

# Wellness

## Wednesday



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## 'Sundowning' Is The Dementia Symptom We Don't Talk About Enough

Dementia is a complex and multifaceted condition that can present a range of challenging symptoms for both the individual and their caregivers. One such symptom, known as "sundowning," is often overlooked or misunderstood, yet it can significantly impact the daily lives of those affected. In this Wellness Wednesday we will delve into the intricacies of sundowning, exploring its causes, manifestations, and effective management strategies to support individuals living with dementia and their caregivers.

### Understanding Sundowning: The Basics

Sundowning, a term coined by neuropsychologist April Krowel, refers to a constellation of symptoms rooted in confusion and disorientation that often arise during the late afternoon or early evening hours. This phenomenon is particularly prevalent among individuals living with various forms of dementia, including Alzheimer's and Lewy body dementia.



### The Timing and Prevalence of Sundowning

As the name suggests, sundowning typically manifests as the sun is setting, with symptoms often beginning in the late afternoon and continuing into the evening hours. According to research, approximately 1 in 5 people with dementia experience sundowning, making it a relatively common occurrence.

### Identifying the Signs of Sundowning

The primary hallmarks of sundowning include disorientation, confusion, and a sense of uncertainty about one's surroundings. Individuals may exhibit increased agitation, restlessness, and even aggression as they struggle to make sense of their environment. Sleep disturbances, such as difficulty falling or staying asleep, are also common during these episodes.

### Exploring the Underlying Causes

The exact causes of sundowning remain elusive, but researchers have identified several contributing factors. Disruptions to the body's internal circadian rhythm, which governs the sleep-wake cycle, are believed to play a significant role. Additionally, factors like afternoon fatigue, pain, hunger, inadequate exposure to sunlight, and the side effects of certain medications can exacerbate the symptoms.

## Distinguishing Sundowning from Delirium

It is important to differentiate sundowning from delirium, a more acute and potentially life-threatening condition. While the symptoms may appear similar, the key distinction lies in the timing and underlying causes. Delirium can occur abruptly at any time of day, often indicating a critical medical condition, whereas sundowning is typically confined to a specific period of the day.

## Managing Sundowning: Challenges & Strategies for Caregivers

Caregivers play a crucial role in supporting individuals experiencing sundowning. Establishing a consistent daily routine, minimizing environmental changes, and ensuring the person's basic needs are met can help mitigate the severity of symptoms. Adjusting medication schedules, addressing pain or anxiety, and providing a calm, well-lit environment are also effective strategies. A thorough understanding of the condition and the implementation of tailored management strategies, will help give caregivers to create a more comfortable and supportive environment for those affected.

## The Importance of Caregiver Support

Caring for an individual with dementia can be emotionally and physically taxing, and sundowning can add an extra layer of complexity. Caregivers must prioritize their own well-being, seeking respite, support groups, and professional guidance to ensure they can provide the best possible care.

## The Role of Technology in Sundowning Management

Advancements in technology have introduced innovative tools and solutions to aid in the management of sundowning. From smart home devices that can adjust lighting and temperature to wearable trackers that monitor sleep patterns, these technologies can provide valuable insights and support for caregivers.

## The Evolving Landscape of Sundowning Research

As our understanding of dementia continues to evolve, researchers are delving deeper into the mechanisms underlying sundowning. Ongoing studies aim to uncover the precise neurological and physiological changes that contribute to this phenomenon, paving the way for more targeted interventions and improved care.

## Embracing a Holistic Approach to Dementia Care

Sundowning is a complex and often misunderstood symptom of dementia that deserves greater attention and understanding. Addressing the challenges requires a holistic approach that encompasses physical, emotional and environmental factors. By educating ourselves, supporting caregivers, working with healthcare professionals and exploring innovative solutions, we can work towards creating a more compassionate and inclusive society for those individuals living with dementia.



