



# Healthy Aging Update

## Iowa Department on Aging

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Volume 7, Issue 2

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### Welcome

The Healthy Aging Update is designed to support Iowa Area Agencies on Aging in administering the Nutrition Program. Information is provided on March activities that provide the opportunity to promote the nutrition program including National Nutrition Month and March of Mayors with local mayors. There are links to many resources provided that may be helpful to nutrition programs.



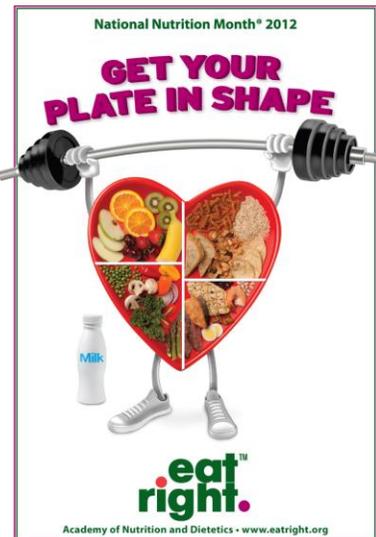
### National Nutrition Month

National Nutrition Month, an annual nutrition education and information campaign celebrated in March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Visit [www.eatright.org/nnm](http://www.eatright.org/nnm) periodically for new items through February. Event ideas and materials can be found at

<http://www.eatright.org/NNM/content.aspx?id=5406>

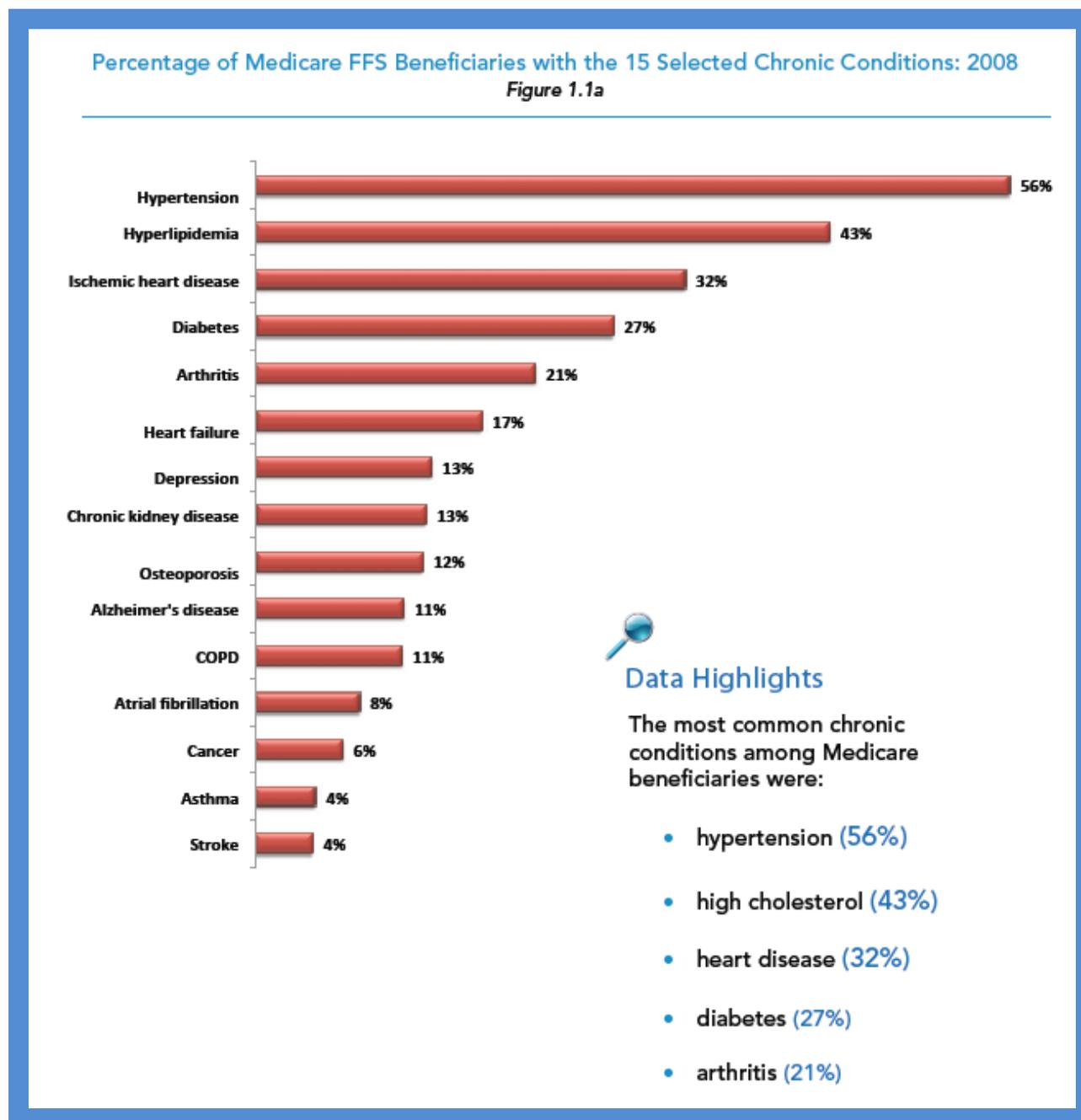
Press releases are at

<http://www.eatright.org/Media/content.aspx?id=7849>



## Chronic Conditions Among Medicare Beneficiaries (2011)

<http://www.cms.gov/TheChartSeries/Downloads/ChartbookFinal.pdf>



The Iowa congregate and home delivered meals provide the nutrition needed by the majority of people with these chronic conditions. On a weekly average, meals provide less than 1000 mgs of sodium benefiting those with hypertension, heart failure, kidney disease, COPD and stroke. Promote the good nutrition of the meals served at congregate meal sites. Consider posting the menu nutrient analysis next to the menu at congregate meal sites as a way of informing participants of the great nutrients that are in the meals served.

