

Eat More to Improve Your Health and Gain Weight

Lou Pilczak R.D., LDN

Sometimes gaining weight and eating more to improve your health may seem to be a difficult job. Others may not be able to understand. A high calorie meal plan is needed and your nutritious diet will make your medications work properly. Protein and calories are needed to repair your skin and preserve your muscles when you are ill or following surgery.

In most cases, when you have had weight loss, all other “diets” or restrictions of foods are off. Your doctor will usually liberalize your diet; especially during a time when eating is a chore.

A home delivered meal or a meal at the senior site averages about 800 calories and 21 grams of protein. This is a good first start to recovery.

Toast with **cheese, margarine** on your potatoes, vegetables and **whole milk** added to your meals can add calories.

Vegetables and fruits, although filled with needed vitamins and minerals have little protein. Add whole milk, **sauces, sour cream, Carnation Instant Breakfast, Ovaltine,** or **evaporated milk** to boost needed calories.

Eggs are a good protein source and have about 80 calories.

Blend or dip honeydew melon with peanut butter or soy nut butter and you will think that you have a peanut butter cup!

SUPER FRAPPE: Here is a recipe idea for people who need to gain weight: **Blend together 1 tablespoon of peanut butter, ½ cup melon, 1 cup of yogurt or ice-cream, ½ milk or cream. Adjust amounts to your taste and to make the frappe thicker or thinner. Drink this as a snack or with a meal to add calories to your diet.**

SENIOR BENEFITS EXPO!

PLACE: VETS, Inc., 69 Grove Street, Worcester
DATE: October 14, 2008
TIME: 9 am – 12 noon

The expo will feature a free Continental Breakfast and resource information on the following:

- Food Stamps & Nutrition
- Fuel and Utilities
- Transportation
- Health and Fitness
- Stroke & Heart Disease Symptoms
- Personal Safety
- Housing
- Programs for People with Disabilities

Meet your elected officials and representatives from state agencies and community nonprofits. All are welcome to attend, especially seniors, people with disabilities, caregivers, family, and friends.

(Sponsored by the Executive Office of Elder Affairs, the Dept. of Transitional Assistance, the Dept. of Housing and Community Development, the Dept. of Public Health, the Dept. of Veterans Services, Mass. Commission for the Blind, and Mass. Commission for the Deaf and Hard of Hearing.)

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NEEDS ASSESSMENT PROJECT

The Executive Office of Elder Affairs has posted a general public questionnaire on its website to gather people's views of future service needs for seniors. Persons interested in responding to the survey can access the questionnaire from www.800ageinfo.com, by clicking on Survey of Elder Service Needs – Your Voice Counts (in blue) located on the home page. The questionnaire will be posted on the website from August 18 through November 16, 2008 and people are being encouraged to give their input.

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HOMEMADE APPLESAUCE RECIPE

4 apples
1/4 cup sugar or honey
1/3 cup water

Wash, peel and core each apple and cut into quarters. Put apples and water into a pot. Cover the pot and set on the stove over low heat for 15 minutes or until the apples are soft. Stir occasionally. You can add water if necessary to keep from burning. Remove from heat and mash the apples. Add sugar or honey and a dash of cinnamon. Can be served warm or cold (will keep in the refrigerator).



EVERY DAY

STRESS RELIEVERS

Exercise Your Mind: Experts say you can head off stress by consciously distracting yourself from your troubles. Try one of these mental calisthenics from the book “60 Ways to Relieve Stress in 60 Seconds.”

- Without using your thumb, pick up a pen with your non-dominant hand and try to write your name.
- Try to stand a coin on edge.
- Imagine you inherited \$10 million. What is the first thing you would do with your new found money?
- Name as many professional teams as you can in a certain sport.
- Make a list of 5 great movies or books.
- Close you eyes and visualize your greatest achievement.
- Name as many presidents as you can in 1 minute.
- Crumple paper into a ball and play hoops using your wastebasket.

Companionship: Share your cares. Find a friendly shoulder or go someplace where everyone knows your name.

Exercise Your Body: Walk away from your worries. Try walking the dog, cooking, house cleaning, or gardening.

Private Time: Indulge in recess for your soul. Knit a sweater not your brows. Read a book, listen to music, or contemplate nature.

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.”

