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Nutritious Bites

Keeping Food Safe

By Whitney Bignell, PhD, RDN, LD

Summer and early fall are wonderful seasons to enjoy foods outdoors. The warm (o.k., sometimes too hot) air, longer days, and plenty of sunshine are ideal for picnics, cookouts, and potluck lunches. However, this weather also creates ideal conditions for foodborne illnesses if we're not careful.

Foodborne illnesses are common if foods are kept in the temperature "danger zone" of 40° F - 140° F. At home, you would keep your chilled foods or leftovers in the refrigerator, or you could hold hot foods at temperature in the oven or on the stove until ready to serve. When you're outside, though, you have to plan ahead to keep your foods safe. The following tips will help you avoid foodborne illnesses so that you can enjoy your foods outdoors:

- Thaw any frozen meats or poultry in the refrigerator overnight rather than on the kitchen counter.

- Keep any perishable foods, such as thawed meats or potato salad, in a cooler with plenty of ice. Remove from cooler just before cooking or serving.
- Use a separate cooler with ice for drinks.
- Use a meat thermometer to be sure foods are cooked to temperature (160° F for ground meats or pork, 165° F for all poultry products, 145° F for pork chops).
- Wash hands before preparing food; use disposable wet wipes and/or hand sanitizer if a sink is not available.
- Use clean plates or platters to serve foods.
- Don't keep foods outside of the cooler for more than an hour in the heat.
- Unpack leftovers that have stayed cool as soon as you return home. Discard any that are warm.

Recipe of the Month

Turkey Waldorf Salad (Serves 6)

This quick and easy lunch is also renal-friendly!
Recipe and photo courtesy Davita Kidney Care

Ingredients

- 12 oz. unsalted turkey breast, cooked
- 3 medium red apples
- 1 cup celery
- ½ cup onion
- ¼ cup mayonnaise
- 2 tbsp. apple juice



Directions

1. Cut turkey into cubes. Dice celery and apples. Finely chop onion.
2. In a medium bowl, combine turkey, apple, celery, and onion.
3. Add mayonnaise and apple juice. Stir together until well-mixed.
4. Chill until ready to serve. Makes 6 (1/2 cup) servings.

Keep on Moving Exercise Classes

Have you ever felt that your exercise routine is getting a little “stale”? Maybe it’s time to mix it up by trying an exercise class! Check with your local senior center or local YMCA/YWCO/Family Y to see what they’re offering this month. The following classes are often available:

Tai Chi: This ancient Chinese martial arts practice has been shown to have many health benefits, including reducing stress and anxiety and increasing flexibility and balance.

Silver Sneakers: A variety of classes, from aerobic to strength-training, are offered as part of this fitness program covered by Medicare.

Zumba: This class combines fun dance moves set to upbeat music for a cardio workout that feels like a dance party. Look for “Zumba Gold” for a modified, lower-intensity class.

Pound: This unique class uses weighted drumsticks so that you feel like a Rockstar while building strength and getting aerobic.

Monthly Chair Exercise Hand Squeeze

This exercise is important for increasing grip strength, which helps with daily tasks like opening jars.

Seated in a chair with good posture, hold a ball with both hands slightly in front of your body. Squeeze the ball to activate the finger joints, then slowly press the ball with both hands, as if trying to deflate the ball. Hold for 4 seconds and slowly release.

Repeat the exercise 8 times, rest, then do another set of 8 repetitions.

Hand Squeeze



For more exercises, visit the following link:
[https://s3.us-east-2.amazonaws.com/livewellagewell-archive/Exercise+Resources/Chair Exercise Manual 2006.pdf](https://s3.us-east-2.amazonaws.com/livewellagewell-archive/Exercise+Resources/Chair+Exercise+Manual+2006.pdf)

Living Better

Disaster Preparedness

You may remember Hurricane Irma coming through Georgia last September. While this Atlantic hurricane season hasn't been as active as last year, it's a good idea to be sure you have a disaster preparedness plan in place – for hurricanes, fires, and other emergency situations.

