

# 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](http://www.aaa7.org) **Helping You Age Better!**



**FEBRUARY 2016**

## **Eating Right When Money is Tight**

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food.

- Find deals - Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.
- Search for coupons - Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons."
- Look for savings in the newspaper - Brand name coupons are found as inserts in the paper every Sunday. Some stores will double the value of brand name coupons on certain days.
- Join your store's loyalty program - Sign-up is usually free and you can receive savings.
- Buy when foods are on sale - Maximize your savings by using coupons on sale items.
- Find a coupon buddy - Swap coupons you won't use with a friend.
- Compare brands - Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.
- Stick to the list - Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.



### **Meals on Wheels**

This program provides much-needed food, along with interaction and socialization. The drivers see how people are doing and can recognize signs of neglect. You may be eligible if you are age 60 or older with a spouse of any age. To find the closest program to you, contact the Area Agency on Aging District 7 (AAA7) toll-free at 1-800-582-7277 and ask for the Resource Center, or e-mail the AAA7 at [info@aaa7.org](mailto:info@aaa7.org).

# Get the Most for Your Food Budget

- **Plan, Plan, Plan!**

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

- **Buy in Bulk**

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables.

- **Buy in Season**

Buying fruits and vegetables in season can lower the cost and add to the freshness!

- **Convenience Costs - Go Back to the Basics**

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch.

- **Easy on the Wallet**

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.

- **Cook Once - Eat All Week!**

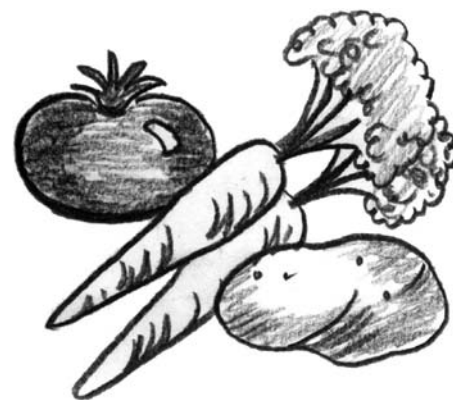
Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

- **Get Your Creative Juices Flowing**

Spice up your leftovers — use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Throwing away food is throwing away your money!

- **Eating Out**

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Order water instead of other beverages, which add to the bill.



Source: MyPlate 10 Tips - CareTrust Publications is proud to be a community partner within the USDA's Nutrition Communications Network.  
Source: USDA for low cost recipes and more - visit <http://www.whatscooking.fns.usda.gov>

## Be Wary of Scams - Supplemental Nutrition Assistance Program

The general public has been receiving unsolicited calls from what appears to be the SNAP toll-free information hotline number: 1-800-221-5689. The unsolicited callers are requesting personal information offering assistance for filling out a SNAP application or other non-SNAP related services such as home security systems. Never provide personal information or your credit card number over the phone to unsolicited callers. This outside entity that has “spoofed” the SNAP toll-free information hotline number is not affiliated with SNAP.

# TAKING CARE OF YOURSELF

## Attitude and Successful Aging

How is successful aging achieved?

Resilience, optimism, and the absence of depression are the key ingredients. The following strategies help approach aging in a more productive way:

- Be logical in your view of things by striking a balance between pessimism and unrealistic optimism, recognizing the pros and cons in every situation.
- To help maintain mental and emotional well-being, seek social support of family and adopt a hobby to take your mind away from the pressure and strain of everyday stress.
- When feeling signs of deep depression, consult a professional.



## Alzheimer's Support Events

### ADAMS COUNTY - Free Dementia Research Luncheon Program

**Wednesday, March 23 from Noon - 1:30 pm**

Adams County Regional Medical Center, 230 Medical Center Drive, Seaman  
 Featured Speaker: Dr. Heather Snyder, Senior Director of Medical and Scientific Operations for the National Alzheimer's Association  
 Free to the public. Registration is required. 1.5 CEUs available for Ohio social workers (\$15 fee).

Complimentary lunch being provided by Hospice of Hope  
 For more information, contact Melissa Dever at 740-710-1821 or mdever@alz.org

### JACKSON/VINTON - Alzheimer's/Dementia Family Caregiver Support Group

**Third Thursday of Each Month from 1:00 pm - 2:30 pm**

**(Locations listed below will rotate)**

Four Winds Nursing Facility, 215 Seth Avenue, Jackson, AND  
 Jenkins Care Community, 142 Jenkins Memorial Road, Wellston  
 Call Melissa Dever at 740-710-1821 for more information about location.

### SCIOTO COUNTY - Alzheimer's/Dementia Family Caregiver Support Group

**First Tuesday of Each Month from 1:00 pm - 2:30 pm**

Southern Ohio Medical Center - East Campus  
 2201 25th Street (Gibson Building - 1st Floor), Portsmouth

**Can't Attend in Person?? Teleconferencing Option Now Available!!** - During the meeting time, call (401) 283-4239 and enter PIN# 95249, or call Melissa Dever w/ the Alzheimer's Association ahead of time with your number to be called to join once the meeting starts. Ms. Dever can be reached at 740-710-1821.

## Don't Fall - Be Safe

*Good nutrition helps prevent falls. Calcium is a mineral that is essential for the formation of strong bones. Dairy foods are the richest sources of calcium in our diets. Not only is calcium important in preventing fractures, it is also beneficial in helping fractures heal faster if they do occur.*





**Area Agency on Aging District 7, Inc.**

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## **Safety Tips - *Foodborne Illness***

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Foodborne illness (food poisoning) is fairly common—every year, about 48 million people (one in six) in the U.S. become ill from eating contaminated foods. Of those, about 3,000 die. Elderly people are at special risk because they can't efficiently fight off the bacteria, virus, and parasites that make people sick.

People often think their illness was caused by their last meal, but the time between eating bad food and the onset of illness can vary widely. Usually, you'll feel sick 1-3 days after eating. But, you could become sick anytime from 30 minutes to three weeks after eating. Whether or not you become sick depends on a lot of factors, including the type of bacteria in the food.

Know the symptoms of foodborne illness: upset stomach, abdominal pain, vomiting, or diarrhea are common. Or, the person in your care may have flu-like symptoms with a fever, headache and body aches. It's easy to confuse foodborne illness with other types of illness.

At restaurants, always order food well done. Don't hesitate to ask the server or chef to make sure foods are not served raw or undercooked. Doggie bags should be refrigerated within two hours and within one hour if air temperature is 90° F or above.

