

NUTRITION NEWS

DECEMBER 2019



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❄️ Merry Christmas! ❄️

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The holidays are here! While it is a time to indulge a bit, many people wonder how they can enjoy the holidays without putting on the extra pounds that seem to come with them. There are plenty of healthy, festive snacking options!

First and foremost, moderation is key. Simply limiting your portion size will help tremendously. I like to tell people that there are no foods that you “cannot” have. It is more a matter of monitoring the portion size as well as balancing your day to day intake. There will be days over the holidays when you tend to indulge more than other days. And that’s ok! Being aware of it and cutting back slightly on a few other days to compensate will help keep your overall intake in check.

It is easy to fall into the mindset that having one “bad” day wrecks the whole season. Nothing could be further from the truth. Keep in mind that it takes consuming an *additional* 500 calories every day for an entire week to gain just one pound! When you think of it like that, it becomes apparent that one

“bad” day does not in fact spoil your entire meal plan! You may also want to be careful about weighing yourself too often, as many of my clients are inclined to do. Weighing yourself just a couple of times a month or, at most, weekly is enough to keep you on track. If you start to get in the habit of weighing yourself daily, you may notice bigger fluctuations. And don’t discount the role that fluid plays in your weight, especially if you have a pre-existing condition that may be accompanied by fluid retention.



Lastly, remember that baking and preparing food can be a great social event. Gather a group of friends to bake and do a cookie swap. It doesn’t have to be just cookies! You can plan an evening of appetizers that can even serve as a meal!

Monthly Exercise

Sit to Stand

Helps with getting up & down from a chair or toilet & in & out of a car.

1. Stand up slowly from a chair, keeping your knees slightly apart.
2. Then lower yourself back down into the chair
3. Repeat 5 times.
4. Use chair with armrests if this hurts your knees.



Did you know that most people over the age of 55 take at least one prescription medication daily? And many people take multiple medications daily! Because of this, the chance of making a mistake in the proper use of medicine greatly increases as we age.



As we age, certain factors can contribute to our ability to effectively manage our medications. Elderly people may want to consider seeking help from their family, caregiver, doctor, or pharmacist if they can be categorized by any of the following scenarios: living alone, taking 3 or more medications including non-prescriptions or vitamins, having memory problems, getting prescriptions from more than one doctor, filling prescriptions at more than one pharmacy, or using both online and community pharmacies.

If you are managing your own medicines, here are some tips to prevent making errors:

- * Use a medication organizer— choose one that works for you. Some have daily slots while others have slots for each morning and evening as well.
- * Make a list— present a complete medication list including amounts and dosage to each doctor you see.
- * Ask questions— asking doctors or pharmacists about side effects, food interactions, and other drug interactions can be helpful in promoting your overall health.
- * Keep a medicine diary— detailing your side effects, especially to new medications, may help physicians

recognize if the symptoms are a sign of the disease or a true medication side effect.

Not only can medications interact with other medications, food and medications can have potentially dangerous interactions. Some foods may make your medication less effective, while other foods can actually make your medication “too effective.” This means that your body’s absorption of the medication may be increased, thereby making the desired results intensified.

Medications used to treat hypertension (or high blood pressure) are very common. Some of these medications include Lisinopril, Lasix, Captopril, Norvasc, and Atenolol. Diuretics (such as Lasix) may cause a dangerously low potassium level, as potassium is excreted in the urine. Symptoms of low potassium include weakness, fatigue, and leg cramps. Physicians commonly prescribe potassium in conjunction with diuretics to counteract this. Occasionally, diuretics cause an increase in blood sugar levels, specifically in diabetic patients. Therefore, an adjustment in diabetic oral agents may also accompany a prescription of a diuretic. Other common side effects of blood pressure medications include insomnia, cold hands and feet, skin rash, dizziness, or dry mouth.

Lastly, cholesterol medications are a known class of medicine that interact with grapefruit and grapefruit juice. Chemicals in the fruit can interfere with the enzymes that break down the medication in your digestive system. Eliminating grapefruit and its products is recommended in patients that are chronically on these medicines.

