



COMMONWEALTH of VIRGINIA
Department for the Aging

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AAA TUESDAY E-MAILING
September 30, 2008

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Note: The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: September 30, 2008

SUBJECT: Promising Practices for Diverse Populations

Following is a link to a directory from the New Jersey Dept. Health & Senior Services: ***Senior Nutrition Program: Promising Practices for Diverse Populations***. It has 2-page descriptions of 21 programs throughout the U.S. and is available for download: www.state.nj.us/health/senior/nutrition/index.shtml.

One of the programs highlighted is in Montgomery County, MD. In July, I heard a presentation from the director of that program, Marilyn Mower, whose contact information appears below. She gave more details on how they establish, operate, and monitor their meal programs with ethnically diverse populations. I also have available her power point presentation and will gladly email it on request.

Marilyn T. Mower, MA, RD, LDN, Director
Senior Nutrition Program, DHHS Aging & Disability Services
401 Hungerford Drive, 4th floor
Rockville, MD 20850
240-777-1064 (phone) 240-777-1436 (fax)
marilyn.mower@montgomerycountymd.gov



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Department for the Aging

MEMORANDUM

TO: Executive Directors
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AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: September 30, 2008

SUBJECT: Newsletter with Food-Money Saving Tips

Following is a recent and timely Food Reflections newsletter which is produced by Alice Henneman at University of Nebraska-Lincoln Extension (further contact information and the link to subscribe to the newsletter yourself is found below). These items may be helpful for you or staff personally as well as good information to pass on to the seniors.

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With people scrambling to make, save, or avoid losing money, this month's FOOD REFLECTIONS may be helpful to you personally and/or professionally because it gathers in one place a listing of Web articles that can help in today's economy.

Each link is given a brief description so you can decide without clicking on the link if the article is one worth your time reading.

If you give food-related presentations or write articles, feel free to adapt as best helps your clientele. Most articles also have a "printer-friendly" link on the Web page.

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1) Basic Bean Cookery

http://lancaster.unl.edu/FOOD/Singing_Praises_of_Beans2.pdf

(All jokes aside about "the musical fruit," beans are a great food to sing the praises of in ALL economic times. Cheap, tasty, convenient and good-for-you too. Tips and recipes)

2) Basic Foods for Fridge, Freezer and Cupboard

<http://lancaster.unl.edu/food/recipe.shtml#basic>

(Ideas and recipes for basic foods that will combine and re-combine into a variety of meals. It's like a buying an all-purpose wardrobe for your kitchen.)

3) Easy Ground Beef Recipes from Your Freezer

<http://lancaster.unl.edu/FOOD/ciq-beef-crumbles.shtml>

(Think beyond ground beef patties with these ideas -- plus make them when you have time and eat them later.)

4) Supermarket Savings

<http://lancaster.unl.edu/FOOD/ftm-i08.shtml>

(16 tips that DON'T have you making every food from scratch. They could save you a couple of thousand dollars a year!)

5) Freezing Sandwiches

<http://lancaster.unl.edu/food/ciq-freezing-sandwiches.shtml>

(Great for making up a batch of sandwiches at one time for thrifty sack lunches!)

6) Ingredient Substitutions

<http://lancaster.unl.edu/food/ciqsubs.shtml>

(Avoid buying foods you'll seldom use or wasting gas for a trip to the store for a missing ingredient)

7) Making a Meal with What's on Hand

<http://lancaster.unl.edu/food/ciqp.shtml>

(Some ideas of alternates for such staples as bread for sandwiches.)

8) Food Safety Checklist for "Planned-Over Foods"

<http://lancaster.unl.edu/food/checklistplannedover.pdf>

(Making extra food for later meals can save time and money as long as you don't let it make you sick. Think of the George Carlin quote: "Leftovers make you feel good twice. First, when you put it away, you feel thrifty and intelligent: 'I'm saving food!' Then a month later when blue hair is growing out of the ham, and you throw it away, you feel *really* intelligent: 'I'm saving my life!'")

9) Cleaning the Kitchen Cupboard: Toss or Save?

<http://lancaster.unl.edu/food/CleaningCupboard.pdf>

(Learn how to save and manage your investment in kitchen staples such as flour, sugar, oil, etc.)

10) Reducing the Size of Recipes

<http://lancaster.unl.edu/food/reducingrecipesize.pdf>

(Avoid making more than you need by making less -- here are some tips for doing it.)

11) Food Storage Fact Sheet

<http://lancaster.unl.edu/food/storeitchart.pdf>

(A food may still be safe, but no longer taste like something you want to eat if it's stored too long -- learn more about optimal storage times.)

