

# 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!**



**MARCH 2014**

## Good Nutrition on a Budget

### What You Don't Eat and What You Do Eat

Although calorie needs decline with age, nutritional requirements remain the same or in some cases increase. Good nutrition requires effort, knowledge and some planning.

Make vegetables and grains the main course and reduce your meat portion to a side dish. The recommended meat portion should be no bigger than a deck of cards—much smaller than the typical meat course.

According to the USDA's ChooseMyPlate guidelines, seniors should eat 2–2½ cups of vegetables every day and 1½–2 cups of fruit a day for a total of 3½–4½ cups. Eating at least one fruit and vegetable dish at each meal accomplishes that goal. Add two fruit snacks between meals, and the goal is surpassed.

You can cut food costs by cooking more meals at home and by making sure they include some of the healthiest foods, like whole grains, vegetables and beans. Cook extra portions and freeze for later use.

### Affordable Nutritious Foods

- Brown Rice
- Whole-Wheat or Multigrain Pasta
- 100% Whole-Wheat Bread
- Nonfat Greek Yogurt/Milk
- Old-Fashioned Oats
- Frozen Vegetables
- Russet or Sweet Potatoes
- Fresh Bagged Spinach
- Canned Refried Beans
- Canned Tuna
- Eggs or Egg Substitute
- Dried Beans and Lentils



Remember, *prepared* foods cost more and often have too much sodium.

## Simple Tips for Saving Money on Food Purchases

- \$ Plan meals, then shop from that list - it will help you stick to your budget.
- \$ Look for coupons, sales and store specials. Sign up for the store's discount card.
- \$ Don't shop when you're hungry.
- \$ Buy store brands.
- \$ Compare prices. Even if you have a coupon, other brands may still be cheaper.
- \$ Check sell-by dates, and buy the freshest food possible.

Source: [USDA.gov](http://USDA.gov); [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)



## Dementia Care Nutrition

For persons with dementia, continually evaluate and adapt as the disease progresses.

- A variety of food is not only best for dietary needs, but also makes eating more appealing. Varied colors, textures and flavorings can help stimulate appetite. Herbs and seasonings can make up for taste changes, without simply adding more salt.
- Evaluate and fix potential physical problems. Bad fitting dentures or dental issues can make eating unpleasant. Medications may be impacting appetite. If you notice the person is coughing a lot or having trouble swallowing, be sure to have their swallowing evaluated.

## Menus for Every Condition

Help for planning low-cost, nutritious meals:

- Receive personalized eating plans and advice on making smart choices in every food group at [www.mypyramid.gov](http://www.mypyramid.gov).
- Find menus, recipes and tips on buying and serving healthier food at <http://snap.nal.usda.gov> (in English and Spanish), as well as information on qualifications for food stamps.
- Find over 100 low-cost, nutritious and delicious recipes at <http://recipefinder.nal.usda.gov>.
- If you're preparing food for a heart patient, go to [www.americanheart.org](http://www.americanheart.org) and type "delicious decisions" in the search window.
- If you're preparing food for a person with diabetes, go to [www.diabetes.org](http://www.diabetes.org) and click on "Food and Fitness." From there, you can access recipes and other helpful information.

## Meals on Wheels



You may be eligible if you:

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

**To learn more about programs in your area, call the Area Agency on Aging District 7 at 1-800-582-7277 and ask for the Resource Center.**

## *Did You Know??*

When grocery shoppers paid with cash, they were more inclined to stick with healthy foods and forgo junk food.



## 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.



# TAKING CARE OF YOURSELF

## How Life Events Affect Your Mood - The Lack of Balance

*Although being a caregiver is time consuming, it is essential that you make time to do activities that you enjoy. This is important because if all of your activities are limited to your caregiving responsibilities, you will begin to feel burned out and frustrated.*

*Draining emotions such as sadness can develop when we have too many unpleasant events and too few pleasant events. This lack of balance between unpleasant events and pleasant events can make you feel like you have no control of your life and there is nothing you can do to make things better, but you can feel better by making sure your day has a few events that bring you pleasure. Even if you take only 15 minutes to go for a walk or listen to music, taking this time out for yourself is important to your well-being. You deserve to take care of YOU.*

*Source: "Coping with Caregiver Stress" - Older Adult and Family Center, Stanford University School of Medicine*



## Upcoming Alzheimer's Association Workshops

### Understanding and Dealing with

### Alzheimer's Disease or Another Dementia

alzheimer's   
association®

*This program will provide an opportunity for families and caregivers to learn and ask questions about Alzheimer's disease and dementia, while receiving support from others in similar situations. Program is free of charge. No registration required.*

#### **Gallia County: 1:00 pm - 2:30 pm at Selected Locations (noted below)**

April 29th - Communication (Abbyshire Place) • May 27th - Understanding Behaviors (Arbors)  
June 24th - Open Discussion (Holzer Assisted Living) • July 15th - Unspoken Grief: Losses of Alzheimer's Disease and Other Dementia (Holzer Senior Care) • August 26th - Safety Considerations (Abbyshire Place)

#### **Jackson County: 1:00 pm - 2:30 pm at Four Winds Nursing Facility in Jackson or Jenkins Care Community in Wellston (noted below)**

April 17th - Understanding Behavior (Four Winds) • May 15th - Open Discussion (Jenkins)  
June 19th - Unspoken Grief: Losses of Alzheimer's Disease and Other Dementia (Four Winds)  
July 17th - Safety Considerations (Jenkins) • August 21st - Open Discussion (Four Winds)  
September 18th - Activities and Interaction (Jenkins) • October 16th - Advanced Stage Issues and Decisions (Four Winds)  
November 20th - Dealing with Holidays (Jenkins) • December 18th - Open Discussion (Four Winds)  
January 15, 2015 - Making the Transition from Home to a Care Facility (Jenkins)

#### **Scioto County: 2:00 pm - 3:30 pm at Best Care Nursing and Rehab in Wheelersburg**

April 8th - Unspoken Grief: Losses of Alzheimer's Disease and Other Dementia • June 10th - Open Discussion  
August 12th - Making the Transition from Home to a Care Facility  
October 14th - How to Make Visits More Meaningful (At Home and Nursing Facility)/Dealing with Holiday Issues  
December 9th - Understanding Challenging Behaviors

**For more information about these programs and other similar programs available in or near your community, or for assistance with registering, please call Melissa Dever, LSW, from the Alzheimer's Association, at (740) 710-1821.**



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

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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](mailto:info@aaa7.org).

## Safety Tips - Nutrition Assessment Checklist

If the answer to most of the points is “yes,” the person is at risk and should contact the doctor. Check the list every six months or when you notice big weight changes or changes in eating habits.

- ✓ Recent weight loss? How much? \_\_\_\_\_ lbs.
- ✓ Recent appetite loss?
- ✓ For how long? \_\_\_\_\_ (days, weeks, months)
- ✓ Difficulty chewing? Difficulty swallowing? Food allergies? A special diet?
- ✓ Have you been given instructions about their diet?
- ✓ Do they eat fewer than two (2) meals per day?
- ✓ Do they eat few fruits, vegetables and dairy products?
- ✓ How many servings per day?  
Fruits \_\_\_\_\_ Vegetables \_\_\_\_\_ Dairy \_\_\_\_\_
- ✓ Do they drink more than three (3) alcoholic beverages per day?
- ✓ Do they eat most of their meals alone?



Take a look around the kitchen. Is there appropriate food in the refrigerator and pantry? Are there expired items?