# SAUSAGE TORTELLINI SOUP



## INGREDIENTS

- 8 ounces sweet chicken Italian Sausage, or pork sausage, I like Premio, removed from casing
- 1 stalk celery, chopped
- 1/2 small onion, chopped
- 1 carrot, peeled and chopped
- 2 cloves garlic, minced
- 32 ounce container unsalted chicken bone broth, such as Pacific
- 1 1/2 cups water
- 1 small Parmigiano Reggiano rind, optional
- 1/2 tablespoon Chicken Better than Bouillon, \*
- 1/4 teaspoon fresh black pepper
- 9 ounces three cheese tortellini, Buitoni
- 1 cups baby spinach
- Parmigiano Reggiano, grated for serving (optional)

As the chill of winter sets in, there's nothing quite like a warm, nourishing bowl of soup to soothe the soul. And when it comes to satisfying soups that hit the spot, the Sausage Tortellini Soup stands out as a true winner. This hearty, simple soup is protein packed made with wholesome ingredients.

### SAUSAGE TORTELLINI SOUP

At the heart of this comforting soup lies the perfect harmony of savory sausage, cheese-filled tortellini, and a medley of fresh vegetables. The sausage, whether it's made from chicken or pork, lends a robust and flavorful base, while the tortellini adds a delightful burst of cheesy goodness in every bite. The mirepoix, a classic blend of celery, onions, and carrots, provides a solid foundation, infusing the broth with depth and complexity.

### CRAFTING THE PERFECT BROTH

The key to a truly exceptional Sausage Tortellini Soup lies in the broth. By utilizing unsalted chicken bone broth, the soup gains a rich, nourishing base that's further enhanced by the addition of a parmesan rind. This simple yet ingenious touch imparts a subtle umami flavor that elevates the overall experience.

### Nutrition Information

Serving: 1 -3/4 generous cups, Calories: 372 kcal, Carbohydrates: 34.5 g, Protein: 29 g, Fat: 13.5 g, Saturated Fat: 4 g, Cholesterol: 88 mg, Sodium: 990 mg, Fiber: 3 g, Sugar: 5.5 g





## HOW TO MAKE IT

1. Heat a large pot over medium-low heat and add the sausage. Cook, breaking up with a spoon until cooked through, 5 minutes. Add the celery, onion, carrot and garlic. Cook for 8-10 minutes until vegetables begin to soften.
2. Add the chicken broth, water, parmesan cheese rind (if using) and increase heat to medium-high and bring to a boil.
3. When broth boils, add the bouillon and black pepper. Stir to combine, cover and cook medium low simmer 15 to 20 minutes, until the vegetables are soft.
4. Reduce heat to low and add the tortellini and spinach. Simmer until tortellini cooks to al dente according to package directions, about 5 to 6 minutes. Once cooked, remove the rind.
5. Stir to combine then serve with freshly grated Parmigiano Reggiano (if using)!

## SERVING SUGGESTIONS

Sausage Tortellini Soup is a complete and satisfying meal on its own, but it also pairs beautifully with a crusty piece of bread or a fresh, crisp salad. For those seeking an even more substantial meal, the soup can be served alongside a side of garlic bread or a light pasta dish.

<https://www.self.com/gallery/best-stretches-from-trainers-after-workout>

## Featured Exercise ► Benefit of the Upward Facing Dog Exercise

### HOW TO DO IT:

- Start in low plank, which means come into plank pose as if you're about to do a push-up, then lower halfway to the floor, keeping your elbows close to the body.
- From there, drop your hips down to the floor and flip your toes over so the tops of your feet touch the floor.
- Tighten your core and straighten your arms to push your chest up. Pull your shoulders back, squeeze your shoulder blades, and tilt your head toward the ceiling to open up your chest.
- Hold the stretch 15 to 60 seconds.

### THE BENEFITS:

Upward Facing Dog is a backbend that engages a multitude of muscle groups, creating a symphony of movement and tension release. As you press your hands into the mat and lift your chest, you activate the muscles of the shoulders, arms, and back, while simultaneously stretching the hip flexors and abdominal region. This interplay of muscular engagement and flexibility allows for a profound opening of the chest and shoulders, improving posture and relieving tension in these often-neglected areas.



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*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.*



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