



CAREGIVER ASSISTANCE NEWS

“CARING FOR YOU ... CARING FOR OTHERS”

Get Help Buying Food

- Food stamps help people with a low income get enough to eat, and they encourage good nutrition and health.
- The Senior Farmers' Market Nutrition Program gives coupons to low-income older adults that can be used at farmers' markets, roadside stands, and other places to buy fresh, nutritious, locally grown fruits, vegetables, and herbs.
- Churches and community and senior centers often provide free or low-cost meals, which offer good food and a chance to be with others.
- Home-delivered meals may be available for people who can't get out.

Your Area Agency on Aging can tell you more about these options. Call 1-800-582-7277 for more information.

Source: <http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html>

The Ombudsman program can handle your concerns about areas such as elder abuse, client care, consumer rights, etc. For more information, call 1-800-582-7277.

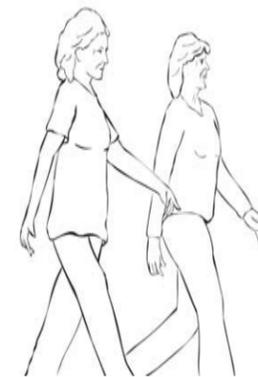
For information about Ohio Medicaid programs or to report suspected Medicaid fraud, you may call the Ohio Medicaid Fraud Hotline at 1-800-324-8680.

Senior Nutrition - Eat Safely & Wisely

Calories Versus Nutrition

As individuals age, their calorie requirements decrease, but their need for nutrients doesn't. So, calorie for calorie, make sure foods are packed with nutrients, not empty calories.

Nutrients are vitamins, minerals, proteins, carbohydrates, and fats, found in a variety of foods. Nutrients keep us looking and feeling our best. And don't forget water; it's our most important "nutrient." A calorie is a way to measure the energy (the "fuel") a person gets from food. How many calories you need depends on age, activity levels, and gender.



Women over 50:

- 1,600 calories for a woman with low physical activity
- 1,800 for moderately active
- 2,000–2,200 for an active lifestyle

Men over 50:

- 2,000 calories for a man with low physical activity
- 2,200–2,400 for moderately active
- 2,400–2,800 for an active lifestyle

Source: NIH Senior Health

For information about exercise and physical activity for older adults, visit:

<http://nihseniorhealth.gov/exerciseforolderadults/toc.html>

Making Mealtime Enjoyable

- The senses of taste and smell change with age, and food might seem to have less flavor. Enhance the flavor of food with spices. Also, some drugs change the sense of taste or reduce appetite. Talk with a doctor about low appetite, or if food tastes bad or has no flavor.
- If it hurts to chew, a treatable problem with teeth or gums, or badly fitting dentures may be to blame.
- Softer foods are easier to chew: replace raw vegetables and fruits with cooked vegetables, juices, applesauce, and canned fruits. Try ground or shredded meat or replace meat with soft foods like beans, eggs, tofu, tuna fish, etc.

Eating with others increases the enjoyment of mealtime. Share meals with neighbors at home or dine out with friends or family members. When possible, share shopping and food preparation efforts too. Cooking together is a great way to maintain interest in food.



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Eat Safely – Eating Out, Bringing In

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 3 weeks after eating. Whether or not you get 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 2 hours; within 1 hour if air temperature is 90° F or above.

At home:

- √ Wash hands with soap before preparing, serving or eating food.
- √ Disinfect sink and kitchen counters with a solution of 1 teaspoon chlorine bleach per gallon/liter of water.
- √ Air drying dishes is more sanitary than using a dish towel.
- √ Check expiration dates carefully and discard food that's expired.

- √ Cook all meat, poultry, and fish thoroughly, to an oven temperature of at least 325° F. Cook hamburgers or chopped meat to an internal temperature of 160° F. (There is much less chance of being infected by a solid piece of meat like a steak because bacteria collects only on the outside.)
- √ After reheating foods in the microwave oven, allow standing time. Then, use a clean food thermometer to check that food has reached 165° F.
- √ Keep hot foods hot at 140° F or more and cold foods at 40° F or colder.
- √ Keep the refrigerator below 41° F.
- √ Cook eggs until the yolks are no longer runny; never serve raw eggs.
- √ Don't serve oysters, clams, or shellfish raw.
- √ Wash fruits and vegetables thoroughly.
- √ Avoid unpasteurized milk and cider.
- √ Don't keep refrigerated leftovers more than 3–4 days. Even if the food looks and smells fine, it may not be safe.
- √ Thaw foods properly.
- √ Keep raw and ready-to-eat foods separate.

Source: National Institutes of Health; <http://nihseniorhealth.gov/eatingwellasyougetolder/faq/faq3b.html>; Centers for Disease Control; *The Comfort of Home: A Complete Guide for Caregivers*



Taking Care of Yourself

Motivation

Motivation is the #1 factor determining whether people change their lifestyles or fail to follow their exercise and diet prescriptions. While motivation is an inside job, the caregiver has a part to play.

No single day of exercise or eating right makes much of a difference in your or your care receiver's health, but 30 days do. Sixty days makes even more of an impact; a year's worth of a new lifestyle will provide remarkable shifts in mood and self-esteem. People who take up the challenge presented by diet and exercise prescriptions make huge strides in their physical and emotional recovery; imagine what it does to their independence.

Don't Fall – Be Safe
Never use a chair as a step stool to reach high shelves.

Live Life Laughing!

If I dip enough cookies into milk, I'll get my daily calcium.



If You Suspect Foodborne Illness

Contact a doctor.

- Wrap the food in question securely, label it "Danger," and then freeze it. The food may be used to diagnose the illness and prevent others from getting sick.
- Save all packaging, such as cans or cartons. Write down the food, the date and time consumed, and save any identical unopened products.
- Call your local health department if you think a local eating establishment might be at fault, so they can investigate.
- Report contaminated food to the USDA Meat and Poultry Hotline at 1-888-674-6854.

For a live chat on food safety, visit www.askkaren.gov from 10 AM to 4 PM EST or visit www.fsis.usda.gov

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