

THE #LOCKDOWN ESSENTIALS

A GUIDE SPECIALLY
DESIGNED FOR SENIORS

VOLUME

2.



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FOREWARD

Dear Readers,

The seriousness of the COVID-19 pandemic has led to increase the days of lockdown so that we can contribute to a safer environment, by eliminating the risk of spreading the infection. Amidst all of this, it is our responsibility moreover the need of the hour to pull things together and prepare the way for a relaxed and stress-free home stay. In this guide we share with our seniors numerous tricks and tips and some must have essentials during the lockdown bundled up with a few exercises to keep your mind light and positive.

Keep reading...



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GROCERY SHOPPING DURING QUARANTINE: PLANNING BETTER

Groceries can be a saviour, especially when we know exactly what to get and how much. Stocking-up on groceries is the most essential need for every individual out there, in the current situation. The most common mistake everyone ends up doing during this lockdown period is to panic while buying groceries and thus they end up buying things that are already in stock at home. For families and seniors who are living independently, we have some guidelines on what you can store and in what quantity.



✓ NOTE DOWN THE EXISTING INVENTORY

Seniors, you have always taken your time to think before making a wise decision and now is the time to do the same. Before you pay a visit to any nearby supermarket or start ordering from online portals like bigbasket or Grofers, take a look at your existing inventory at home. Before you indulge into 'panic buying', take a deep breath, count and make a note of all the items that are there in your existing inventory.

Having an idea of what items are there will help you plan better

✓ PLAN MEALS WITH COMMON INGREDIENTS

Seniors, your entire life you have been an expert in planning and organising many things for yourself and family. Gear up your planning skills during this pandemic especially with your groceries. It might sound absurd but the best thing to do during this time is to lay out a 14 meal plan with common ingredients. Include as many pulses and herbs as possible to add a touch of immunity to your diet.

Here are some links of the recipes with minimal ingredients

<https://www.youtube.com/watch?v=kQpjlPUo7m8>

<https://www.youtube.com/watch?v=JvolnTOztTs>

✓ THE FREEZER IS YOUR FRIEND

Availability of fresh fruits and vegetables are a big plus on storing up during the lockdown, due to their advantage of shelf life.

Apples, oranges and pears will last the longest, so will the pedestrian vegetables like onions, potatoes, squash and carrots. For every other category of food, it's time to cruise the frozen food aisle.

Many existing brands such as Safal, Sumeru, McCain are there to provide you with good variety options. Frozen vegetables can be sautéed when needed and used for curry, pulao and many other recipes.



Plan on using your fresh produce within the first five days, then switch to frozen when fresh supplies are exhausted.



✓ KEEP IT SIMPLE AND STRESS-FREE

We understand that the lockdown period can be stressful, especially for our seniors who love to spend their time by taking a step outdoors. While you're whiling time in the house you might have the notion to try new recipes and do some elaborate cooking. New recipes will often tempt you to step out to buy the missing ingredient. This is not the right time to step out, so keep things simple and easy. Try new recipes with basic ingredients that are available at your convenience.

Seniors tend to do a lot of bulk purchases, and we want them to remember what the government states – "No Panic Buying" because essentials will always be available. So plan better and shop responsibly.

FOOD ESSENTIALS THAT LAST LONG

Here's a list of fruits and vegetables that you can accumulate at your homes. These are essentials that will last long and save you from the worry of regular purchase during the pandemic.





■ ONIONS

Go ahead and buy your onions in bulk. If you don't have the kitchen space to spare, you can also find a dark, cool, and well-ventilated spot in your home and hang them up in pantyhose. Simply cut one down when you need it for cooking.



■ APPLES

Apples remain in good shape in the refrigerator, where they can stay good for four weeks. Once they are fully ripe (slightly soft and sweet), simply keep them in a plastic bag and place them in the refrigerator. This way your sweet apples can last longer than usual under the appropriate room or refrigerator temperature.



■ POTATOES

Most varieties of potatoes stay fresh in the pantry for three to five weeks. Their life can be further extended by placing them in the refrigerator for up to several months. Once you notice the potatoes soften and form green spots, it's time to toss them out. However, those little sprouts that shoot out of the potato's skin are harmless and can be removed before consuming.



■ WINTER SQUASH

All those delicious varieties of winter squash will stay fresh for several months if stored in a dark spot that's kept below 10°C. Make sure to ask your supplier if the squash was cured prior to sale, which basically means they were set in a dry, sunny place for seven to ten days after harvest.



