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Seniors Taking Charge



IN THIS ISSUE

Nutritious Bites

Reading the New Food Label

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If you've been grocery shopping lately, you may have noticed that some nutrition labels look a little different. In 2016, The Food and Drug Administration (FDA) finalized the new nutrition facts label requirements to make it easier for consumers to choose foods wisely. Large food manufacturers have until January 1, 2020, to comply with the new labeling requirements.

What's different about the labels?

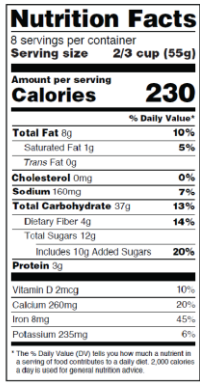
Calories: You'll notice that the font size for total calories is larger, and some packages provide both calories per serving and calories per container if you could consume the container at one time.

Serving Size: The serving size font is larger, and serving sizes are more like to be amounts you would consume at one sitting.

Added Sugar: Research has shown that it's difficult to get the nutrients you need without eating too many calories if more than 10% of your daily calories are in added sugars.

Nutrients: Nutrition facts labels will now show the actual amount, in addition to percentage of daily value, of vitamin D, calcium, potassium, and iron.

The new nutrition label should make key nutrient information easier to find so that you can make healthier choices.



Recipe of the Month

Veggie Scramble (Serves 2)

Who says eggs are just for breakfast? This recipe adapted from Ree Drummond's *The Pioneer Woman* website is easy and full of veggies.

Ingredients

- 1 tbsp. canola oil
- 3 whole eggs and 3 egg whites
- ¼ cup 2% or whole milk
- Salt and pepper to taste
- ½ onion, diced small
- ½ cup cherry or grape tomatoes
- 1 ½ cups baby spinach
- ½ cup grated Swiss cheese

Directions

1. Heat canola oil in medium non-stick skillet over medium heat; cook onions until golden brown
2. Add tomatoes and spinach, stirring until spinach begins to wilt; add egg mixture and stir, cooking slowly, until curds form
3. Add Swiss cheese and continue stirring/folding until eggs are cooked through
4. Serve with fresh fruit and whole-grain toast for a light but satisfying meal.

Keep on Moving

Play More

Do you think play is for children? The truth is you're never too old for play, and play provides a great opportunity to be physically active. When you're playing, you usually don't notice the time passing because you're having fun. Try one of the following "play" activities this month:

Pickleball - This game is similar to tennis but uses a wiffle-type ball and paddles to hit the ball over the net. Many senior centers and recreation departments offer this sport.

Biking - They say "it's like riding a bike" - your balance comes back to you. Biking is also relatively easy on joints If you haven't ridden in awhile, you can rent a bike to see if you like it before investing. Be sure to wear a bike helmet to keep you safe.

Ballroom dancing - This activity provides both physical and social activity. Many schools offer dances with short classes before the dance.

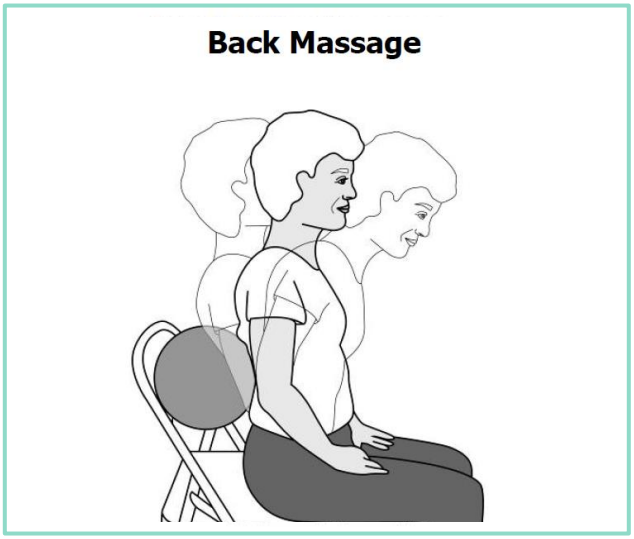
Monthly Chair Exercise

Back Massage

This exercise is important for relaxing the muscles in the upper back and rear shoulders.

Seated in a chair with good posture, place a ball behind you and lean against it with your upper back to hold the ball up between you and the chair.

Rotate your torso side to side and bend up and down to give yourself a relaxing massage.



