Summer 2023

Health & Welfare e-Newsletter

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Give your brain a boost

The brain is the hub for our entire body, supporting how we think, feel, and move every day. But as we get older, the brain changes and can become less effective. The good news is there are simple steps you can take to improve your brain health today and into the future.

Exercise regularly

When you're good to your body, your brain benefits too. Regular exercise has been shown to increase development of new brain cells and lower the risk of Alzheimer's and other dementias.

Mix it up

Look for new activities and opportunities to stimulate your brain. Learn a new skill, play a new game, or study a new language. Even things like cooking or baking can improve brain health.

Eat brain-healthy foods

Healthy eating is essential for memory, mood, and focus. Try to limit refined sugar and processed foods in your daily diet and focus on fresh, whole plant-based foods.

Scan the QR code or visit kp.org/brainhealth for more ways to be good to your brain.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057

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Communicating with someone with dementia or Alzheimer's

Dementia (difficulty with memory and brain function) gets worse over time. Dementia can be caused by different diseases. The most common cause of dementia is Alzheimer's disease. The other common causes are vascular dementia, which is caused by small or large strokes, and mixed dementia, which is a combination of Alzheimer's disease and vascular dementia. Parkinson's disease and other disorders like Lewy Body dementia and frontotemporal dementia can also be causes.

Over time, dementia makes it harder and harder for someone to communicate. Communication with a person with dementia requires patience, understanding, and good listening skills. Use strategies below to help you and the person with dementia understand each other better.

Verbal

- Eye contact is key.
- Speak with a lower tone of voice. Pronounce words clearly. Use a relaxed tempo.
- Use the person's name. Remember to tell them who you are. Smile as you say your name.
- Keep a positive and calm tone.

Behavioral

- Approach the person from the front.
- Bend down to their eye level (face to face).
- Keep a relaxed posture.
- Respond to their body language.
- If the person starts to walk away, walk side by side and keep up with the conversation.

Emotional

- Acknowledge how they are feeling.
- Ask questions about how they are feeling.
- Do your best to stay calm.
- Remember to take deep breaths.
- Reassure the person if they are worried or anxious over something.
- Agree with their thoughts and conversation.

If they are agitated, angry, or upset

- Change the topic of the conversation.
- Talk about something the person likes or enjoys.
- Maintain eye contact.

Learn more at **kp.org/mindbody**

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(continued from front)

- Stay calm.
- Avoid arguing.
- If you know the person's favorite song, singing it might calm the person.

Things to do with someone with dementia or Alzheimer's

Remember:

- Be flexible.
- Provide constant encouragement and praise.
- Respond to their emotions:
  Example: "You're smiling! Tell me, what makes you smile?"
- Respond to their frustration. Guide them so they can participate in the task or activity.
- Make it fun. Keep it simple.
- Avoid dangerous objects (sharps or poisons) or small objects, which may be a choking hazard.
- Clear walkways.
- These are suggestions. Create your own activities to support the person.

At Home

- Fold clothes
- Walk around the house
- Color pictures
- Read out loud
- Reminisce
- Listen to music
- Dance
- Sing
- Exercises - stretching or physical therapy
- Write a letter to someone
- Talk story with each other
- Play with shapes and colors

Outdoors

- Take a drive
- Pick fruits
- Pick flowers
- Create stories about things in the distance
- People watch
- Walk and enjoy the sunshine
- Listen to the birds
- Read the paper outside
- Sweep the patio
- Point out what's outside

Health tip: DASH eating plan

DASH stands for **D**ietary **A**pproaches to **S**top **H**ypertension

A study conducted by researchers at Johns Hopkins University Medical School of more than 400 adults with prehypertension, or stage 1 high blood pressure, found that combining a low-salt diet with the heart-healthy DASH diet substantially lowers systolic blood pressure.[1]

The DASH eating plan is in line with dietary recommendations to help prevent osteoporosis, cancer, heart disease, stroke, and diabetes.[2]

DASH was not intended as a weight loss tool; however, because it has an emphasis on real foods, heavy on fruits and vegetables, balanced with the right amount of protein, DASH may be a weight loss solution.

DASH is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.