■ GARLIC

The key to keeping garlic good for months is humidity, so it's best to keep it in your crisper drawer. Otherwise, those beautiful bulbs will shrink before you get a chance to mince them. This way chopped garlic can last several weeks, just make sure to keep it in a tightly closed container. Note that refrigerated garlic will sprout once moved from the cold to the counter after only a couple days.



■ CARROTS

Carrots last four to five weeks in the fridge. Even baby carrots can stay tasty for nearly a month when stored this way. Once carrots start to go bad, you might notice white dots or "white blush" on them. Eat these orange delight right away before they become mushy, slimy or watery.



■ BEETS

Beets have the staying power for several months when placed in a cool, dark, and humid space like a root cellar (or crisper drawer). You'll want to remove beet tops to prevent them from shrivelling. Just make sure to leave about a half-inch of stem to prevent the juices from bleeding out prematurely.



■ CABBAGE

Hearty cabbage has a six month shelf life if stored the right way. The best conditions are in your fridge at 0°C with 95% humidity. Make sure to wash them thoroughly when taking them out for use.



LEMONS

A bowl of lemons may look beautiful when placed on your kitchen counter. However, they'll stay fresh for only about a week this way. Instead, place them in a sealed plastic bag inside your refrigerator for up to a month of delicious, juicy goodness.



PEANUTS

Our old crunchy snack bites have their advantage of a long shelf life too. They can be used in a variety of recipes like lemon rice, semiya, upma and many more.



CELERY

Here's a cool trick to keep your celery in good shape! You can keep celery robust by wrapping it in a single sheet of aluminium foil and stashing/storing them up inside your fridge. Storing celery this way will help keep it stay crisp for over a month.



MILK PACKETS

If you love having tea/coffee and don't want to compromise on that then the option is to have tetra milk pouches of Nandini Milk (Goodlife) or Amul which last for about 2 months in your kitchen space.



PULSES/LEGUMES

Chickpeas, beans, pulses and many more varieties of them can last for a longer time and can be used in a variety of dishes.

WAYS TO SNACK SMART DURING THE LOCKDOWN

The most efficient ways to keep yourself stable and your body healthy is by following a healthy lifestyle bundled with the goodness of nutritious food. Let's begin with some wholesome and smart ways to snack during the lockdown.



KEEP CHEWING

Savour your snack by chewing it slowly and thoroughly. Eat some soaked almonds thoroughly up to 40 chews. This will make you feel satiated for a longer time than those who chewed the same amount of nuts fewer times.



SNACK ON CITRUS

Citrus fruits such as grapefruit is an incredibly healthy item to include in your diet. That's because it's high in nutrients, but low in calories. Grapefruit may help manage appetite by lowering insulin levels and may also help bolster your immunity.



OATS IDLI

Seniors, if you love to cook or want to try your hand at it we've got a perfect dish for you! Oats idli. Make steamed idlis with roasted oats, grated carrots, chopped chillies and fresh coriander. This tasty delight is low on carbs and is an ideal snack option for the elderly.



COMBINE PROTEINS AND CARBOHYDRATES

Try pairing protein-rich foods with a carbohydrate (some almonds with an orange) or snacking on roasted chickpeas, which offer a good natural mix of carbs and proteins. These are also high in fibre and may help you lose weight. Carbohydrates energize both your body and your brain, while protein-rich foods help keep you satiated as they break down more slowly in the body.



WAYS TO SNACK SMART DURING THE LOCKDOWN



THREE BEAN CHAAT

You must have guessed it by the name! All you have to do is toss up some kidney beans, chickpeas and green beans. Drizzle the mixture with a light dressing of olive oil, chaat masala and lemon juice. Snack on to this nutrient-rich dish with a cup of your evening tea.



MIXED MILLET BHEL PURI

A snack made with the complete goodness of millets and ragi. This dish is low on fat, tasty and healthy too. Make your own version of this bhel; you can even add half a cup of roasted peanuts and finish with a generous squeeze of lime to add a zing to it.



FRESH CORN BHEL

If you're sitting idle at home, we have a great dish that you can consider cooking, seniors! Prepare this corn bhel with some corn spruced up with tangy chutney, chopped onions, lemon juice and a handful of fresh coriander. A scrumptious evening snack that you will love!



RAGI COOKIES

Next time you make a list for grocery shopping make sure to stock up on some ragi biscuits. These are not only crunchy but are rich in calcium and healthy in every bite.

TRICKS TO INCREASE THE SHELF LIFE OF GROCERIES

Having to store a good amount of groceries and seeing them get tossed away, especially during the lockdown period can surely disappoint us! While it is important for seniors to stay indoors and avoid stepping out, we can surely help them with some basic necessities and information. Below are a few ways to help you make your groceries last longer and help you stay inside.