-- James Dent, U.S. Humorist

JUNE IS NATIONAL FRESH FRUIT AND VEGETABLE MONTH

Eat at Least 5 Servings of Fruits and Vegetables Daily

Lou Pilczak, R.D., LDN

A serving of fruit is 1 medium fruit, ½ cup raw, cooked, frozen or canned fruit or ¼ cup dried fruit. A serving of vegetables is ½ cup raw, cooked, frozen or canned vegetables or 1 cup of raw leafy vegetables.

Think of this rhyme at grocery shopping time: RED, WHITE, PURPLE-BLUE is good for you. GREEN, ORANGE, YELLOW makes a healthy fellow.

There is science behind these recommendations. Here are a few examples of delicious, colorful, crunchy, sweet, sour, refreshing, juicy fruits and vegetables that you can choose as part of your meal planning.

RED: Radishes, apples, grapes, beets, onions, cabbage, strawberries, potatoes and watermelon. Tomatoes have a red pigment called lycopene that helps reduce the risk of heart disease. Lycopene is absorbed better when cooked (ex. tomato sauce).

WHITE: Bananas, brown pears, dates, garlic, mushrooms, peaches, potatoes and turnips. Onions have a compound called allicin that helps the immune system to assist the liver as it fights cancer causing agents and also helps to lower cholesterol.

BLUE/PURPLE: Blueberries, raisins, grapes, eggplant, figs, and endive. Studies have suggested cancer reduction and memory improvement associated with this color group.

GREEN: Kiwi, honeydew melon, leafy greens, broccoli and spinach. In a study of 75,000 women and 38,000 men, the risk of the most common type of stroke was about 20% lower for every serving of leafy greens consumed.

ORANGE/YELLOW: Apricots, squash, cantaloupe, carrots, grapefruit and corn. Oranges and other citrus fruits are good sources of vitamin C while carrots and cantaloupe are good sources of beta-carotene.

All fruits and vegetables are healthful. You can vary the colors every day with different choices by watching the sales flyers and trying new recipes!

MAY IS OLDER AMERICANS MONTH

Osteoporosis: What You Need to Know

What is Osteoporosis?

Osteoporosis is a debilitating disease in which bones become fragile and are more likely to break. In most cases, it can be prevented and treated but if steps are not taken, it progresses painlessly until a bone breaks.

Osteoporosis is a major health threat for an estimated 44 million Americans. In the United States today, 10 million individuals already have osteoporosis and 34 million more have low bone mass placing them at increased risk for developing this disease. Eighty percent of those with osteoporosis are women, 20% are men.

Each year in the United States this disease leads to 1.5 million fractures, mostly of the hip, spine and wrist. Each year, osteoporosis-related fractures cost America \$18 billion dollars.

Are You at Risk?

Several factors can increase your chances of developing osteoporosis:

- **Gender** – women are more likely than men to develop osteoporosis
- **Age** – the longer you live, the greater the chance of developing osteoporosis
- **Family History** – research suggests that heredity and genetics play a major role in osteoporosis
- **Ethnicity** – Caucasian, Asian and Latina women are at higher risk; African-American women are at lower but significant risk
- **Body Size** – low body weight (under 127 lbs.) and a small-boned frame place you at increased risk
- **Lifestyle** – a diet low in calcium, inadequate vitamin D, little or no exercise, cigarette smoking or excessive use of alcohol are all risk factors for this debilitating disease

Five Steps to Optimal Bone Health

Follow these steps to reduce bone loss and risk for fractures:

1. **Talk about your bone health with your healthcare provider.**
2. **Consume the amount of calcium and vitamin D you need each day.**
3. **Participate in regular exercise at least 3 times a week.**
4. **Ask your healthcare provider about a bone density test.**
5. **Discuss available osteoporosis medications to determine if one is appropriate for you.**

NATIONAL VOLUNTEER WEEK

April 27 – May 3, 2008

The theme of this year's celebration is "Volunteers, the Heart of the Community." Please join us in thanking the wonderful people who open their hearts and hands to pack, deliver and serve meals so that our program can continue to reach as many people as possible.

"Volunteers are the only beings who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another."

-- Erma Bombeck

APRIL IS NATIONAL ALCOHOL AWARENESS MONTH

Older Americans with drinking problems are often referred to as a "hidden" population. While the older population as a whole drinks less than younger age groups, drinking problems are more common among older people than most Americans realize.