Emergency Kit

When an emergency situation strikes, it's important to have a ready-to-go kit that will sustain you for at least three (3) days. Consider the following items:

- Bottled water (3 gallons per person)
- Shelf-stable food (i.e., canned or pouch tuna, peanut butter, crackers, dried fruit, nuts, fruit cups, granola bars, box juices, etc.)
- Flashlight with extra batteries
- First aid kit
- Medications (3-7 day supply)
- Sanitation items (i.e., toilet paper, trash bags, hand sanitizer or wet wipes)
- Copies of personal documents (i.e., birth certificate, driver's license, medication list and relevant medical information)

- Cash and coins
- Pet supplies (if necessary)
- Emergency blanket

You may keep these items in a plastic box so that it's easy to move to your vehicle.

Make a Plan

Talk with your family about how you will handle an emergency situation – who will you contact first, where will you go if you need to evacuate, what limitations may you have to overcome. Then, decide how you will deal with any obstacles or limitations. Note: It's good to have an out-of-town contact that you can call to let them know your situation in case phone service is interrupted in your area.

Practice Your Plan

Every six months, review your kit and practice your plan. Preparing for emergencies will keep you safe in the event one happens.

Medication Manager

Is it o.k. to stop a medication?

You just started a new medication for your chronic health condition, and it's making you tired. Perhaps you're on an antibiotic for an infection, and now you're having diarrhea or nausea. Should you stop taking these medications?

Medications work in a number of ways. They may help symptoms of a condition; they may keep a condition from getting worse; or they may slow down the progression of a chronic disease (but the disease will still get worse over time). When you start taking a new medication, you may not feel any different – at least not for awhile. So, it's tempting to want to stop taking a medication, especially if you're having side effects.

In most instances, talk to your doctor before stopping a medication. Ask if the side effects you're experiencing are normal, and if they will get better over time. Your doctor may need to change your dose, or even change medications. Some medications, such as anti-depressants, take a few weeks or even months before you notice your symptoms are better.

If you take a medication and develop a rash or have trouble breathing, do stop taking the medication and go to the emergency room, as you may be having an allergic reaction.

Adapted from Kate Lorig, et al., *Living a Healthy Life with Chronic Conditions*.

To Your Health

Nutrition and Renal Disease

If you have been diagnosed with renal, or kidney disease, your doctor may have told you that you will need to change your diet. Our kidneys play a role in keeping certain nutrients at the right level in our blood. If our kidneys are not functioning well, they're not able to keep these nutrients in balance, and they may become too high in our blood – which can lead to problems in other organs, such as the heart.

If you are in the early stages of kidney disease, you may only need to follow a generally healthy diet. Oftentimes, following a heart-healthy diet that reduces sodium can also help kidney function. As your disease progresses, though, you may need to limit some nutrients, such as potassium, that are found in fruits and vegetables.

Nutrients to Watch

Protein: We need protein to build and maintain muscle, as well as many other functions. However, the breaking down of protein creates a lot of waste in the blood that can be difficult for kidneys to filter out. You may need less protein if you're not on dialysis.

Sodium: Too much sodium can lead to fluid retention, which causes swelling and higher blood pressure.

Potassium: This mineral is important for heart function. Too little or too much potassium can cause problems with heart contractions and be very dangerous.

Phosphorus: Too much phosphorus in the blood can cause bones to get weaker.

Fluids: Your doctor may limit the amount of fluids you drink or take in from food each day if you are having issues with swelling.

Your nutrient needs will likely change over time. It's helpful to work with a registered dietitian nutritionist (RDN), who will work with your doctor to monitor your lab values and help you adjust your meal plan to meet your needs. The goal is to maintain a healthy weight, slow the progression of kidney disease, and maintain a high quality of life.

Upcoming Events

A Matter of Balance Workshops

More workshops coming Fall 2018!

Living Well Workshops

Newton County Senior Center
Covington, GA
Wednesdays, Time TBD
October 3 – November 7, 2018

If you'd like to host a workshop, please contact Whitney Bignell (web1975@uga.edu)

Check out our website for upcoming workshops:
<http://www.negahealthmatters.org/index.php/calendar-2/>

Support for this newsletter is also provided by:

The University of Georgia

- College of Family and Consumer Sciences
 - Dept. of Foods and Nutrition
- College of Public Health
 - Dept. of Health Policy and Management
 - Institute of Gerontology

Questions or Comments? Contact us!

Whitney Bignell, PhD, RDN, LD
Wellness Coordinator
NE Georgia Area Agency on Aging
Limited-term Clinical Assistant Professor
The University of Georgia
(706) 542-4067 | web1975@uga.edu
Visit our web site! www.negahealthmatters.org