

Caregiver Assistance News

"Caring for You - Caring for Others"

Area Agency on Aging District 7, Inc.

*Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence,
Pike, Ross, Scioto and Vinton Counties in Ohio*

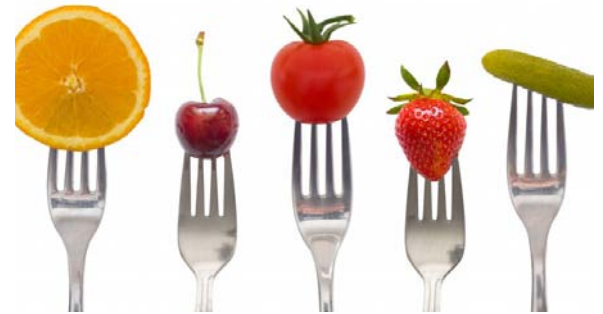
www.aaa7.org **Helping You Age Better!**



MAY 2020

Nutrition and Food Safety

As the body ages, a person has to make more of an effort to eat wisely. Most older people need fewer calories, but their bodies absorb fewer nutrients so they must eat high nutrient food to maintain good health. They must get more nutrients from less food.



Check with the doctor before starting any special diets, especially for the person with a swallowing impairment. Also, check with a doctor, pharmacist, or registered dietitian to know what effect prescription medicines have on nutritional needs.

Tips for Improving Nutrition

Offer food when the person is most hungry, and be sure dentures fit correctly and eyeglasses are on.

- Encourage the person to eat food with the fingers if it increases intake.
- Add non-fat powdered milk to any food with liquid in it, such as desserts, soups, gravy, and cereal.
- Add butter, whipped cream, or sour cream to foods. Add cottage cheese or ricotta cheese to casseroles, scrambled eggs, and desserts.
- Grate hard cheeses on bread, meats, vegetables, eggs, and casseroles.
- Use instant breakfast powder in milk drinks and desserts.
- Add nuts, seeds, and wheat germ to breads, cereal, casseroles, and desserts.
- Add beaten eggs to mashed potatoes, sauces, vegetable purees, and cooked puddings.
- Add honey, jam or sugar to bread, milk drinks, fruit and yogurt desserts.
- Add mayonnaise to salads and sandwiches.

NOTE: These may not be the best foods for a person under special medical treatment. Special diets and products to improve nutrition should only be used on the advice of a doctor or registered dietitian.

Refusing to Eat?

Sometimes, emotional, physical or medical conditions cause a person to lose their desire to eat. If the

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person in your care is having trouble eating, check:

- Is there a new medication that may be affecting their appetite?
- Are bowels regular? Constipation can cause loss of appetite.
- Do they have loose dentures or sore throat, teeth or gums?
- Are they suffering from memory loss or mental confusion that makes handling utensils and the eating process confusing?
- Finally, is the person depressed and needing medication or therapy to regain interest in life?

Health Basics for the Kitchen

The dirtiest place in your house isn't your bathroom—it's your kitchen sink. Cleaner kitchen tips:

- Clear the sink of dishes and pans before washing hands, and use different towels to dry hands and cookware.
- Keep cutting boards free of nicks and grooves where bacteria can grow.
- Keep your refrigerator working properly, and on a cold setting.
- Don't let food linger on countertops before cooking and serving it.
- Keep pets off countertops and dining tables.
- Damp dish towels breed bacteria. Keep them clean and dry, or use paper towels.
- Use dish rags, not sponges. Rags dry faster and you can launder them in hot water.

Clean Fruits and Veggies

What's the best way to wash fruits and veggies? Scrub them under running tap water for at least 30 seconds! To get your produce really clean, dunk it in a mild vinegar and water solution first (about ½ cup vinegar to 5 cups water), then scrub under tap water. This reduces germs by up to 95%.

Source: *New York Times*



Dehydration Prevention

As a person ages, he or she feels less thirsty, so a special effort should be made to provide enough fluids. A person's fluid balance can be affected by medication, emotional stress, exercise, nourishment, general health, and the weather. Dehydration, especially in older adults, can increase confusion and muscle weakness and cause nausea. Nausea, in turn, will prevent the person from wanting to eat and drink, thereby causing more dehydration.

Interested in a Telephone Support Group for Caregivers?

The Caregiver Support Program at the Area Agency on Aging District 7 is offering a free telephone support group for caregivers.

If you are interested, please call Vicki Woyan for more details. Vicki can be reached at:

**1-800-582-7277, extension 215 or you can
e-mail info@aaa7.org.**



TAKING CARE OF YOURSELF

Economical and Easy Meals

Pasta, along with beans and lentils, are among the most economical food choices. The good news is that they are also good for you and the person in your care. There is no need to make meat sauce for your spaghetti. Plain tomato sauce is best for your heart and your pocketbook. Most people eat about four times more protein than they need, so skipping the meat is no problem.

Make big batches of pasta (and beans and lentils) and then freeze small batches in freezable storage bags or containers for easy reheating later using the microwave. Beans and lentils are among the best-priced sources of protein. They are high in fiber and B vitamins and, unlike animal protein, they don't contain saturated fat or cholesterol to clog your arteries. Lentils are one of the easiest legumes to cook. They don't need soaking and they cook rather quickly—in about 20 minutes.



Memory Care

In Alzheimer's care be sure to avoid distractions during mealtimes. Expect and ignore spills and less-than-perfect manners. It is important that mealtimes are enjoyable so that eating is encouraged.

Fresh Fruits and Vegetables!

Would you like to receive \$50 in coupons to purchase fresh fruits and vegetables at local Farmers' Markets or roadside stands?

Visit the Area Agency on Aging District 7's website at www.aaa7.org to see if you qualify and to obtain an application.

Or call 1-800-343-8112 to request an application.

Census 2020: Everyone Counts

This year, there are four options to completing the Census - online, by phone, by mailing a paper questionnaire, or by responding in person. Depending on how likely your area is to respond online, you have either received an invitation encouraging you to respond online, or an invitation with a paper questionnaire. These invitations were sent from the Census Bureau starting in March. Additional reminders have been sent since to encourage participation. There is still time to complete your Census if you have not yet done so!

Participating in the Census is a part of our civic duty and important to make sure our district has fair representation and appropriate funding based on our population. For more information, log onto www.census.gov or call 1-800-923-8282



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Your local Area Agency on Aging District 7, Inc. serves the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Services are rendered on a non-discriminatory basis. Those interested in learning more about the services provided through the Area Agency on Aging District 7 can call toll-free at 1-800-582-7277. Here, individuals can talk directly with a trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency can also be reached via e-mail at info@aaa7.org.

Home-Delivered Meals

Daily home-delivered meals help keep 8 out of 10 recipients who have previously fallen from falling again.

With home-delivered meals, dietitians select meals to provide clients with healthy and satisfying choices. The person in your care may be eligible for the home-delivered meals if he or she:

- Is age 60 or older with a spouse of any age, or a disabled person under age 60.
- Cannot use kitchen appliances.
- Has no motivation to prepare a meal and no caregiver to help cook.
- Has become homebound in the winter months.
- Is recuperating from serious illness or surgery.



For more information, call the Area Agency on Aging District 7 at 1-800-582-7277 or e-mail info@aaa7.org.