



New Healthcare Concepts, Inc. News, Views, and Announcements

Welcome to the NHC Newsletter!

Our goal is to serve our community by not only developing a new concept skilled nursing village, new concept adult daycare, and new concept senior apartments, but we also want to develop a relationship with the whole community. Our newsletter will be a tool to offer information on health and wellness, assist with your daily tasks, as well as, share current events and activities in our community and at NHC! We also want to share your story. By doing so, it will help others who are in the same situation. If you have a story to tell, please contact me directly at ssstirew@newhealthcareconcepts.org or (704) 273-7476.



Please check out our website for our mission and information on our project and do not hesitate to contact us directly to chat and become a member of our NHC family!

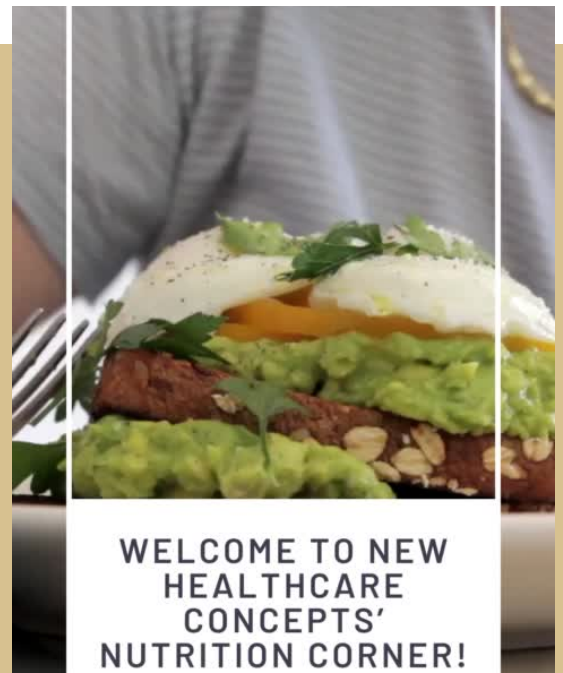
Welcome to New Healthcare Concepts! Let's stay in touch!

Hope to see you soon!

Susan Stirewalt, Founder

Nutrition Corner

New Healthcare Concepts' Dr. Carol L. Cheatham and Chef Tim Mills are committed to create a menu that not only tastes great but has powerful health benefits. Nutrition is very important to the health and well-being of our residents. Our goal is to use clean foods with no harmful preservatives, which in some cases have been researched to lessen the effects of some dementia symptoms as well as being very beneficial to all geriatric conditions. We wish to thank Dr. Cheatham and Chef Mills for their work as team members on our project. Stay tune for some interesting, researched facts on nutrition and all sorts of healthy recipes.



THANK YOU TO OUR DONORS!

This cannot be done without your help. Consider making a donation today.

Bikers Care For Seniors Campaign



Join our "Bikers Care For Seniors" fundraiser to help us reach our financial goals. Bikers are asked to dedicate one of their rides by donating at least \$5.00.

Donations can be made directly on our website at <https://www.newhealthcareconcepts.org/we-care-for-seniors-campaign.html>

or you can mail your donation directly to this address:


New Healthcare Concepts, Inc.
P.O. Box, 113 Landis, NC 28088



Post your photos on social media & use #BikersCareForSeniors & #NewHealthCareConcepts for your chance to win a \$100 Visa gift card!

Faith's Corner

Faith, our new office assistant, started out much too young experiencing what it is like to have a loved one with dementia. Periodically Faith will release blog entries for you to enjoy discussing all kinds of things as it relates to seniors, their families, and our community. She will be interacting with her readers as well so be sure to head over to www.newhealthcareconcepts.org and read her first entry today!

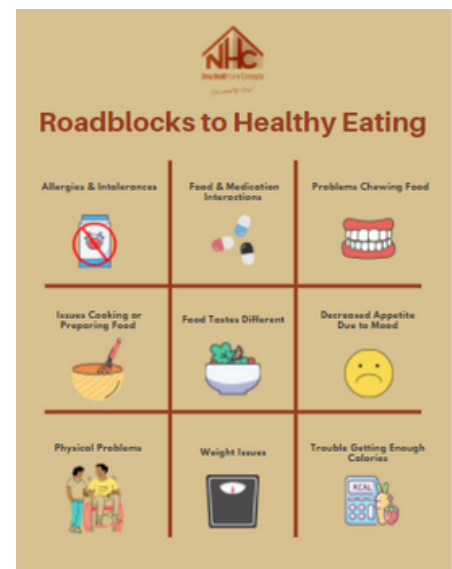


Listen to your elders advice. Not because they are always right, but because they have more experience at being wrong.

Roadblocks to Healthy Eating

Nutrition is important at every age. As we get older it becomes very important to make smart food choices. However, there are multiple obstacles that make it difficult for older adults to follow through with these choices. For example, is chewing and swallowing difficult for your loved one? Does a physical ailment such as Parkinson's Disease or a stroke make it difficult to consume food? Would any of the foods that they eat react with their medication?

This infographic shows some of the most common issues that people face. The National Institute for Health (NIH) has a wonderful article written by scientist and other experts to address these issues and give more insight into how to combat them. Download this graphic and read the article on our website.



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Roadblocks to Healthy Eating

Allergies & Intolerances



Food & Medication Interactions



Problems Chewing Food



Issues Cooking or Preparing Food



Food Tastes Different



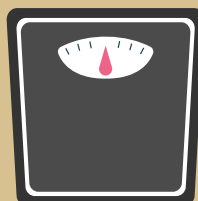
Decreased Appetite Due to Mood



Physical Problems



Weight Issues



Trouble Getting Enough Calories

