

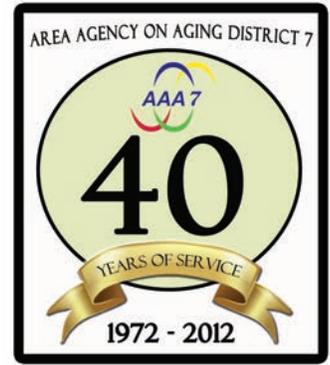
Caregiver Assistance News

"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!**



MARCH 2012

March is National Nutrition Month Boosting Nutrition, Boosting Appetite

Proper nutrition is basic to good health. An older adult's diet should not contain high-calorie, low-nutrient food. As the body ages, a person has to make more of an effort to eat wisely.

Most older adults need fewer calories to maintain normal body weight. Their bodies absorb fewer nutrients, so they must eat high-nutrient food to maintain good health and receive more nutrients from less food. If a person does not consume enough calories, the body will use stored nutrients for energy. When this happens, the person becomes weaker and is more likely to acquire infections.

Perk Up the Appetite

Useful mealtime tips:

- Make sure the person's dentures fit correctly and that their glasses are the correct strength. (We eat with our eyes before we ever touch our food.)
- Make tasty, nutritionally well-balanced meals that promote good bowel function and a normal flow of urine. Offer drinking water or liquids at mealtime to make chewing and swallowing easier; however, excessive liquids during meals can cause older

adults to lose their appetite.

- Older adults have a reduced sense of taste and smell. To improve sluggish appetites, increase the flavors by using dressings, spices, and vinegar, especially if salt is restricted. Vary textures, such as adding granola to yogurt. Avoid serving refined food, which lacks fiber and contributes to constipation.
- Offer frequent, smaller meals and favorite foods when the person is most hungry.
- Encourage the person to eat food with their fingers if it increases intake.

Boost Nutrition

- Add a tablespoon or two of non-fat powdered milk to any food with liquid in it, such as desserts, yogurt, soups, gravy and cereal - even to a glass of milk. It adds protein and makes food creamier and easier to swallow. Blend it well to prevent graininess.
- 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 or jam to bread, milk, drinks, fruit and yogurt desserts.
- Add mayonnaise to salads and sandwiches.
- Serve fresh fruits and vegetables - the more colorful, the better. They are good sources of fiber and Vitamins A and C and also prevent constipation.

Check with the doctor before starting any special diets, especially for the

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Boosting Nutrition, Boosting Appetite *(continued from Page 1)*

person with a swallowing impairment. A medical condition may require restrictions such as salt (con-

gestive heart failure) or potassium (kidney failure). Also, check with a doctor, pharmacist, or registered di-

etitian to learn more about what effect prescription medicines have on nutritional needs.

No Appetite?

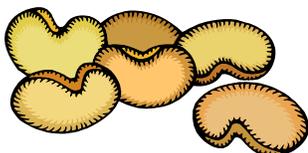
Sometimes, emotional, physical or medical conditions cause a person to lose their desire to eat. If the person in your care is having trouble eating, check:

- Could there be something else going on such as a cold, the flu, or a stomach bug?
- Is there a new medication that may affect appetite?
- Have bowels been regular? Constipation can cause loss of appetite.
- Could there be mouth discomfort, such as loose dentures, a sore throat, or sore teeth or gums?
- Are they suffering from memory loss or mental confusion that could make handling utensils and eating confusing?
- Finally, are they depressed and needing medication or therapy to regain interest in life?

Quick and Easy Snacks

Before serving, check with the doctor about sugar, salt or potassium restrictions:

- Buttered Popcorn
- Cheese on Crackers
- Chocolate Milk
- Fruits, Especially Ripe Bananas
- Granola Cookies
- Hard-Boiled Eggs
- Milkshakes
- Puddings
- Raisins, Nuts, Prunes



A Ready Meal Tip

When preparing a meal for the family, place a small amount in the blender to have a ready meal for the person in your care.



Quick and Easy Snack

“Gorp”

from Eating Well - www.eatingwell.com

- 1/2 ounce whole shelled (unpeeled) almonds
- 1/4 ounce unsalted dry-roasted peanuts
- 1/4 ounce dried cranberries
- 1 tablespoon chopped pitted dates
- 1 1/2 teaspoons chocolate chips

Per serving: 102 calories; 6 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 11 g carbohydrates; 1 g added sugars; 3 g protein; 2 g fiber; 29 mg sodium; 69 mg potassium.



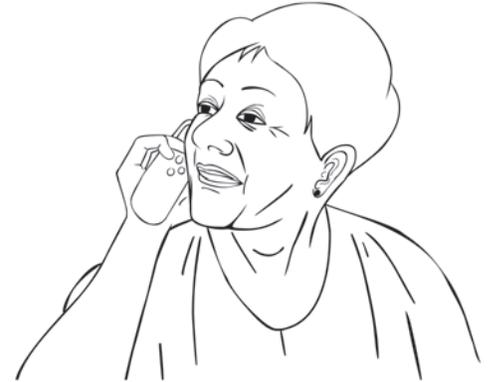
“A man who does not read good books has no advantage over a man who cannot read them.” - Mark Twain

Taking Care of Yourself - Outside Activities for You!

Successful caregivers don't give up their own enjoyable activities. Many organizations have respite care programs to provide a break for caregivers. Other family members are often willing to spend time with the person in your care. It may be possible to have respite care on a regular basis. Keep a list of the people you can ask for help occasionally.

If your friends want to know how they can help ease your burden, ask them to:

- Telephone and be a good listener since you may voice strong feelings.
- Offer words of appreciation for your efforts.
- Stop by or share a meal.
- Help you find useful information about community resources.
- Share the workload or help hire a relief caregiver.



Good to Note

Choking Danger - The muscles in an older adult's esophagus are weaker than a younger person's, so it is harder for older adults to swallow large bites of food without choking. Shred or cut food into small pieces.



Live Life Laughing



"I will be honest with you - you have what they call in the medical profession - a huge appetite."

Interested in a Chronic Disease Self-Management Class?

The Area Agency on Aging District 7 currently offers Chronic Disease Self-Management Classes in selected counties throughout our district. For more information, contact Vicki Woyan at 1-800-582-7277, extension 215.

Want to learn more about home and community-based services and how we can help you? Contact the Area Agency on Aging today!

1-800-582-7277 • TTY: 711

e-mail: info@aaa7.org • website: www.aaa7.org





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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 nurse or social worker 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.

Foodborne Disease

Older adults are more likely than younger adults to pick up a foodborne illness. The Centers for Disease Control and Prevention (CDC) estimates that each year, roughly one out of six Americans (48 million people) will become sick from a foodborne disease. Of those, 128,000 will be hospitalized, and 3,000 will die. Many foodborne sicknesses result from food being contaminated when it is being prepared or served, so preventing illness begins with the basics.

Looking at the color and texture of food is not enough. Use a food thermometer to check the internal temperature of meat and poultry dishes.

- **Clean.** Wash hands, cutting boards, utensils and countertops.
- **Separate.** Keep raw meat, poultry and seafood separate from ready-to-eat foods.
- **Cook.** Use a food thermometer to ensure that foods are cooked to a safe internal temperature: 145°F for whole meats, 160°F for ground meats, and 165°F for all poultry.
- **Chill.** Keep your refrigerator below 40°F and refrigerate food promptly.
- Never prepare food for others if you have diarrhea or have been vomiting.

Be especially careful when preparing food for children, pregnant women, those in poor health, and older adults. Check your steps at www.foodsafety.gov.

Source: CDC; www.IsItDoneYet.gov.