



**NHC**  
JUST BECAUSE WE CARE

# NayarNews

**JANUARY 2023**

## Goats Bring Holiday Cheer to Nayar Hospice Patient

Nayar Hospice Regional Clinical Manager, Culley Burleson's sister, passed from Hepatosplenic T-Cell Lymphoma a few years ago. This aggressive lymphoma primarily affects young adults. However, her legacy continues to spread joy!

She dreamed of having a working farm where she and her husband, Eric Evans, could host events. After Culley's sister passed, Eric continued to work towards their shared dream. He purchased a farm in Hanover County called Pactamere. The farm hosts events with their star livestock, the goats; Goat yoga, painting with goats, brunch & bubbly with goats, and more!



Eric & Katie, Owners of Pactamere



Ms. Ford



Culley Burleson, Regional Clinical Manager of Nayar Hospice

This year Eric donated a "goat gram" for NHC hospice patient, Ms. Ford. SHE LOVED IT! Ms. Ford enjoyed it so much that she talked to Culley about how her daughter could get some goats and put them in the backyard for her to play with! Culley said of the day, "It was AMAZING to see my sister's dream come true!"

## Fall Safety & Prevention

Most falls for older adults are due to a combination of underlying risk factors or health problems. Many falls cause only minor injuries, but they are scary and can cause some people to restrict their activities. Knowing the right exercises can help with gaining your strength and confidence back. Let's work together to PREVENT patient falls. The best way to fight injuries is to prevent them from ever happening in the first place. So here are some tips to avoid those nasty slips and falls.

- Wear appropriate footwear.
- Keep your hands free!
- Take smaller, shorter steps when walking for stability.
- Use handrails if available.
- Step down, not out, from your vehicle.
- Plan ahead. Give yourself plenty of time to get where you're going.
- Watch for slippery floors inside.

## Nayar Health Care's Headquarters Is Nearing Completion!

Construction on the new corporate building in Ashland, VA, is progressing.



## Home Health Comprises A Wide Range Of Services In Your Home For An Illness Or Injury.

Home health is usually less expensive, more convenient, and more effective than care in a hospital or skilled nursing facility. Examples of Skilled Home Health services include:

- **Wound care for pressure sores or a surgical wound**
- **Patient and caregiver education**
- **Intravenous or nutrition therapy**
- **Injections**
- **Monitoring serious illness and unstable health status**

The goal of home health care is to treat an illness or injury. In addition, home health care helps you get better, regain your independence, and become as self-sufficient as possible.

## New Year's Resolutions of Health & Fitness?

Exercising improves your quality of life. As we get older, exercise becomes increasingly necessary. The longer you stay healthy and active, the longer you will be able to retain your independence. This year seniors (65+) should...

### TRY THESE:

- ✓ Water Aerobics
- ✓ Yoga
- ✓ Resistance Bands
- ✓ Pilates
- ✓ Walking

### AVOID THESE:

- ✗ Squats with Weights
- ✗ Bench Press
- ✗ Leg Press
- ✗ Long-Distance Running
- ✗ High-Intensity Interval Training (HIIT)
- ✗ Rock Climbing



## *Healthy Start to the New Year:* EASY BLACK BEAN HUMMUS

### INGREDIENTS

- One small garlic clove
- One 15-ounce can of black beans
- Two tablespoons of fresh lime juice
- ¼ cup tahini
- One tablespoon of olive oil
- ¼ teaspoon smoked paprika
- ½ teaspoon kosher salt

### INSTRUCTIONS

Peel the garlic. Drain the black beans, but don't rinse them. Juice the lime. Add the garlic to the bowl of a food processor and process until finely chopped. Add black beans, lime juice, tahini, smoked paprika, and kosher salt. Puree for 15 seconds, then scrape down the bowl. Taste, and add another drizzle of olive oil if it's too thick. Puree for an additional minute until creamy.

Source: [www.acouplecooks.com](http://www.acouplecooks.com)

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