TOSS SPOILED PRODUCE

Before storing, examine the contents of each bag and promptly remove items that are damaged, bruised, overripe or on the edge of spoiling. Items in these conditions release ethylene gas that could spoil the remaining good produce. You can also purchase an ethylene gas absorber to delay the ripening process of your produce.



DITCH PLASTIC. USE MASON JARS

Using mason/glass jars will prevent the exposure to BPA (Bisphenol A) that can be found in plastic containers. Groceries stored in these jars tend to last a few days longer. These jars work well for pre-portioned salads, extending the shelf life to up to 10 days.



SHRINK-WRAP THE CROWN OF BANANAS

Wrap some plastic around the crown of a bunch of bananas, and it will curb the release of ethylene gas. This gas makes any other produce in the vicinity spoil faster. This way you don't only preserve one item but many other fresh produce around them.



BUNDLE/BUNCH UP HERBS

Herbs can be displayed like a beautiful bouquet of flowers in a vase of water. All you have to do is clean them up, gather them in a bundle and place them in a jar with water. Doing this keeps the herbs fresh for a longer period without taking up any refrigerator space. Ensure to trim the stems first.



WRAP GREENS IN FOIL

Wrap your greens, such as broccoli, lettuce and celery in a foil sheet and place them in the fridge. This will increase the shelf life of these leafy greens for a month or more.



STABILIZE THE REFRIGERATOR'S TEMPERATURE

Keep the temperature of your refrigerator at 4. 44°C to prevent the growth of toxic food bacteria. A very low temperature may freeze every item, whereas a high temperature may result in spoilage. Make sure to stabilize the refrigerator's temperature as required.



PAPER BAGS ARE IDEAL FOR MUSHROOMS

Placing mushrooms in a paper bag may help keep them fresh and prevent them from spoiling. Plastic bags are a shelter for moisture and may cause the mushrooms to mildew/rot.



KEEP POTATOES IN A DARK PLACE

Store the potatoes in a dark and dry place, because exposing them to light makes them turn green and shrink faster.



FREEZE YOUR BREAD

Properly wrapped and sealed bread can be kept in the freezer for up to six months. It has to be defrosted when required for consumption. Leaving them on the counter will give the bread a space to stale.

FOODS TO INCREASE STAMINA

Seniors are likely to develop a weaker immune system as they age, and this may make them vulnerable to various infections and illnesses. Keeping in mind the risk of COVID-19 to our seniors, we can assist them in keeping themselves healthy and strong. Here are a few ways for seniors to increase their stamina by consuming basic essential foods.



GREEN LEAFY VEGETABLES

Packed with micronutrients, it is essential for building stamina and also to improve your RBC count. Green leafy veggies are rich in fibre and digest slowly while maintaining your blood glucose level.



LEAN MEAT, FISH, CHICKEN AND EGGS

Rich in protein, these foods are important for growth & development, muscle building and repair. Meat takes a longer time to digest and thus keeps you feeling full and active all day long.



OATMEAL

Oatmeal is an unprocessed carb, which gets digested slowly and hence keeps you satiated for a longer period of time. A power-packed cereal, oatmeal provides sustained energy for hours. Due to the high content of complex carbs, it breaks down slowly in your body and keeps the blood sugar at optimum level.

BEANS

Rich in minerals and iron, it helps your body generate RBCs (Red Blood Cells) that carry oxygen to the muscles when you are exercising and also builds stamina.



PEANUT BUTTER

Peanuts are said to contain omega-3 fatty acids that help in reducing pain, boost heart health and develop your brain. Peanut butter is also excellent for building stamina. It is high in calories and digests slowly. Consume peanut butter in combination with complex carbs.



RED GRAPES

Red grapes contain resveratrol, a compound which provides increased energy levels. These grapes contain a very small amount of sugar, which gives you instant energy and helps build stamina.

BEETROOT JUICE

Consuming a glass of beetroot juice before exercising will make your body stay active for long hours without feeling exhausted. Beetroot is rich in vitamin A and C – both help in building stamina and reducing fatigue.

TRASH OR TREASURE: WHY SENIORS SHOULD DECLUTTER THEIR HOMES

Many senior citizens love to collect and treasure their home with a lifetime's worth of memories. Ranging from good old antiques, photos, children's artwork, clothes, holiday decorations, toys, furniture to bikes in the garage.



There are several good reasons seniors should consider decluttering and cleaning out their homes.

