

Elder Newsletter

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Sucker Moon

15 Tips for Veggie Haters

- Add veggies you almost like to dishes you already love.
- Try them in soup.
- Slip them into salads.
- Serve them raw.
- Use low-fat dip to dress up veggies.
- Sneak them into spaghetti and pizza.
- Drink your vegetables.
- Increase the fun factor.
- Grill, baby, grill!
- Learn how to cook strong-flavored veggies.
- Try them where you least expect them.
- Be sensitive to textural turn-offs.
- Even fast-food veggies count.
- Don't reward your grandkids (or yourself!) for eating veggies.
- It's all about the cheese!

Fiber is found in many vegetables. Fiber keeps food moving smoothly and regularly through your body. Most adults should strive for 20-25 grams of fiber daily. When adding more fiber to your diet, do it slowly and drink lots of water to help your body adjust so you don't get gas or cramps.

FEBRUARY IS AMERICAN HEART HEALTH MONTH

Each year, heart disease takes the lives of nearly 1 million Americans. Five million Americans are currently diagnosed with the disease. The good news is that most people can do something about heart disease. The four most important things you can do to reduce your risk of heart disease are:

- Eat a high-fiber, low-fat diet (less than 30% of your calories from fat).
- Get at least 20 minutes of vigorous exercise (the kind that makes your heart beat faster) three times a week, after consulting with your healthcare provider.
- Manage stress in your life.

Quit smoking. Big changes often start small. Choose three simple things you can do to reduce your risk. Even if you're at low risk, making these changes will also reduce your risk of cancer, stroke and diabetes. Here are some examples:

- Switch to skim or 1% milk and dairy products.
- Practice tai chi or deep breathing exercises.
- Walk a little farther today than you did yesterday.
- Eat sliced fresh fruit instead of eggs for breakfast.

Think heart disease is for men only? Think again!

Consider this:

- Heart disease claims the lives of twice as many women as all cancers combined.
- More men have heart attacks, but women are twice as likely to die from a heart attack.
- More men have heart disease early in life, but women narrow the gap after menopause.

The news is not all bad. Because of medical advances, changing lifestyles and better education about prevention, women's death rates from heart disease have declined 20% over the past two decades.

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ELDER ABUSE: WHAT ARE THE SIGNS? HOW CAN YOU GET HELP?

Elder abuse can consist of physical or abuse, financial exploitation or neglect. Sadly, family members— usually adult children serving as caregivers— are the most frequent abusers of older people. Common reasons for abuse include: caregiver stress, cycle of violence, or impairment of a dependent elder. Regardless of the reason, elder abuse is a serious crime and a form of domestic violence.

Changes in the elder's behavior or attitude can signal abuse. For instance, an elder may become indifferent, angry or aggressive. The elder may tell conflicting stories or begin to abuse alcohol or drugs. Changes in the caregiver's behavior can also signal abuse. These can include anger directed at the elder, not allowing the elder to speak for himself, or isolating the elder. Signs of neglect include untreated

medical conditions (rash, sores, lice), fecal/urine smell on the elder, health and safety hazards left unresolved in the elder's home, inadequate clothing, malnourishment and dehydration.

Suspected abuse or neglect can be discussed with doctors, counselors, support groups and social service organizations. If the elder is in immediate physical danger, call 911.

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