

Happy Holidays



*"Providing unsurpassed healthcare  
with a personal touch"*

1-866-540-1LHS (1-866-540-1547)

December 2008

#### In This Issue

[Stree-Free Holiday Resources](#)

[5 Tips for Heartburn-Free Holiday](#)

[Improving Communication with Alzheimer's Patients](#)

[January C.E.U. Program](#)

#### Stress Free Holiday Resources

Visit [Liberty Healthcare Services](#) for more information about our company or [our Senior Health Resources](#) for useful links.

## Liberty Healthcare Services Holiday Newsletter

### Greetings!

As we approach the holiday season of 2008, I would like to extend my personal gratitude for your continued support of our organization and mission. These times have certainly been challenging for all of us but Liberty remains comitted to our communities and it's families. 2009 should prove to be an exciting year for our organization as we expand into new geographic areas and enhance our current offerings with new lines of services.

We wish all of you a great remainder of 2008 and are looking forward to maintaining our mutually beneficial relationship in 2009.

Happy Holidays!

Warm Regards,

For more ideas on ways to enjoy a stress-free holiday season, we recommend the following resources:

[Tips for a Stress Free holiday by Julie Hunt, Stress Expert](#)

Nine simple steps to help you relax and enjoy the holidays stress-free

[Holiday Stress Assessment for Caregivers](#)

Do you do it out of habit, tradition, free choice, or obligation? Is it a one person job, or can it be shared?

[Easing the Added Stress of Caregiving During the Holidays](#)

Stress occurs when we work too much, sleep too little, try to cope with difficult or troubling situations, and when we neglect to take good care of ourselves.

[Outwit the Holiday Blues](#)

Try these creative solutions for a happy, healthy season

[Stress, Depression and The Holidays: 12 Tips for Coping](#)

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

[Join Our Mailing List!](#)

*Kevin*

## Five Tips for a Heartburn-Free Holiday

According to a recent survey, 66 percent of people experience acid reflux symptoms during the holiday season. And 94 percent of those people say the painful symptoms affect their ability to enjoy the holidays.



Dietitian Pat Baird offers five tips on how to keep acid reflux under control:

1. **Don't overindulge.** Allow yourself to eat your favorite holiday foods, but try smaller portions. Keep in mind that too much of a good thing can lead to heartburn.
2. **Avoid heartburn triggers.** Red wine, foods with high fat content, and spices are just a few common heartburn triggers.
3. **Control late night munchies.** Try not to eat late at night or right before going to bed to decrease your chances of suffering from nighttime heartburn.
4. **Keep your cool.** Stress levels tend to increase during the holidays. Relax by taking a few moments for yourself each day. Consider taking a 10-minute walk after a holiday dinner for some stress-free quiet time.
5. **Moderation is the key.** From Thanksgiving to New Year's Eve, holiday celebrations and alcoholic beverages are plentiful. If you are going to drink, choose cocktails that are easier on the tummy, such as a wine spritzer (white wine and club soda).

Source: [Medical News Today](#)

## Improving Communication with Alzheimer's Patients

A person with Alzheimer's disease may become confused and have difficulty communicating. He or she may struggle to find the right words to express him or herself, or may forget the meaning of words and phrases. The person also may rely on gestures, especially as his or her verbal skills decline.



[Click here](#) to view the rest of the article and learn about the several strategies you can use to improve communication with your loved one with Alzheimer's disease.

## Mark Your Calendar!

Once the New Year arrives, Liberty plans to get busy! Join us for our monthly C.E.U. Program on January 20th at CareOne at Hamilton from 9am-12pm.

The seminar registration and networking begin at 8:30am along with a complimentary continental breakfast.

Judy Pederson, LSW & CT, will be presenting to RN's, Social Worker's, CALA & LNHA on The Power of Forgiveness.

Call 609.890.0311 for more information.

## It's Never Too Late to Start Exercising

Most people lose 20 to 40 percent of their muscle tissue as they age. This loss of muscle and strength is called sarcopenia, a term that also refers to the decreased quality of muscle tissue often seen in older adults. Strength exercises can partly restore muscles and strength, often very quickly. The National Institute on Aging reports in one study that nursing home residents 80 years and older progressed from using walkers to using canes after doing simple muscle-building exercises for 10 weeks.



Staying physically active and exercising regularly can improve mood and relieve depression, and prevent or delay some types of cancer, heart disease, and diabetes.

To see examples of easy exercises to try, download a chart to track progress and read FAQ's visit the [NIH Senior Health Website](#).

## Meet Kevin Zepp, owner of Liberty Healthcare Services, Inc.

Kevin Zepp brings an extensive background of healthcare finance and operations to his position as President of Liberty Healthcare Services in New Jersey. His affinity for healthcare began as an auditor for a national healthcare lender and continued when he held the position of CFO for a hospital in Southeastern Texas. This experience enabled him to gain extensive knowledge of healthcare finance, administration and the complexities behind the dynamic industry. Kevin is committed to the recruitment and retention of quality caregivers that believe in Liberty Healthcare's mission of providing unsurpassed healthcare with a personal touch. Visit [www.libertyhealthnj.com](http://www.libertyhealthnj.com) or call 609-890-0311 for more information.

**Liberty Healthcare Services is proudly serving  
ALL of Mercer & Ocean Counties.**

Once again,

Happy Holiday from all of us at Liberty Healthcare Services!

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to erin@libertyhealthnj.com by [kevin@libertyhealthnj.com](mailto:kevin@libertyhealthnj.com).

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Liberty Healthcare Services | 2333 Whitehorse-Mercerville Rd. | Unit B | Hamilton | NJ | 08619