

Healthy Aging

NEWSLETTER
SUMMER 2011



IN THIS ISSUE:

2011... What's around YOUR Corner? YOU Can Choose
PAGES 1 & 2

Health and Resource Information
PAGE 3

Take a Bite Out of Crime: Don't Let Identity Thieves Ruin Your Year!
PAGE 4

Home Safety Modifications
PAGE 5

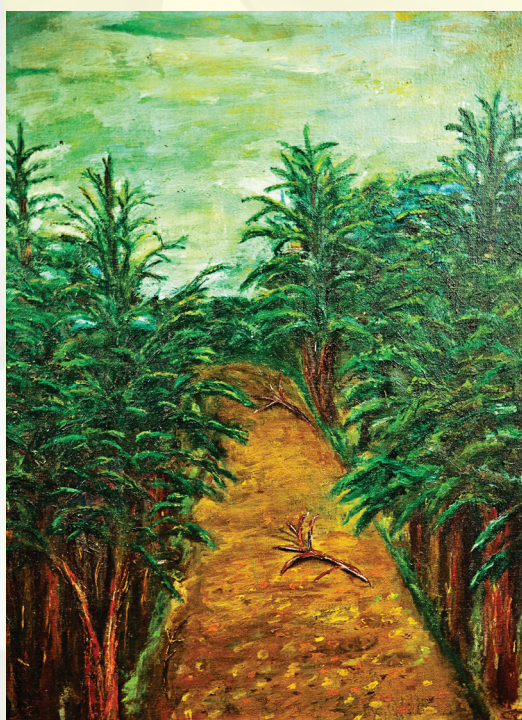
Health Tips:
Seniors... It's Never Too Late to Stop Smoking

Avoiding Hyperthermia, a Heat-Related Illness
PAGE 6

Smart Recipe Ideas
PAGE 7

2011 ...WHAT'S AROUND YOUR CORNER? YOU CAN CHOOSE

By Donald Peoples, Jr. • Lincoln University Social Work Program



Painting by Eleanor E. Matthews, the mother of Yvonne Matthews, Interim Associate Administrator and Paula J. Carter Center Coordinator

As a young woman, Ms. Yvonne Matthews, Interim Associate Administrator of Lincoln University Cooperative Extension (LUCE), would often ask of her mother while gazing at the above painting, "What's around the corner?" Her mother would respond, "What do you *think* is around the corner?" And so mother and daughter would explore the many things

that could be around the corner, discussing choices and options as they talked. So, what's around YOUR corner? YOU can choose. Embrace the years to come! Aging is the accumulation of changes in an organism or object over time. Change is the process of becoming different. Why not make the best of it? Acceptance is a person's agreement to experience a situation, to follow a process or condition without attempting to change it, protest or exit. What do these words have to do with anything? Aging is what happens, change is what occurs and acceptance is what is to be embraced!

We all change physically, mentally and socially as we grow older. Many of our changes are caused not by the aging process but by our lifestyles, the environment and diseases. The good news is that the physical, mental and social changes that will happen can be prevented, slowed down or even spiced up by taking action now. Whether you are 50 or 85, active or homebound, your food choices will affect your overall health in the years ahead. The risk for certain diseases associated with aging such as heart disease, osteopo-

WHAT'S AROUND YOUR CORNER?

(continued from page 1)



rosis and diabetes can be reduced with a lifestyle change that includes healthy eating. Good nutrition also helps in the treatment and recovery from illness. While healthy living cannot turn back the clock, it will help you feel good longer.

Keeping Your Mind Active

Eating good nutritious food not only helps you physically but mentally, too, because when you eat well you think well! According to recent research studies funded by the National Institute on Aging (NIA), memory loss is not a normal part of aging and that keeping your mind active is the key to maintaining brain function. Researchers believe that many of the supposed age-related changes which affect the mind, such as memory loss, are actually lifestyle related. So, it appears to be a package deal. Keeping an active body and social life, and reducing stress are crucial for an active healthy mind.

Staying Socially Engaged as You Age

Do you know someone who is socially isolated and can't figure out ways to help them stay engaged? Social isolation has been proven capable of being extremely harmful to older adults' cognitive abilities, not to mention a major contributor to depression.

There are plenty of ways to stay socially connected and intellectually stimulated. Normal, day-to-day activities such as attending lectures, volunteering, becoming active in political or other civic affairs, or working full or part-time at a job that offers you mental stimulation are all equally valid approaches. Here are more ideas:

- Play 'mind' games. Regularly doing crossword puzzles, playing chess and other intellectually stimulating games keeps your mind active. And, if you play with others, these games can help you stay socially connected to your peers.

