can always find Mickey the cat in Central Park, or Emily the dog helping the "Grandfriends" with a craft in the Soda Shop. Children are always welcome to come visit and families have an open door invitation to stop in any time! Besides the traditional nursing and social work services, various activities and trips are sprinkled throughout the monthly calendar to help keep the Program Members busy. Generations can also assist in taking their seniors to area doctor visits or having lab work performed.

Give Generations a call today! Feel free to stop in on December 11, 2009 for their Holiday Tea Party. Watch for their caregiver support groups starting in January 2010. They are located at 40 East New York Avenue across from Shore Memorial Hospital in Somers Point. Call 653-9700 for more information. Ask for owner Christa Caldarale, RN, MS, CMC and tell her the Jewish Times sent you!

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## Yogurt: Cold Prevention On a Spoon

(NewsUSA) — Cold season often sees Americans buying orange juice, fizzy vitamin supplements and hand sanitizer — but those looking to avoid colds should consider visiting the dairy aisle.

Studies suggest that probiotics, or strains of beneficial bacteria, may improve immune function. In one recent study published in the journal *Pediatrics*, 326 children were divided into three groups — the children drank milk either with one probiotic strain, two probiotic strains or a placebo. Each group contained about 100 children.

Sixty-six children drinking plain milk caught fevers, while 31 children in the one-probiotic group and 18 children in the two-probiotic group fell ill. Other studies have demonstrated that probiotics decrease the incidence of colds and winter illnesses, and result in fewer days of missed work or daycare.

But not all probiotics are created equal. Different strains



have different strengths — one might prove effective against diarrhea, while another works best against stomach upset. To boost their immune systems, Americans should ingest *Lactobacillus* (especially *Lactobacillus rhamnosus*) or *Bifidobacterium* probiotics.

While there are several ways to take probiotics, eating yogurt is easy, tasty and effective. Acids in the stomach can

destroy probiotics before they reach your intestines, where they are needed to impart health benefits. Dairy buffers stomach acid, ensuring that more probiotics make it into your system. Plus, dairy products provide important nutrients, like calcium and protein.

Look for a yogurt containing several strains of probiotics, such as Stonyfield organic yogurt. Each serving contains six probiotic strains shown to support immune systems, promote gut health and help the body achieve balance. One cup gives you over 1 billion probiotics, including those cold-preventing *Lactobacillus* and *Bifidobacterium* strains.

You cannot overdose on probiotics, and they are safe for babies. So stop swallowing Vitamin C tablets in favor of one cup of yogurt per day. Preventing the common cold has never been tastier.

For more information, visit [www.stonyfield.com](http://www.stonyfield.com).

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Dec. 11, 1-2:30 p.m.

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