For more exercises, visit the following link: https://s3.us-east-2.amazonaws.com/livewellagewell-archive/Exercise+Resources/Chair_Exercise_Manual_2006.pdf

Living Better
Fall Prevention Tips

Falls Prevention Awareness Day is September 22nd. This annual event seeks to raise awareness about the prevalence of falls among older adults and provide strategies to reduce the risk of falls.

About 1 out of 3 adults over age 65 fall each year. While most falls lead to minor injuries, about 1 out of 5 falls leads to serious injuries, such as broken bones or head trauma. Falls are costly - both in terms of hospitalization and rehabilitation, as well as emotional costs for the person who falls and their family. Many people become afraid of falling - and often reduce their physical activity to avoid falls, which actually increases their risk of falling.

Fortunately, there are steps you can take to prevent falls. The following habits are important for fall prevention:

- **Be active**. Physical activity that includes endurance, strength, flexibility, and balance exercises decrease your risk for falling.
- **Make your home safe**. A few things you can do are pick up clutter, wipe spills immediately, make sure you have good lighting, and install grab bars next to your shower and toilet.
- **Be assertive**. Ask for help when you need it - to move boxes in your garage, clean your gutters, or just an arm for support as you walk down the stairs.
- **Talk with your healthcare team**. If you have concerns about falling, talk to your healthcare providers. You may need to change or adjust medications if you're having issues with dizziness, for example.
- **Talk with your family**. Many people fear that their family will think they can't take care of themselves if they have fallen or are afraid of falling. Communication is key to help you stay both safe and independent when it comes to falls.

Medication Manager
It's Flu Season

You may have noticed signs at your local pharmacy for getting the flu shot. Yes, flu season is officially here. Flu-related hospitalizations are more common among adults over age 65, and older adults are more likely to develop flu-related complications, such as pneumonia. Here's what you need to know to stay healthy this flu season.

Ask for a senior flu vaccine: Your immune system weakens as you age, so the flu vaccine for older adults is stronger than for the general population.

Wash hands frequently: Although flu is an airborne disease, most people "catch" the flu from hand contact.

Eat a healthy diet and exercise regularly: A healthy lifestyle can improve your immune system.

Stay hydrated: If you have the flu, or think you're coming down with the flu, be sure to stay hydrated. You may wish to stock up on your favorite flavor of Gatorade(R), Powerade(R), or similar beverage, as well as broth-based soups.

Avoid crowded areas: Wear a respiratory mask if you have to be in crowded spaces, such as airplanes or buses.

Stay home: If you are feeling ill, stay home and rest.

To Your Health

When You Don't Feel Like Eating

Many older adults struggle with loss of appetite. There are many reasons why an older adult may not feel like eating, such as changes in taste or smell, feeling tired from a chronic disease, depression, or loneliness. If a poor appetite continues for too long, a person may lose a significant amount of weight - which can increase risk for illness and complications from illness.

The following tips may help if you don't feel like eating:

- Eat smaller, more frequent meals. If you are often too tired to finish your meal, you may be able to eat more calories if you are not trying to eat one large meal at a time. Several "snacks" throughout the day can help you get the nutrition you need.
- Try a supplemental beverage. Many people find it easier to drink their nutrition if they do not feel like eating. Ensure®, Boost®, and Glucerna® are popular milkshake-like beverages that are lactose-free and contain important vitamins and minerals.
- Add herbs and spices to your foods. If you're on a lower-sodium diet, you may find that food is not as appetizing because you're used to the "salt" flavor. Try different herbs and spices, such as basil, thyme, rosemary, turmeric, and coriander to add flavor without sodium.
- Dine with other people. Studies have shown that individuals often eat more when they are dining with other people rather than eating alone. Enjoying time with others can also help if you have depression.

If you continue to have no appetite, talk with your healthcare provider. He or she may refer you to a registered dietitian nutritionist (RDN), who can help you with a meal plan to meet your needs or refer you to additional resources. Your healthcare provider may also prescribe an appetite stimulant, such as Megace®. You may also need treatment if depression is causing your lack of appetite.

Upcoming Events

A Matter of Balance Workshops

More workshops coming Fall 2018!

Living Well Workshops

Newton County Senior Center
October 17 – November 21
10:00 a.m. – 12:30 p.m.

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:

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Questions or Comments? Contact us!

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