Health Effects of Alcohol – The physical process of aging intensifies alcohol's effects. Physiological changes take place in the body that change the way alcohol is absorbed and removed. In general, people's tolerance for alcohol decreases as they get older. As a result, drinking affects older people more strongly and for a longer period of time.

Many older people who drink also run the risk of experiencing health problems due to the alcohol's reaction with medications they are taking. Among the drugs that can cause serious problems when taken with alcohol are tranquilizers, barbituates, pain killers, and antihistamines (both prescription and over-the-counter ones). The problems include dangerous effects on people's judgment, reaction time, coordination and alertness.

While heavy alcohol consumption is associated with many health conditions, including liver disease, memory loss and depression, the biggest problem for older people is the increased number of accidents that occur due to intoxication.

“March for Meals” Campaign

It’s time again for the annual **March for Meals** campaign sponsored by the Meals on Wheels Association of America (MOWAA). The Tri-Valley Nutrition Program is once again participating in this nation-wide effort to raise public awareness “So No Senior Goes Hungry.”

There are two ways you can participate in this year’s campaign. You can volunteer to help us pack and deliver meals to homebound seniors. Or you can make a donation to our program to help pay for additional meals. Last year our program delivered 257,067 Meals on Wheels in our 25 town service area and the demand keeps growing.

Donations may be made at any Tri-Valley Dining Center or mailed directly to Tri-Valley, Inc. March for Meals, 10 Mill Street, Dudley, MA 01571. For volunteer information or to make a referral please call 1-800-286-6640.

March is National Nutrition Month. Here are some easy at-home additions that will boost the nutritional content of your meals.

- Serve a side of baby carrots and cherry tomatoes. Or quickly toss a salad made with pre-washed lettuce or spinach.
- Zap veggies in the microwave for a fast and colorful boost to a meal.
- Warm up your meal with ready-to-heat vegetable soup.
- Keep the fruit bowl stocked and within arm’s reach. Or keep a few cans of peaches, pears, or fruit cocktail packed in juice in the refrigerator. Pop one open for a speedy side dish or dessert.
- End your meal with pudding made with fat-free milk and boost your calcium intake too.
- Drink low-fat or fat-free milk with your meal.

For a pre-Spring Berry Sorbet for 2, toss 2 cups of frozen mixed berries or strawberries into a blender with 4 Tbs. of orange juice and a splash of lime juice. Blend until smooth, then scoop into 2 bowls and serve immediately.

Storm Cancellations

Starting January 1, 2008, you will be able to use your TV to see when our program is closed due to stormy weather conditions. Tune in to Channel 7 or 56 to find out if meals will be delivered that day. You can still listen to the radio to get the information. We hope this new service will help you to know if you will be receiving a meal when it is snowy or icy outside.

Something Fishy – Part 2

“Health Benefits of Omega-3 Fatty Acids as Part of a Healthy Lifestyle”

Lou Pilczak, registered dietician, will be visiting the dining centers in March and April to present the second part of her nutrition education program on omega-3 fatty acids. As always, Lou will have games, prizes and food samples to make the program enjoyable as well as educational. Anyone interested in attending should call the nearest dining center or the Tri-Valley office to check on dates and times for the event. We hope to see you there!

Food For Thought

“An apple a day keeps anyone away, if you throw it hard enough.”

- Stephen Colbert

“In a way winter is the real spring, the time when the inner thing happens, the resurgence of nature.”

- Edna O’Brien

It’s always darkest before dawn. So if you’re going to steal your neighbor’s newspaper, that’s the time to do it.

- Anonymous

Tip of the month: Keep a bag of frozen blueberries on hand for a quick wintertime smoothie made with low-fat milk, a ripe banana, and a handful of berries mixed in the blender. It tastes good and it’s good for you!

HAPPY NEW YEAR!

Guides Offer Tips for Caregivers –

The Tri-Valley Family Caregiver Support Program has updated booklets available for caregivers. As part of the National Family Caregiver Support Program, the local program serves people caring for a spouse, parent, relative, or friend who is 60 or older or someone who has Alzheimer's disease. Grandparents aged 55 or older who take care of a child up to 18 years old and anyone over 55 caring for a disabled person who is not their child are also supported by the program.

Long-distance caregivers can find advice in Long Distance Caregiving on a wide range of topics that pertain to people in these situations. The more extensive Caregiver's Guide lists specific local programs, state and national resources for individual conditions as well as services for older adults. Both guides are free and are available by calling Tri-Valley, Inc. at 1-800-286-6640.



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