IT'S A LABOR OF LOVE

Seniors, often when you are in the process of cleaning or decluttering your old files you might find some fond memories which you can share and cherish with your children and your loved ones.

REDUCE DUST AND OTHER ALLERGENS

Infrequently used items are often festering with environmental allergens. From dust and dust mites to pollen and mold, eliminating clutter and its associated contaminants can improve the air quality in your home. You may just find yourself abundant space to breathe easy and clean after a clutter clean-out!

DE-STRESS

Reported studies have observed that clutter aggravates anxiety & depression, and generally just makes us feel overwhelmed and stressed. Cleaning up and making some space in the room can help seniors to relax in an environment that is free of clutter.

HOW TO DECLUTTER

Schedule a day or two and choose one area at a time to clean. The store room often is a good place to start.

Gather all the necessary supplies like garbage bags, empty boxes, tape, and cleaning products.

Go through every single item in your chosen area and sort things into four categories: keep, sell, donate, or trash. If you have an unused item or one that you rarely use, it is best to get rid of it.

If you are unsure about an item, place it in the keep box for now. Make sure to revisit items in that box again in a month to see if you are sure of what items are to be kept and what are to be removed.

Make your decluttering a fun process, tune in to your favorite music and start the cleaning process. Ask your loved one or children to help you in cleaning.



HOW TO DECLUTTER YOUR KITCHEN

Seniors always remember that while you're tidying up your living room, your closet or any other space, never miss out on the kitchen area. The heart of your home is the kitchen so start with it.

ORGANIZE YOUR CABINET

When it comes to the kitchen, it's what's on the inside that counts. There might be vessels and equipment that are not used regularly. Sort those out and place them in the lower cupboards/cabinets, while placing the regular utensils in the top most cabinet. There might be many plastic spoons and containers that are not needed, put them in a carton box and keep it aside.

USE UP YOUR WALL SPACE

Hang your dish wiping towel, aprons, spoons and other light vessels on the wall with help of adhesive hooks. This clears up some space and makes it easier for you to use only the things that are utmost important and are in your immediate reach.

TAME YOUR SPICES

Spices last longer, usually people store up small packets of spices in jars & containers and label them. Try putting them alphabetically so that it is useful and easy to remember.



HOW TO DECLUTTER YOUR LIVING ROOM

It's quite vital for seniors to live a healthy lifestyle in a free space that eliminates their risk of falling and the risk of air borne infections due to the dust laden clutter. Seniors, it's time to give your living space a warm, cozy and functional feel with these decluttering tips in your living room where you spend the maximum time.

GIVE YOUR BOOKSHELF A MAKEOVER

It's tough to get rid of books. However, if you've read most of the books once or more than once, it's best to donate or recycle them. Sort out the books you've read in a while, remove the old ones and lighten your bookshelf.

CLEAR THE DRAWERS

There might be paper bills, grocery bills and other receipts all stacked up in the drawers. Take some time out and clear out the timed-out bills during this lockdown and ensure you keep only the bills needed, in a folder.



HOW TO DECLUTTER YOUR BATHROOM

Seniors have different products for their growing needs and bathroom essentials are one of them. At this point, your bathroom practically has many products stored up in corners, that can also pose a risk of falling. Now is the time to get rid of all the old bottles piled up and the ones that have crossed their expiry dates.

USE UP THE SPACE UNDER THE SINK

Avoid cluttering your bathroom floors and surfaces to prevent the risk of falling. Use baskets to keep all the toiletries sorted below the sink. You can also keep hand towels and towels in the basket below the sink for you to have easy access.



HOW MEDITATION IMPROVES A SENIOR'S HEALTH

The wish to help an aging loved one during their retirement phase can make any of us feel overwhelmed. During the lockdown there is a lot of anxiety and stress among seniors and meditation for a few hours, each day can help seniors calm their anxiety. Meditation is found to be the best tool for mental, physical, and emotional well-being for seniors. Here are 5 reasons meditation is the “fountain of youth” for the elderly



MEDITATION IMPROVES MEMORY

The dominant long term memory and short term memory storage hubs, the hippocampus and frontal brain lobe, both become well-stimulated during meditation. What does this mean for the aging senior? Better long & short term memory recall, including retrieving long lost memories. The aging person's brain, through meditation, is ensured to retain the ability to store new memories now, as well as through the advancing years.

MEDITATION ACTIVATES THE HAPPY PART OF THE BRAIN

Performing meditation can help stimulate the happy part of the brain region. This is a great remedy for seniors who suffer from depression and anxiety. With increased feelings of happiness in the mind, the aging senior can renew his or her zest for life!