- Join a club. Contact your local senior center or just ask around to see if there are any clubs in your area you would be interested in joining.
- Nurture your social network. Make an effort to nurture and maintain your close personal relationships with family members, friends, community members, church members, neighbors and other important people in your life.

The overall concept behind being physically, mentally and socially fit is the importance of having all three sides in balance. When one side is off balance, the other two areas must compensate and will then suffer as a result. The physical side serves as the foundation for the other two, meaning both emotional (mental) and social endeavors will be negatively affected when the body is sick or weak. A person's mental health status influences their ability to create and maintain healthy relationships (social health), as well as manage everyday stressors in a constructive manner. The benefits of social health that result from positive relationship bonds and a productive lifestyle work to strengthen both the physical and mental sides of the triangle. Collectively, as stated by Aldous Huxley, an English novelist that lived from 1894-1963, *There is only one corner of the universe you can be certain of improving, and that's your own self.*



Resource: Washington State Department of Social & Health Services:

<http://www.aasa.dshs.wa.gov/pubinfo/LTCPlan/step3.htm>

Resource: National Institute on Aging (NIA):

<http://www.everydayhealth.com/senior-health/enhancing-your-life.aspx>



HEALTH AND RESOURCE INFORMATION



The Paula J. Carter Center on Minority Health and Aging's (PJCCMHA) number one priority is to provide up-to-date and accurate information related to senior health issues and concerns through outreach initiatives, such as our Lunch and Learn sessions and the annual Missouri Institute on Minority Aging (MIMA). In addition, PJCCMHA provides culturally and educationally appropriate information on disease symptoms and management, disease prevention and healthy behaviors, exercise, nutrition, and community resources to interested individuals via the *Healthy Aging* newsletter and other print media, radio and the internet, at community events, conferences and fairs.



2-1-1 is a fast, free and confidential way to get help 24 hours a day, seven days a week. For an emergency, please call 911.

What kind of help can 2-1-1 Provide? Why call 2-1-1? Counseling. Education. Temporary resources. Employment. Volunteering. There are a hundred reasons to call. Here's just a short list of the home and community services information provided by 211 Missouri to help you find the resources you need:

Basic Human Needs

- * Food pantries
- * Shelters
- * Rent
- * Utility assistance
- * Mortgage assistance

Physical and Mental Health Resources

- * Medicaid
- * Medicare
- * Pre-natal care
- * Crisis intervention
- * Support groups
- * Counseling
- * Alcohol and drug rehabilitation

Work Initiatives

- * Educational and vocational training programs
- * English as a second language classes
- * Job training
- * General Educational Development (GED) preparation
- * Financial and transportation assistance

Support for Seniors and those with Disabilities

- * Agencies on aging
- * Centers for independent living

- * Adult day care
- * Meals at home
- * Respite care
- * Home health care
- * Transportation and recreation

Support for Children Youth and Families

- * After-school programs
- * Tutoring
- * Mentorship programs
- * Family resource centers
- * Protective services
- * Counseling
- * Early childhood learning programs
- * Child care referral centers
- * Recreation

Volunteering

- * Volunteer centers
- * Mentorship opportunities
- * Locations to donate food
- * Clothing, furniture, computers and other items
- * One-time, long-term, permanent, part-time or group volunteering opportunities



TAKE A BITE OUT OF CRIME

Don't Let Identity Thieves Ruin Your Year!

By: Kevin Kempker and Chuck "Buford" Walker, Community Action Team, Jefferson City Police Department



Identity thieves are always working overtime to steal your identity...know how to deter, detect and defend your identity...you can stop it before it happens!

The Federal Trade Commission (FTC) reported that in 2005 about 8.3 million adults, or 3.7 percent of the adult population, were victims of identity theft. The FTC indicates that these numbers are down from 2003, but most computer security analysts take issue with the latest data arguing that incidents of identity theft are much higher.

Statistically this would make sense because identity theft is probably the most underreported crime across the nation. Don't provide an opportunity for crooks to steal your personal information. Here are some ways to avoid becoming another statistic:

- Monitor your accounts. If you are victimized, time is critical. The FTC reports that nearly a third of victims who discovered the problem six months or more after their information was stolen suffered out of pocket costs of \$1,000 or more, compared with only 10 percent of those who detected the problem earlier.