Includes plenty of:		Limits:
• Vegetables	• Fat free or low fat milk products	• Sodium
• Fruits	• Fish, poultry and lean meats	• Saturated fats
• Whole grains	• Beans, nuts and legumes	• Added sugars

DASH doesn't require any special foods or supplements. It simply calls for a certain number of daily servings from various food groups. The number of servings depends on the number of calories you choose to eat every day. Your caloric needs depend on your age, gender and activity level. You can choose the "regular" DASH plan, which limits your daily sodium intake to around 2300mg or you can choose the lower sodium version, which limits your daily sodium intake to around 1500mg. The less salt you eat, the more you may be able to help lower your blood pressure.[3]

To figure out your caloric needs, you need to consider your age and physical activity level. If you want to maintain your current weight, you should eat only as many calories as you burn by being physically active. If you need to lose weight, you should eat fewer calories than you burn or increase your activity level to burn more calories than you eat.

Daily calorie recommendations for women:

Age (years)	Calories needed per activity level		
	Sedentary	Moderately active	Active
19-30	2,000	2,000-2,200	2,400
31-50	1,800	2,000	2,200
51 +	1,600	1,800	2,000-2,200

Daily calorie recommendations for men:

Age (years)	Calories needed per activity level		
	Sedentary	Moderately active	Active
19-30	2,400	2,600-2,800	3,000
31-50	2,200	2,400-2,600	2,800-3,000
51 +	2,000	2,200-2,400	2,400-2,800

continued

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After figuring out your daily calorie needs, use this table to find the closest calorie level to yours and estimate the number of servings from each food group that you should have. For example, if your daily calorie needs is 2000 calories per day, on the DASH Eating Plan your goal would be 6-8 servings of grains per day, 4-5 servings each of fruits and vegetables per day, 2-3 servings of fat free or low fat dairy products per day, and so on.[4]

Food groups	1,600 calories	2,000 calories	2,600 calories	Serving sizes	Examples	Why it's important
Grains	6	6-8	10-11	• 1 slice bread • 1 oz dry cereal • ½ cup cooked rice, pasta or cereal	Whole wheat bread and pasta, pita bread, oatmeal and brown rice	Major source of energy and fiber
Vegetables	3-4	4-5	5-6	• 1 cup raw leafy vegetable • ½ cup cut-up raw or cooked vegetable • ½ cup vegetable juice	Broccoli, carrots, green beans, kale, spinach, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4	4-5	5-6	• 1 medium fruit • ¼ cup dried fruit • ½ cup fresh, frozen, or canned fruit • ½ cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
Fat-free or low-fat dairy	2-3	2-3	3	• 1 cup milk or yogurt • 1½ oz cheese	Fat-free milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free/low-fat regular or frozen yogurt	Major sources of calcium and protein
Lean meats, poultry, fish	3-4 or less	6 or less	6 or less	• 1 oz cooked meats, poultry, or fish • 1 egg	Select lean meat; trim away visible fats; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, legumes	3 per week	4-5 per week	1 per day	• ⅓ cup or 1½ oz nuts • 2 Tbsp peanut butter • 2 Tbsp or ½ oz seeds • ½ cup cooked dried beans or peas (legumes)	Almonds, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber
Fats and oils	2	2-3	3	• 1 tsp soft margarine • 1 tsp vegetable oil • 1 Tbsp mayonnaise • 2 Tbsp salad dressing	Soft margarine, vegetable oil (canola, corn, olive, safflower), low-fat mayonnaise, light salad dressing	The DASH study had 27% of calories as fat, including fat in or added to foods
Sweets and added sugars	3 or less per week	5 or less per week	≤ 2 per day	• 1 Tbsp sugar • 1 Tbsp jelly or jam • ½ cup sorbet, gelatin dessert • 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup and sorbet	Select sweets low in fat content

Servings per day unless noted otherwise.

Following the DASH eating plan is one part of living a heart-healthy lifestyle. Combining the DASH plan with other lifestyle changes, such as physical activity, may help you improve your blood pressure, cholesterol and weight. Other lifestyle changes that may improve your overall health include:

- If you smoke, quit
- Limit alcohol intake
- Get plenty of sleep
- Practice self-care and stress management

Sources:

1 Johns Hopkins News Release November 2017. https://www.hopkinsmedicine.org/news/media/releases/, accessed June 2021.

2 The DASH diet Eating Plan. http://dashdiet.org/default.asp, accessed June 2021.

3 Mayo Clinic. https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456, accessed June 2021.

4 NIH DASH Eating Plan. https://www.nhlbi.nih.gov/health-topics/dash-eating-plan, accessed June 2021.

The information provided in this flier is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.