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Alice Henneman, MS, RD, Extension Educator
University of Nebraska-Lincoln Extension in Lancaster County
444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528 USA
ahennema@unlnotes.unl.edu 402/441-7180 Fax: 402/441-7148
FOOD Web site: <http://lancaster.unl.edu/food>
PowerPoints & handouts: <http://lancaster.unl.edu/food/resources.shtml>

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If you would like to subscribe to this newsletter yourself, use the following link:
<http://lancaster.unl.edu/food/subscribe-FR.shtml>

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COMMONWEALTH of VIRGINIA
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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors
Health Promotion-Disease Prevention Coordinators

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: September 30, 2008

SUBJECT: Information on Vaccines

Since flu season is upon us, I wanted to remind you that the 2006 Reauthorization of the Older American Act, Section 339 (2) (K) contains language stating that AAAs and service providers ***“provide, to homebound older individuals, available medical information approved by health care professionals, such as informational brochures and information on how to get vaccines, including vaccines for influenza, pneumonia, and shingles, in the individuals’ communities.”***

Following are some web resources that you may find helpful in developing information to provide to your meal program participants. I have highlighted some of the resources that I have reviewed and that I think might be particularly helpful.

CDC Healthy Aging Podcast Series

CDC’s Healthy Aging Program has just released the first two podcasts in a new series focused on Healthy Aging. This first installment highlights the importance of immunizations for older adults. Part I explains the importance of influenza and pneumococcal vaccines and Part II discusses the shingles vaccine. These podcasts are important resources for aging and health care professionals, so please feel free to share. To listen to these podcasts, please visit:

Immunizations Part I: Flu and Pneumococcal Vaccines
<http://www2a.cdc.gov/podcasts/player.asp?f=10097>

Immunizations Part II: Shingles Vaccines
<http://www2a.cdc.gov/podcasts/player.asp?f=10098>

CDC Seasonal Flu Information

Flu season is upon us. To learn more about the flu, prevention, and treatment, please see:

www.cdc.gov/flu

For free downloadable materials, visit:

<http://www.cdc.gov/flu/professionals/flugallery/index.htm>

<http://www.cdc.gov/flu/professionals/flugallery/2008-09/pdf/Take3.pdf> (copy follows)

http://www.cdc.gov/flu/professionals/flugallery/2008-09/pdf/Take3_Poster.pdf (copy follows)

FDA Health News for Older Adults, Their Families, and Caregiver

The U.S. Food and Drug Administration produces a monthly online newsletter, *Maturity Health Matter*, about FDA regulated products for older adults, their families and caregivers. In the latest issue, you will find information on preparing for natural disasters, **vaccines**, injectable cosmetic wrinkle fillers, and other news from the FDA. To view this issue and other previous issues of this newsletter, please go to:

<http://www.fda.gov/cdrh/maturityhealthmatters/> (page 5-6 contain vaccine information)

CDC Says: “Take 3” Steps to Fight the Flu

Flu is a serious contagious disease.

Each year in the United States, on average:

- More than 200,000 people are hospitalized from flu complications.
- 20,000 of those hospitalized are children younger than 5 years old.
- 36,000 people die from flu.

The Centers for Disease Control and Prevention (CDC) urges you to take the following steps to protect yourself and others from influenza (the flu):



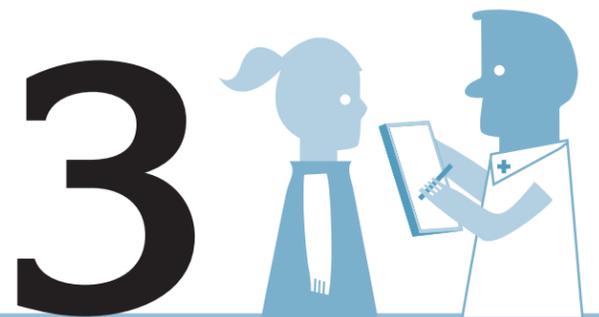
Vaccinate

- Take time to get a flu vaccine.
- CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease.
- While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season.
- The vaccine can protect you from getting sick from these three viruses or it can make your illness milder if you get a different flu virus.
- Getting a vaccine is very important for people at high risk for serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart or lung disease, and people 65 years of age and older.
- People who live with or care for those at high risk should also get a flu vaccine to protect their high-risk contact.



Stop Germs

- Take everyday preventive actions.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get the flu, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread this way.



Antiviral Drugs

- Take flu antiviral drugs if your doctor recommends them.
- If you do get the flu, antiviral drugs are an important treatment option. (They are not a substitute for vaccination.)
- Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body.
- Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This could be especially important for people at high risk.
- For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).
- Flu-like symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.



For more information about flu,
visit www.cdc.gov/flu

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Take action to protect yourself and your loved ones from the flu.



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For more information, visit www.cdc.gov/flu or call 800-CDC-INFO.