All three credit bureaus, along with many banks, offer credit monitoring services, typically for a monthly fee. You can also protect yourself by periodically reviewing your credit reports. You can get a free copy of your credit report once a year from the three major credit bureaus: TransUnion, Experian and Equifax by visiting www.annualcreditreport.com or call: 1-877-322-8228. A credit report provides you with all the information in your credit file maintained by a consumer reporting company. It also includes records of everyone who has received a consumer report about you to a third party, such as a lender.

- When shopping online, deal only with secure websites. Before providing information, make sure the site's web address begins with "https," which indicates that your credit card information will be encrypted (transforming information to make it unreadable to anyone except those having special knowledge) when it's transmitted over the Internet.
- Always log on directly to the website. Don't respond to links in your emails. These may be "phishing" scams run by thieves trying to steal your personal information. Phishing is a way of attempting to acquire sensitive information such as usernames, passwords and credit card details by masquerading as a trustworthy entity in an electronic communication.
- If you plan to make many online purchases, consider using one credit or debit card for all your transactions, says Ben Woolsey, director of marketing for CreditCards.com. You're more likely to notice unusual activities on a dedicated card than on the card you use for most everyday transactions, he says.
- Safeguard your personal information. When you head out to the mall, don't carry credit cards, debit cards or other cards that you don't need. And make sure personal information in your home is secure. Sixteen percent of victims said their information was stolen by someone they knew. For a victim's assistance booklet or further information on this topic contact:

Officers Kevin Kempker at kkempker@jeffcitymo.org or Buford 'Chuck' Walker at CWalker@jeffcitymo.org
Jefferson City Police Department
Jefferson City, Missouri
Crime Prevention Unit: (573) 634-6398

Source: Federal Trade Commission.



HOME SAFETY MODIFICATIONS



Home modifications are changes made to living spaces of people with limited physical mobility (e.g., using a cane, walker and/or wheelchair) so that they may continue to live independently and safely. Many seniors live in homes that are more than 20 years old. Homes that were adequate for a 55-year-old may be inadequate for a 75-year-old. Several websites offer checklists for evaluating your home for safety, such as:

<http://www.homemods.org> and <http://rebuildingtogether.org>

Questions you should ask regarding the safety of your home include:

Appliances, Kitchens, Bathroom

- Are cabinet doorknobs easy to use?
- Are faucets easy to use?
- Can your oven and refrigerator be opened easily?
- Is the water temperature regulated to prevent scalding?
- Can you sit down while working?

Doors, Windows

- Are your doors and windows easy to open and close?
- Are your locks sturdy and easy to operate?
- Are your doors wide enough to accommodate a walker or wheelchair?
- Do you have peepholes in your exterior doors for viewing?

Floors, Stairs

- Are all the floors in your home on the same level?
- Are your steps marked with up and down in some way?
- Do you have handrails on both sides of stairs?
- Do you have steps that are big enough for your whole foot?

Lighting, Ventilation

- Is the lighting bright enough for safety?
- Do you have night lights where they are needed?
- Is each room well-ventilated with good air circulation?



As a senior citizen, these are some basic questions that should be answered if you have a desire to live independently. Assistance for funding may be available through Rebuilding Together, Inc., a national volunteer organization and Title III home modification funds distributed through your local Area Agency on Aging.

Source: <http://www.eldercare.gov>



HEALTH TIPS



Seniors...it's never too late to stop smoking!

Think it's too late to quit? Take another look...

- Within 20 minutes of smoking the last cigarette, blood pressure drops to a level close to what it was before the last cigarette, and the temperature of hands and feet increases to normal.
 - After eight hours, the carbon monoxide level in the blood drops back to normal.
 - After 24 hours, the chance of having a heart attack decreases.
 - Within three months, circulation improves and lung function increases by up to 30 percent.
 - In one to nine months, coughing, sinus congestion, fatigue and shortness of breath decrease.
 - Cilia regain normal function in lungs, increasing the ability to handle mucus. Cilia are then able to clean the lungs and thereby reduce infection.
 - After 10 years, the lung cancer death rate is about half that of those who continue to smoke, and the risk of cancer of the mouth, throat, esophagus, bladder, kidneys, and pancreas decreases.
 - By 15 years, the risk of coronary heart disease is that of a non-smoker's.
 - Did you know...Smokers are more than twice as likely as non-smokers to develop Alzheimer's Disease.
 - Cigarette smokers are 1.7 times more likely to have hearing loss than non-smokers.
 - Smoking is the number one cause of fires that kill older persons.
 - One in three smokers will die 12-15 years prematurely as a result of tobacco use.
 - Smokers are more than two times more likely to have a stroke than non-smokers.
 - Giving up smoking reduces the risk of cataracts.
 - If you are ready to quit, or even just thinking about it, talk to your doctor about your options. There are now more products to help you to quit than ever, including nicotine replacement therapy. Ask your doctor what would be the best approach for you. If you've tried to quit before and weren't successful, don't give up. Keep trying. It's never too late to quit.
- Source: The Center for Social Gerontology on the web at www.tcsg.org

Avoiding Hyperthermia

a Heat-Related Illness

Now that summer is here, let us all be mindful of very warm days and heat-related illnesses. The Center is offering the following tips for managing heat-related illnesses in older adults to be shared with family, senior citizen workers and any others that may be in a caregiver role.

