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Nutritious Bites **Be A Savvy Shopper** LifeCare.com

Everyone can agree that we need to eat to live. Buying food and preparing meals is a necessity of life. As we get older, the ability to move around may diminish, let alone our capacity to drive our own personal vehicle. Appetites may decrease and preparing food may become a dreaded chore. Many seniors are independent and are able to drive themselves to the grocery store, while others aren't able to get behind the wheel any longer. Whether someone drives them, or they drive themselves, there are helpful food shopping strategies before and while at the grocery store. Since getting to the grocery store may become a challenging dilemma, here are some senior food shopping tips to help your aging loved ones tackle the task of food shopping.

- Calling in help: Hire a home health agency. Many agencies allow caregivers to drive either their client's vehicle or their own car to the grocery store.
- Make a plan: It's a good idea to plan meals for the week in advance before arriving at the grocery store. Good nutrition is a challenge without the right ingredients.
- Go mobile: For those with mobility issues, shopping at larger chain stores that offer wider aisles to navigate make shopping easier.
- Focus on Nutrition: Carts should be filled with plenty of fruits, vegetables, whole grains, dairy, lean meat, fish, poultry, beans, and nuts.
- Get online: Larger supermarkets may offer online shopping with food delivery options that are ordered from the comfort of the home.

Recipe of the Month
Grilled Salmon
Mayo Clinic Staff

Ingredients

- 2 fillets (4 ounces each) salmon
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions

Heat a grill or cast-iron skillet to medium heat. Spray cooking spray on the cooking surface and on one side of the salmon fillets. Season the sprayed side of the fillets with salt and pepper. Lay the fillets, seasoned-side down, on the cooking surface and cook for about 3 minutes. Turn the fillets 90 degrees and cook for another 3 minutes.

Spray the top of the fillets with cooking spray and flip them over. Cook for about 3 minutes, turn 90 degrees, and cook for another 3 minutes until the fish is cooked through.

On the Move
Exercise for Balance
Mayo Clinic

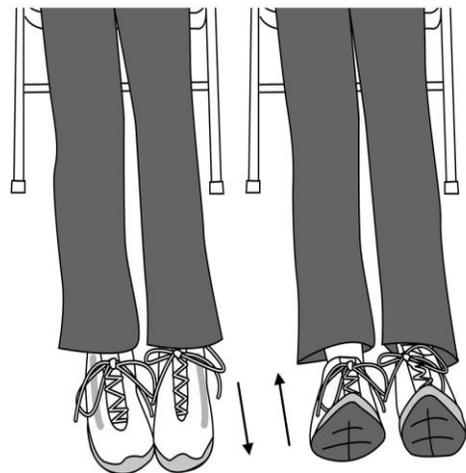
Balance exercises can help you maintain your balance- and confidence- at any age. If you're an older adult, balance exercises are especially important because they can help you prevent falls and maintain your independence.

Nearly any activity that keeps you on your feet and moving, such as walking, can help you maintain good balance. But specific exercises designed to enhance your balance are beneficial to include in your daily routine and can help to improve your stability. For example, balance on one foot while you're standing for a period of time at home or when you're out and about. Or, stand up from a seated position without using your hands. Tai Chi is a form of movement training that has been found to improve balance and stability and reduce the incidence of falls.

Monthly Chair Exercise
Seated Shin Strengthenener

Sitting on the edge of a chair, extend your legs out in front of you, keeping your knees slightly bent and placing your heels on the floor, toes pointed upward. Point the toes downward, then flex them upward. Do 10 to 15 sets of point and flex. Rest. Do another set of 10 to 15 repetitions.

Modification: Sitting in the same position as above, flex the toes and place the ball on top of your shoelaces. Try to hold the ball with flexed toes in that position for about 10 seconds, or as long as you can. Repeat 1 to 2 times, resting for a few seconds between each exertion.



COVID-19 4 Tips to Stay Connected

World Economic Forum

As the numbers climb for those infected with the novel coronavirus, the dangers rise for vulnerable populations. People who are older or with underlying medical conditions risk the severest consequences, including organ failure and death.