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- Follow the steps to sign up
- Begin your self-care program

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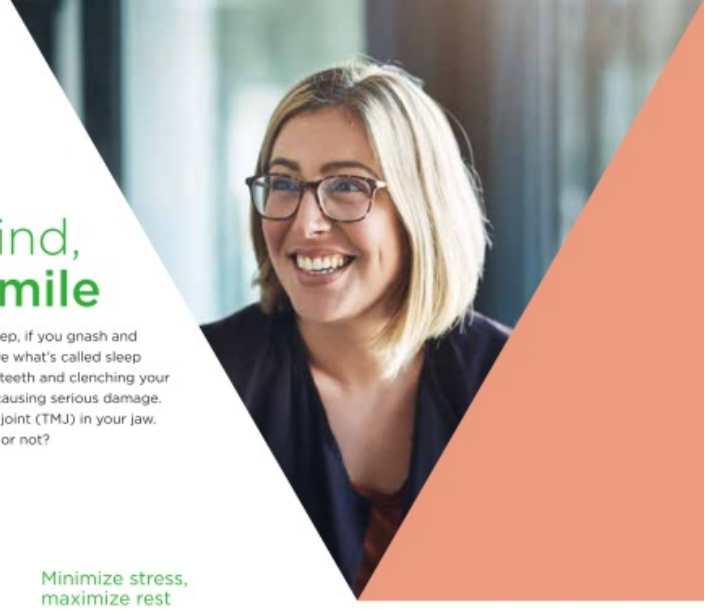
DELTA DENTAL



Stop the grind, **save your smile**

If you're grinding your teeth while you sleep, if you gnash and gnaw in your slumber, you most likely have what's called sleep bruxism, or night grinding. Grinding your teeth and clenching your jaws at night can wear down your teeth, causing serious damage. It can even harm the temporomandibular joint (TMJ) in your jaw. Not sure if you're giving your teeth a rest or not?

You may be grinding your teeth at night if you have:

- Headaches
- A sore jaw
- Unexplained facial pain
- Neck aches
- Earaches

If you're concerned about your teeth grinding, talk with your dentist. A nighttime mouthguard may help you prevent tooth damage and pain.

It's easy to smile when you feel good. LifeSmile® is a wellness program that's part of your Delta Dental benefits provided by your employer. It's easier to maintain good oral health habits when you have some support. LifeSmile® has the answers to your dental questions and can help keep you smiling for a lifetime.

Minimize stress, maximize rest

Here's some more good advice to chew on: Stress may worsen teeth grinding, so try not to let it sink its jaws into you. Problems at work or at home, in relationships and just from day-to-day life can have a negative effect on nearly everyone.

- Bruxism is linked to stress.
- Nighttime mouthguards can help significantly reduce the impact of grinding on your teeth, but not stop the grinding itself.
- Relaxation techniques such as deep breathing and meditation may help to reduce your stress levels and help reduce your bruxism.
- Exercise is key to helping alleviate stress and minimizing its negative effects on your body.
- Prescription medications and counseling may also help you address the issues that are causing your stress.

> "I didn't think a visit to the dentist would be what solved my morning headaches and soreness."
>
> *- Sonja, Flight Attendant*

Healthy smile, Happy life: Prevent disease and stay on the path toward a healthier, happier life. Take advantage of numerous free resources for improving your oral health at oralhealth.deltadental.com.

Adult Care

LIBERTY cares about more than just teeth!

help tip: The Dental Home

Having a "Dental Home" helps produce and maintain a healthy smile

Families are encouraged to build a relationship with their dental office so they have a great a "Dental Home" – an environment that encourages members of the family to have regular dental checkups.

Benefits of establishing a Dental Home:

- Patients become familiar with the dentist, their staff and the office
- Promotes early and regular access to preventive and routine dental services
- Increases continuity of care, prevention, dental and overall health
- Decreases duplication of dental services caused by seeking dental care from multiple dental offices

The American Academy of Pediatrics (AAP), the American Dental Association (ADA), and the American Academy of Pediatric Dentistry (AAPD) all recommend establishing a "Dental Home" for your child by one year of age. Children who have a dental home are more likely to receive appropriate preventive and routine care. A well-established Dental Home also includes appropriate referrals to dental specialists.