MEDITATION MELTS AWAY STRESS, YIELDS MANY BENEFITS

For senior citizens, long term stress can come from many sources-chronic illness, disability, or the loss of a dear one. Meditation program helps minimize stress and end-of-life anxiety in seniors. Naturally, many experts believe meditation to be the 'fountain of youth' for both the body and brain, and older people can receive a limitless number of these benefits.

MEDITATION ENABLES BETTER FUNCTIONING OF THE DIGESTIVE SYSTEM

Deep breathing exercises in any meditation program improves blood circulation to all the organs of the body. After incorporating meditation into their daily lives, senior citizens with digestive problems will see immediate relief. In addition to the digestive systems' multiplied efficiency, meditation also helps promote a healthy immune system.

MEDITATION SHARPENS AND FOCUSES THE MIND

With an increased mental alertness and heightened ability to function as a well-capable member of society, meditation can make the senior years just as rewarding as other life phases. The synchronized brain hemispheres, left and right, of the elderly meditator enables a remarkable brain function improvement. Better focus, more creativity, quicker wit, are but just a few of the available benefits. Meditation is many times more effective than a crossword puzzle.



MINDFULNESS EXERCISES FOR SENIORS

Although a safe and precautionary step, the lockdown period can have a detrimental effect on the mental and physical well-being of our senior citizens. Often, seniors love to take a stroll down the park, soak in the sun or find their solace by meeting old friends outside, but the lockdown has made this impossible. Keeping this in mind here are some mindfulness exercises that will help seniors keep calm and composed during this lockdown period.



DEEP BREATHING

Deep breathing (diaphragmatic breathing) can improve blood pressure, relieve stress, lower heart rate and manage symptoms of anxiety.

TRY THIS:

DEEP BREATHING CIRCLE

- Draw a large circle on a piece of paper.
- Make a small mark at the top and bottom of the circle (12 and 6 on the clock).
- In a clockwise direction, trace your finger along the circle from the top mark to the bottom mark.
- Inhale slowly as your finger moves towards the bottom of the circle.
- When you reach the bottom of the circle, begin to trace your finger back up towards the top, exhaling slowly as you go.
- Try to maintain a slow & steady pace as you trace the circle.
- Focus on the movement of air in and out of your lungs.

Perform this simple breathing exercise in your free time.



RAISIN EXERCISE

This simple exercise is a good way to begin practicing mindfulness. It involves centering your attention entirely on one object. This can help seniors minimize worry while they concentrate on building focus.

While the exercise's name suggests raisins, any food can be used. An unfamiliar food or one with unusual qualities works best.

TRY THIS:

The participant should pretend they have never seen the food before. They should then note or describe the following qualities of the food in detail:

- How it looks
- How it feels
- How it smells
- How it tastes

For many seniors, especially those living with memory loss and other cognitive conditions, it can feel as though their thought and emotion control is impaired. Allowing the mind to focus on one object and its qualities can give mindfulness practitioners greater control of their feelings and enhanced awareness of their thoughts.



BODY SCAN

A body scan exercise involves noting any tension in the body and relaxing it slowly. This is an effective way to increase awareness of oneself.

TRY THIS: HEAD-TO-TOE BODY SCAN

- Lie on your back with your palms facing upward and your feet slightly apart.
- Close your eyes and focus on your breathing, making it steady.
- Move your attention to your feet, noting any tension you find and releasing it.
- Focusing on one area at a time, slowly move up the body until you focus on your head.
- Return your attention to breathing and observe any changes.
- Open your eyes and note any differences you feel within the body.



ENHANCING THE EASE OF COOKING!

Seniors don't just love to try new delicacies but also find their excitement in cooking new dishes for themselves or their children & grandchildren. Eating a healthy and nutritious meal on time, is quite important for our seniors and their overall well-being! Here are a few easy and tasty recipes to try and relish at the comfort of your home, seniors! Tap the image (or click the link) of the recipe you want to try and explore them.



Click/Tap on the recipe
to view full recipe



Ragi Rava
Upma

BREAKFAST



Moong Dal and
Spinach Idli



Carrot and Red
Pepper Juice

JUICES



Oats, Apple, Almond and
Milk Healthy Smoothie



Gehun ki
Bikaneri Khichdi

LUNCH



Bajra, Whole Moong and
Green Pea Khichdi



Mixed Sprouts and
Bajra Roti

DINNER



Methi Pitla



We would love to hear your feedback on this handbook, please feel free to share your suggestions and recommendations for the next edition.

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