For those most at risk for severe infection: do everything you can to reduce exposure to the virus. Keep space between you and anyone who is sick. Avoid crowds. Limit your time in public by consolidating trips to get supplies. When out, try to keep a distance from others. Wash your hands often. And if a COVID-19 outbreak occurs in your community, stay home as much as possible. Social distancing is the new phrase that describes most of this, and it goes against what we typically advocate for older patients.

1. Learn the new technology
 - FaceTime, Zoom, Skype, Facebook, Twitter, Snapchat and lots more. All sorts of online options exist to talk with family and friends. You don't have to be tech-savvy. Doing basics is easy, and for most people, fun. If setting up an account is daunting, ask a neighbor, niece or nephew for help and a quick tutorial.
2. Stay active in the community from home
 - Many organizations- political parties, faith-based groups, nonprofits- rely on volunteers to make phone calls. You can do that clearly co community-based activity right at home.
3. Go on a news diet
 - Stay informed, know what's going on but don't get locked into endlessly watching "breaking news"
4. Reach out to family and friends
 - Stay in touch with the people close to you, especially those who are social distancing too.

Medication Manager

Taking Vitamins

Jeff Prescott, Brian Manalo, U.S. News

Vitamins are nutrients that your body needs in small amounts to stay healthy. The amount you need depends on the vitamin. Because your body can only make limited amounts of vitamins for itself, the rest must come from a nutritious diet. Minerals are other nutrients that your body needs to function properly. Examples of minerals include iron, calcium, and zinc.

Before starting any vitamin or mineral supplements, you should talk to your doctor to determine if it is appropriate. Because these supplements may affect the way prescription drugs work, you should also tell your pharmacist if you begin taking them. It is important to remember that supplements are not a substitute for a healthy diet of

nutritious foods. As you get older, however, you can become deficient in certain vitamins and minerals, and nutrients you get from diet alone may not be enough. In these cases, you should not treat yourself with over-the-counter supplements without first talking to your doctor.

- Vitamin D: helps your body absorb calcium from the gut and is essential for strong, healthy bones.
- Calcium: Almost all the calcium in your body is found in your bones. AS you age, calcium tends to leave your bones, which can put you at risk for osteoporosis.
- Iron: Important mineral found in red blood cells. Red blood cells are the oxygen-transporting cells of your body.

To Your Health

Should I go Gluten-Free?

Mayo Clinic

A gluten-free diet is recommended for people with celiac disease, gluten-sensitivity, or the skin disorder dermatitis herpetiformis. A gluten-free diet may be helpful for some people with irritable bowel syndrome, the neurological disorder gluten ataxia, Type 1 diabetes, and HIV-associated enteropathy.

Beyond this, there's little evidence that a gluten-free diet offers any particular health benefits. However, a gluten-free diet can still be a healthy way to eat depending on which gluten-free foods you choose, how often you eat them and whether your other food choices are healthy ones.

Good gluten-free choices include naturally gluten-free foods, such as lean meats, low-fat dairy, vegetables, sweets and fats, which can lead to a higher intake of cholesterol, saturated fat, sodium, and unwanted calories.

It's also prudent to limit commercially prepared gluten-free snacks and bakery products, which are typically high in refined carbohydrates, fat, sugar, and salt- just like their gluten-containing counterparts.

Studies suggest that the nutritional quality of commercially prepared gluten-free products varies from similar gluten-containing products. In several countries, for examples, commercially prepared gluten-free foods are lower in protein than their conventional counterparts.

In the U.S., gluten-free foods tend to be lower in folate, thiamin, riboflavin, and niacin. This may be because in this country most wheat products are enriched with folic acid, thiamin, riboflavin, niacin, and iron, while gluten-free flours, cereals, and bread products typically are not.

However, gluten-free whole grains, such as amaranth, quinoa, buckwheat, teff, millet, corn, and rice are good natural sources of folate, thiamin, riboflavin, niacin, and iron- as well as protein and fiber.

Upcoming Events

A Matter of Balance Workshops

Workshops coming soon!

Living Well Workshops

Workshops coming soon!

If you'd like to host a workshop, please contact Lesley Clack.
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Questions or Comments? Contact us!

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