

NUTRITION NEWS

2022

WRITTEN BY: SHANNON DAVIS, RD, CDN

LAYOUT BY: JACQUELINE MURPHY

JANUARY 2022

Happy New Year!



The tree has been taken down, the decorations back in storage, and a new year is stretching out ahead of you! January is the time for resolutions, which often involves giving something up. This January, why not try adding something? Did you know that January is National Blood Donor Month? Consider making a donation through the American Red Cross. They periodically hold blood drives locally and are often in short supply of different types of blood. This could become a different kind of annual tradition.

Adding physical activity to your daily routine is also something to consider this January. It doesn't have to be strenuous exercise. According to the World Health Organization, physical activity for individuals aged 65 years or older can include leisurely activities (such as walking, dancing, gardening, hiking, and swimming.) It can also include everyday household chores such as vacuuming and washing windows. Here are some specific recommendations from the WHO.

1. Older adults should do at least 150 minutes of moderate intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous intensity aerobic physical activity throughout the week or an equivalent combination of moderate and vigorous intensity activity.
2. Aerobic activity should be performed in bouts of at least 10 minutes duration.
3. For additional health benefits, older adults should increase their moderate intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous intensity aerobic physical activity per week, or an equivalent combination of moderate and vigorous intensity activity.
4. Older adults with poor mobility should perform physical activity to enhance balance and prevent falls on 3 or more days per week.

INSIDE THIS

EATING FOR YOUR MENTAL HEALTH	2
MEDICATION MANAGEMENT	3
BLUEBERRY ZUCCHINI BREAD	4

Monthly Exercise

Seated Knee Raises

1. Lift your left knee and then lower it
2. Repeat 5-10 times
3. Lift your right knee and then lower it
4. Repeat 5-10 times



5. Muscle strengthening activities, involving major muscle groups, should be done on 2 more days a week.
6. When older adults cannot do the recommended amounts of physical activity due to health conditions, they should be physically active as their abilities and conditions allow.

The benefits are considerable, including a lowered rate of mortality, heart disease, hypertension, stroke, diabetes, colon, and breast cancer, and enhanced bone health.

Can you believe it has been almost two years that we have been dealing with the ramifications of Covid? We have ALL been affected in some way. For some seniors, staying isolated has been challenging and may have taken a toll on their mental health. And often times, your mental health affects your physical health. Have you noticed a change in your eating habits or appetite since Covid 19 started? Perhaps you have become more sedentary since Covid has impacted your comings and goings. Or perhaps you have actually lost your appetite because of the additional stress in your life. Different people are affected in different ways. Recognizing that there has been a change is a good first start in enacting a positive change.

Regardless if you have lost your appetite or find yourself eating to excess, there are some nutrients that you can incorporate that might help boost your mood. And as the winter months stretch out before us, chances are we can all use them! Here are some specifics:

- * Thiamine: a deficiency of this B vitamin is thought to contribute to apathy, poor short term memory, confusion, and irritability

- * Niacin: a deficiency of this B vitamin can cause depression, fatigue, loss of memory, and headaches
- * B6: a lack of this vitamin can cause depression and confusion. However, excessive B6 intake may cause depression, fatigue, irritability, and headaches.
- * Folic acid: a deficiency of folate may cause depression, mental confusion, weakness, fatigue, and headaches. Similar symptoms may be seen with a Vitamin B12 deficiency. Many elderly people receive B12 injections, as their ability to absorb the vitamin decreases with age. Studies have shown that regular injections of the vitamin have improved individual's depression.
- * Vitamin C and D: lack of these vitamins can cause hysteria, depression, and seasonal affect disorder.
- * Low intake of minerals, including calcium, iron, magnesium, selenium, and zinc may also contribute to depression.
- * Omega 3 fatty acids have also been shown to have a positive effect on depression. Foods rich in these acids include fatty fish and walnuts.

Fruits and vegetables are wonderful sources of B vitamins. This recipe not only has a lot of B vitamins, but the walnuts add some omega 3 fatty acids!



The start of a new year is also a good time to meet with your physician and pharmacist and discuss your medications. Since most people now see multiple doctors for different conditions, it is a good idea to coordinate your care and make sure that you are not taking duplicate medications.

Most people over the age of 55 take at least one prescription daily. And many take more than one every day. Living alone, taking 3 or more medications including non-prescription drugs or vitamins, memory problems, getting prescriptions from more than one doctor, filling prescriptions at more than one pharmacy, or using both online and community pharmacies can all increase the odds of making a mistake when taking your medicine. Here are some helpful tips and reminders to prevent an error.

- ◆ Use a medication organizer: choose one that works for you. Some have daily slots while others have slots for 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 are a true side effect of the medication.

Medications can also have potentially dangerous interactions. Not only can they interact with foods, they may also interact with other medications. Drug interactions make your medication less effective. It may also make your

medication “too effective” that is, consuming certain foods at the same time as your medication may speed up your body’s metabolism of the drug, thereby intensifying the results.

One class of medications that are commonly prescribed and interact with certain foods are antihypertensive drugs. These are drugs that treat high blood pressure. Some examples include Lisinopril, Lasix, Captopril, Norvasc, and Atenolol. Diuretics (such as Lasix or Torsemide) may cause a dangerously low potassium level. Because potassium is excreted in the urine and these drugs cause increased urination, monitoring your potassium levels is very important if you take one of these medicines. Your doctor may even prescribe a potassium tablet to take in conjunction with your diuretic to ensure that your levels remain within normal limits.

Another common interaction is between cholesterol lowering drugs and grapefruit and grapefruit juice. Chemicals in the fruit can interfere with the enzymes in your digestive tract that break down the drug. Being aware of these interactions and the accompanying recommendations can prevent serious health consequences.



As we talked about on page 2, fruits and vegetables are wonderful sources of B vitamins. This recipe not only has a lot of B vitamins, but the walnuts add some omega 3 fatty acids!

Blueberry Zucchini Bread with Oatmeal and Walnuts

- 2 cups white sugar
- 1 1/4 cups vegetable oil
- 3 eggs, lightly beaten
- 1 tbs vanilla extract
- 2 cups shredded zucchini

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.

**HERKIMER COUNTY
OFFICE FOR THE AGING**

109 Mary St., Herkimer, NY 13350
Phone: 315-867-1121
Fax: 315-867-1448
Email: hcofa@herkimercounty.org
Web: www.herkimercounty.org; then 'departments' then 'Office for the Aging'

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

- 2 3/4 cups all purpose flour
- 1 tbs ground cinnamon
- 1 tsp salt
- 1 tsp baking soda
- 1/2 cup old fashioned oats
- 1/2 cup unsweetened shredded coconut
- 1 pint fresh (or frozen) blueberries
- 1/2 cup walnuts

Preheat oven to 350 degrees. Lightly grease 2 standard loaf pans with cooking spray. Beat sugar, oil, eggs, and vanilla in a large bowl until smooth. Fold in zucchini.

Sift flour, cinnamon, salt, and baking soda together in another bowl. Stir in oats and coconut. Add flour mixture to zucchini mixture; mix slowly until combined. Fold blueberries and walnuts into the batter. Divide the batter among the prepared loaf pans.

Bake in preheated oven until a toothpick inserted in the center comes out clean, about 50 minutes. Cool for 20 minutes before serving.