With the rising incidence of tooth decay among young children, having a Dental Home can be essential in promoting preventive care. In addition to implementing lifelong oral health at home, establishing and maintaining an ongoing relationship between the dentist and the patient is imperative. The Dental Home is an open door to of all aspects of oral health care delivered in a comprehensive, continuously accessible, coordinated, and family-centered way.

Making members shine, one smile at a time™ www.libertydentalplan.com

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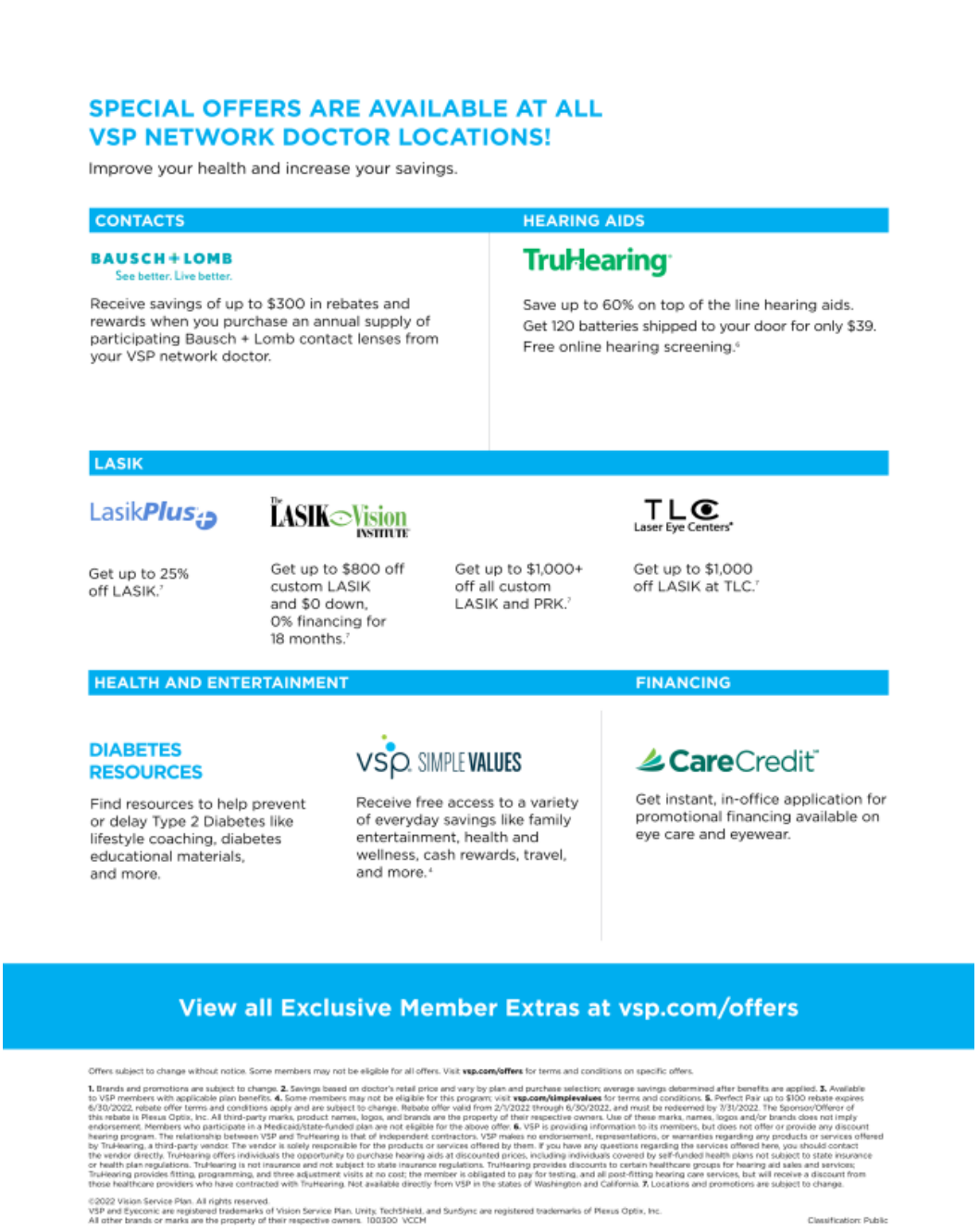

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