Hyperthermia can include heat stroke, heat fatigue, heat syncope (sudden dizziness after exercising in the heat such as gardening or lawn care), heat cramps and heat exhaustion.

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in



a hot environment. Risk may be further increased for several reasons such as:

- Age-related changes to the skin
- Heart, lung and kidney disease
- The inability to perspire
- Being substantially over or under weight
- Being dehydrated

If you suspect that someone is suffering from a heat-related illness, get the person out of the sun and into an air-conditioned or cool place. Offer fluids that do not contain caffeine or alcohol. Encourage a cool shower or bath; apply cold towels to wrist, neck, armpits and groin areas; urge the person to lie down and rest.

Adapted from: <http://www.nia.nih.gov>



SMART RECIPE IDEAS



The Expanded Food and Nutrition Education Program (EFNEP) is dedicated to sharing healthy, delicious and tried and true recipes. Below are well balanced meals for optimum health benefits.

(Adapted from Iowa State Extension's Healthy Homemade 2010 Nutrition and Fitness Calendar)

Cheesy Broccoli Soup

Ingredients:

1/4 cup water

2 to 2 1/2 cups frozen chopped broccoli

3 tablespoons flour

1/4 teaspoon onion or garlic powder

1/8 teaspoon black pepper

3 tablespoons margarine

2 cups nonfat milk

4 slices (3 ounces) American cheese

Optional: 6 to 8 drops hot pepper sauce (such as Tabasco)

Directions:

Heat water to boiling in a 3 quart saucepan.

Add broccoli. Cover and cook 1 to 2 minutes.

Pour broccoli onto a dinner plate or cutting board (water will have cooked away); set aside.

In small bowl, combine flour, onion or garlic powder, and pepper.

Add margarine to saucepan and melt over medium heat. Add flour mixture and stir with whisk or fork until well mixed.

Gradually stir in milk, stirring constantly with whisk to keep sauce smooth. Cook over medium heat, stirring or whisking a few times, until thick and bubbly, about 4 to 5 minutes. Meanwhile, cut broccoli into pieces.

Add broccoli to sauce and turn heat to low. Add cheese slices. Cook and stir about 2 minutes or until cheese melts. Serve immediately. If desired, add hot sauce to taste.

Nutrition Facts

Serving Size 0.75 cup (290.21g)

Servings per Container : 4

Amount per Serving

Calories	210
Total Fat	11g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	20mg
Sodium	400mg
Total Carbohydrate	19g
Dietary Fiber	4g
Sugars	10g
Protein	12g
Vitamin A	30%
Vitamin C	80%
Calcium	30%
Iron	6%

Nutrition Facts:

Serving Size 0.5 cup (105.77g)

Servings Per Container 10

Amount Per Serving

Calories	90
Total Fat	10.5g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	230mg
Total Carbohydrate	16g
Dietary Fiber	6g
Sugars	2g
Protein	4g
Vitamin A	8%
Vitamin C	30%
Calcium	2%
Iron	6%

Jicama & Black Bean Dip

Ingredients:

1 small jicama, peeled and chopped (about 1/2 cup)

1-15 ounce can black beans, drained and rinsed

1 cup frozen corn, thawed

1/2 medium green or red bell pepper, seeded and chopped (about 1/2 cup)

1/2 medium onion, diced (about 1/2 cup)

1/3 cup light Italian dressing

Salt and black pepper

Optional: 2 tablespoons chopped fresh cilantro or 1 teaspoon dried cilantro

Directions:

In large bowl, combine jicama, beans, corn, pepper, onion and dressing. If desired, add cilantro.

Stir to coat all vegetables with dressing. Add salt and pepper to taste. Serve immediately or cover and refrigerate several hours for flavors to blend.



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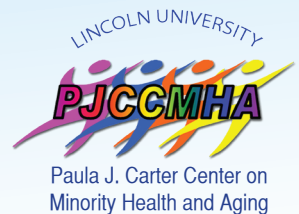
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