Always keep an updated list of medicines handy!



Did you know that every year, falls are the leading cause of fatal and non-fatal injuries to older Americans. Here are some sobering statistics:

- ◆ One in four Americans aged 65+ falls each year.
- ◆ Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- ◆ Every 11 seconds, an older adult is treated in the ER for a fall; every 19 minutes, an older adult dies from a fall.

The Center for Disease Control provides a checklist to help ensure that your home is safe and to prevent your risk of suffering a fall. The following list is a partial compilation of the CDC’s warning signs, signaling that you may be at an increased risk of falling.

- ◇ When you walk through a room do you have to walk around furniture?
- ◇ Do you have throw rugs on the floor?
- ◇ Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?
- ◇ Do you have to walk over or around wires or cords?
- ◇ Are some steps broken or uneven?
- ◇ Are you missing a light over the stairway?
- ◇ Are the handrails loose or broken?
- ◇ Is there a handrail on only one side of the stairs?
- ◇ Are there papers, shoes, books, or other objects on the stairs?



- ◇ Do you have only one light switch for your stairs (only at the top or only at the bottom of the stairs)?
- ◇ Is the carpet on the steps loose or torn?
- ◇ Are the things you use often on high shelves?
- ◇ Is your tub or shower floor slippery?
- ◇ Do you need some support when you get in and out of the tub or up from the toilet?
- ◇ Is the light near your bed hard to reach?
- ◇ Is the path from your bed to the bathroom dark?

Answering **yes** to these questions can put you at an increased risk of suffering a fall in your own home. Many of these are easy to remedy and could prevent long lasting health complications.

Don’t forget about kitchen safety! Preparing food for other people, which is common at this time of year, comes with a responsibility to ensure that the food is safe. And the elderly are particularly susceptible to foodborne illness. Some basic tips include using different cutting boards for meats and produce to prevent cross contamination, buying only pasteurized milk and cheeses, and always thoroughly washing your hands with hot soapy water both before and after handling food. Simply washing your hands is actually your best defense at preventing a foodborne illness.

Remember to carefully wash your fresh fruits and vegetables too! Washing them under **running** water will remove much of the dirt and bacteria that may be clinging to the surface.



The holidays are also a great time to try out a new recipe or two! These festive recipes are healthy and delicious!

Christmas Bliss Balls

- 1/2 cup fresh dates, pitted**
- 1/3 cup dried cranberries**
- 1/2 cup rolled oats**
- 1/2 cup nuts (your choice– almonds, walnuts, and pecans all work well)**
- 1/2 cup shredded coconut**
- 2 tbs butter**
- 1 tbs chia seeds**



- 1/2 tbs cocoa powder**
- 1/2 tsp vanilla extract**
- 2 tbs coconut, cocoa, or sprinkles for rolling**

Soak dates and cranberries in a small bowl of warm water for 15 minutes or until soft. Drain and add to a food processor with the rest of the ingredients. Process until combined (the “dough” will become quite dense and sticky when properly combined.) Roll into teaspoon sized balls. Roll in desired toppings and store in the refrigerator.

Pesto Feta Layered Dip

- 1 cup butter**
- 3/4 pound feta cheese, crumbled**
- 1 (8 ounce) package cream cheese**
- 2 cloves garlic, minced**
- 3 tbs dry vermouth**
- Ground black pepper to taste**
- 1/2 cup pine nuts, toasted**
- 1 cup sun dried tomatoes**
- 3/4 cup pesto sauce**

In a food processor, combine the butter, feta cheese, cream cheese, garlic, shallot, vermouth, and pepper. Process until smooth. Oil a medium bowl (or gelatin mold) and line with plastic wrap for easy removal. Layer the dip into the mold as follows: sun dried tomatoes, pine nuts, pesto, cheese mixture. Repeat. Pat down into the mold, and refrigerate for at least one hour. Turn the dip onto a serving plate and remove plastic wrap. Serve with crackers or pita bread.



HEAP

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.



If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

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Funding for this newsletter is from the NYS Office for the Aging & Herkimer County