

## Welcome to 2025

As we begin the new year, Paladin Life Care looks forward to continuing to support you and your loved ones. Our personalized Plan of Care ensures that we provide you with added value and customized resources dedicated to enriching your life. Together let's make your year fulfilling and empowering!

## Tips for 2025

A new year is the perfect opportunity to focus on your wellness and set achievable goals.

Here are a few tips:

- ▶ **Stay Active**—Gentle exercises such as stretching, yoga, or walking can improve flexibility, strength, and overall well-being. Confirm with your doctor before starting any new exercise program that it is appropriate for your personal needs.
- ▶ **Set Health Goals**—Schedule regular check-ups and consider making small dietary changes to support better health.
- ▶ **Prioritize Social Connections**—Stay connected with family and friends through calls, letters, or virtual chats.
- ▶ **Explore New Hobbies**—Engaging in activities like crafting, reading, or gardening can bring joy and a sense of purpose.



**The Paladin Life Care Team** is always here to provide personalized support and resources to help you succeed in your wellness journey. Your Client Care Manager can collaborate with you to create a schedule incorporating these tips and ensuring a balanced and fulfilling routine. In addition, our Concierge Companions can play a vital role in fostering social connections, participating in healthy activities, and exploring new hobbies with you.

## Clear Vision for 2025—Protecting Your Eye Health

**January is National Glaucoma Awareness Month** and a reminder for everyone to take care of their vision needs. Glaucoma is a leading cause of vision loss, and early detection is crucial in managing this condition. Cataracts are another common condition that should be monitored.

Here's what you need to know:

- ▶ **What is Glaucoma?** A group of eye conditions that damage the optic nerve, often caused by high pressure in the eye.
- ▶ **Who is at Risk?** Individuals with conditions like diabetes, those who are extremely nearsighted, people over 60, and those with a family history of Glaucoma.
- ▶ **Symptoms:** Often called the “silent thief of sight,” Glaucoma may have no symptoms in its early stages. Regular eye exams are essential.
- ▶ **What are Cataracts?** This age-related issue causes clouding of the eye's lens.
- ▶ **Who is at Risk?** Individuals who have had ample exposure to sunlight without eye protection, people over 60, and those with poorly controlled diabetes.
- ▶ **Symptoms:** Vision problems such as blurry sight, halos around lights, difficulty seeing at night, and sensitivity to light.

### What Can You Do?

- ▶ Schedule a comprehensive eye exam, especially if it's been over a year since your last one.
- ▶ Wear UV-blocking sunglasses to protect against the sun's harmful rays and polarized ones to reduce glare and clarity.
- ▶ Incorporate and maintain a healthy lifestyle to reduce risk factors.



Our Client Care Managers can assist in scheduling appointments or connecting you with specialists. Early intervention can make all the difference in the world!

## Fun Fact — A Look Back in Eye Care History

Did you know that Richard Banister, a famous 17th-century English ophthalmologist, was one of the first to document and treat eye conditions? His work in the early 1600s laid the foundation for understanding Glaucoma and Cataracts, making modern advancements in eye care possible today.

## Paladin Life Care is Here for You!

We are dedicated to empowering you to live your best life. Let us help you make 2025 a healthy, happy, fulfilling year!