



## ELDER NEWSLETTER

Fond du Lac Reservation Public Health Nursing Department

JANUARY 2010

Gichi manidoo giizis

### Keep That New Year's Resolution with These Easy Tips

#### Make a Commitment

Repeatedly losing and gaining weight, the “yo-yo” effect, can be just as harmful to your body as being overweight. Decide why you want to lose weight. To reach your goal you must be motivated by your own wants and needs, not someone else's.

#### Set a Realistic Goal

Wanting to lose “tons” of weight is not very realistic. Also keep in mind your body type. Don't set yourself up for failure. Avoid beginning something new if you are in the midst of a major lifestyle change, such as marital or financial problems. The slower you lose weight, the greater the chance the weight will stay off. You should lose no more than five pounds in a three-week period— that's about a pound or two a week.

#### Don't Skip Meals

Don't skip breakfast or any other meal. Missing meals slows down the rate you burn calories, and skipping meals will make you feel hungry late in the day when your metabolism is slowing down.

#### Eat Real Food

Make a list before you enter the store. Stay away from aisles with potato chips, pastries and candy, and don't buy them for the rest of the family. It is too much of a temptation for anyone. Choose fresh fruits and vegetables over canned or processed ones. Look for ways to add fiber to your diet: whole grain breads and cereals, raw vegetables, etc., will help keep you full longer.

#### Cut Your Calories

Write down what you eat for a few days in a row. Then cut about 250 calories a day. You will lose about a half a pound per week. Don't cut calories too much. Cutting calories below 1200 per day will prevent you from receiving the nutrients you need and will make you feel deprived.

#### Get Active /Stay Active

Begin an exercise program only after speaking with your healthcare provider. Start out slowly; try to do some form of aerobic exercise 20 minutes a day, 3 or 4 days per week. Build your time up slowly as your endurance improves. Two 10-minute exercise sessions have the same benefit as one 20-

minute session. Walking is easy to do and requires no extra equipment other than good-fitting shoes. Most importantly, do what you can and do what you enjoy. Because exercise boosts your metabolism for several hours after you stop exercising, you will burn more calories throughout the day.

#### Drink Plenty of Water

Some elders may be on fluid restriction for medical reasons, but for almost everyone else water is an excellent companion in any weight-loss program. Water flushes out metabolized fat and waste. Water makes you feel full and can help relieve constipation. Consult your healthcare provider to set a goal of how much water to drink. If you don't like to drink plain water, add a slice of lemon or lime, or even float a few raspberries in the glass. Avoid caffeinated drinks, which can dehydrate you rather than re-hydrate you.

Parlay International (v.1) 2560.003

#### TRIVIA QUESTION :

On the third day of 1959, which territory became the largest state of the USA?

#### January is National Eye Care Month

**Dry eyes** are characterized by a lack of tears to moisturize eyes. Your eyes may feel itching or burning. Dry eyes can have many causes. Try a humidifier so that dry air doesn't aggravate your dry eyes. Speak with your healthcare provider about using eye drops (over-the-counter or prescription).

**Floaters** are protein build-up within the eyeball that casts a shadow on the retina. You may notice spots that move across your field of vision. Floaters usually go away on their own, but if they persist, see your eye doctor to rule out long-term problems.

**Glaucoma** is fluid build-up within the eye. It causes a gradual loss of sight. See your eye doctor regularly so that the pressure in your eye can be monitored. Glaucoma can be treated with medicated eye drops or surgery.

Parlay International (v.1) 2830.005

### Flu Season is Not Over! Get the H1N1 Flu Shot

The H1N1 influenza was discovered in April 2009. People call it the swine flu but you get it from people, not pigs. Symptoms include cough, sore throat, a fever above 100 degrees F, runny or stuffy nose, body aches, headache, chills and tiredness. Some people may also have vomiting and diarrhea. Children, pregnant women and people with health conditions like diabetes, asthma, or heart disease who catch

H1N1 flu can get much sicker than others. There have been deaths due to the H1N1 flu, especially among people with underlying health conditions. Also, the H1N1 flu has proven to be 4 times more deadly among the Native population than the general American public.

Influenza is caused by a virus. Antibiotics do not work against the influenza virus. The best defense against flu is a good offense. Get both

the seasonal flu vaccine and the H1N1 flu vaccine. Stay healthy by washing your hands frequently and covering your coughs and sneezes. Stay home if you feel sick to protect others.

The H1N1 flu shot is now available to anyone who wishes to receive it, not just high priority groups. The vaccine is available from Fond du Lac Human Services if you are eligible to receive health services here.

You may receive the vaccine from either your healthcare provider or at one of the community vaccine clinics. See the FDL main website for more information about the H1N1 flu vaccine clinics.

Flu season is not over. Protect yourself and your family.

Minnesota Dept. of Health and  
Fond du Lac Human Services Public Health Nursing Department