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## Iowa Administrative Code--NSIP Funds

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### 321—17.13(231) AOA NSIP programs.

**17.13(1)** The AAA shall have an agreement with the department to receive commodities, cash or a combination of commodities and cash.

**17.13(2)** The department shall allocate all food, cash or the combination of food and cash received from AOA to AAA based on each AAA's proportion of the total number of meals served to eligible recipients in the state.

**17.13(3)** The AAA shall comply with the requirements of 7 CFR §250, June 3, 1988, for participation in the AOA program.

**17.13(8) An AAA that receives cash in lieu of commodities shall spend all cash received from the AOA to purchase agricultural food items.**

**A-133 Compliance Supplement (42 USC 3030a (d)(4)).** Area agencies on aging may use the cash received in lieu of commodities only to purchase domestically produced foods for their nutrition projects.

**93.053** Nutrition Services Incentive Programs under the Administration on Aging make funds available to State agencies on aging and Indian Tribal Organizations to purchase foods of United States origin or to access commodities from the United States Department of Agriculture. These foods are to be used in preparation of congregate and home delivered meals by nutrition services programs.

**Note:** Iowa will no longer be participating in the NSIP commodity food program and will provide only NSIP cash in lieu of commodities beginning SFY2013. The Area Agencies need to be able to document that NSIP cash is being used only for the allowable foods.



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## OAA Nutrition Services Subpart 3 Section 339

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(H) ensures that each participating area agency on aging establishes procedures that allow nutrition project administrators the option to offer a meal, on the same basis as meals provided to participating older individuals, to individuals providing volunteer services during the meal

hours, and to individuals with disabilities who reside at home with older individuals eligible under this chapter,

(I) ensures that nutrition services will be available to older individuals and to their spouses, and may be made available to individuals with disabilities who are not older individuals but who reside in housing facilities occupied primarily by older individuals at which congregate nutrition services are provided,

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## IAC 321—17.14(231) Nutrition performance standards

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### Choice Menus need to meet nutrient requirement



**17.14(1)** Each meal served by the nutrition services provider, whether at a congregate meal site, home-delivered or elsewhere, must comply with the Dietary Guidelines for Americans, published by the Secretary of Health and Human Services and the Secretary of Agriculture, and provide to each participating elder:

a. A minimum of 33 1/3 percent of the RDA/AI as established by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences, if the program provides one meal per day

## Generations Area Agency on Aging Nutrition Program: Fall-Winter 2011 Happenings

### Holiday Meals

Fourteen students from the Bettendorf Middle School Red Cross Club assisted in serving and visiting with seniors at the Luther Manor GenAge Café on December 28-29, 2011. The students were accompanied by their advisor Rachel Evans of the Quad City American Red Cross Chapter. Red Cross Clubs are school based groups that support the mission of the American Red Cross. The students work on national projects such as making holiday cards for Veterans and their families as well as seeking local service projects in their communities. They also work to promote healthy, safety and disaster



prevention to youth through information presentation at their schools. Roger Krueger, Cafe Manager, said the students were wonderful with the seniors and were very well received. Rachel Evans, the advisor wrote the following about their visit, "The Bettendorf Middle School students really enjoyed the experience! We chatted after the second day about what we enjoyed, learned etc. and they said a lot of great things! You could tell that they felt really great

about the difference they were making!"

The Scott County Holiday Meals program delivered 857 hot meals to seniors in their homes over the Thanksgiving, Christmas and New Year holidays. A total of 55 family units participated this year with 11 families delivering on all three holidays and 19 delivering on two of the holidays. Ten staff and five persons representing Generations contractors and Board members also participated. Generations AAA is most appreciative of volunteers who step forward and make this program possible. Many shared positive comments on how they liked helping with such a good cause and really enjoyed making it a family event especially having their children participate and seeing for themselves the true meaning of the season.



Right: Generations CM Director Cheryl Badolato & Sister Sonnie; Left: Tom Bahls- CASI Director



Tim Lawlor, GenAge Café Driver

### News Article

Generations AAA Nutrition Program was featured in a news paper article "All in Good Taste at GenAge" in one of Gloria Fisher's regular articles. She recommends that people try the good tasting meals that are also good for you. You can access the January 18, 2012 article at <http://qctimes.com/genage>.

Gloria Fisher is a senior advocate who has been working with a local senior advocacy group for the past 10 + years. She does a regular column for the newspaper and has worked with us on a number of projects and articles over the years. She is in her upper 80's now and not very mobile and started getting home meals recently. It was a nice article and we hope to get some more calls.

## Seneca AAA's Intergenerational Activity

Denver Westaway (cook's son) conducted a 3-D Snowflake workshop at the Bloomfield meal site. The link for the directions for 3-D Snowflakes can be found at <http://www.papersnowflakes.com/pages/3d/3dsnowflakes004.htm>  
The group had a pizza party afterwards.



Back row: standing up left to right; Denver Westaway, Kelly Morris, Willa Harter  
Front row: sitting down; left to right; Sharon Russell, Ginger Metcalf,



## March for Meals or Mayors for Meals

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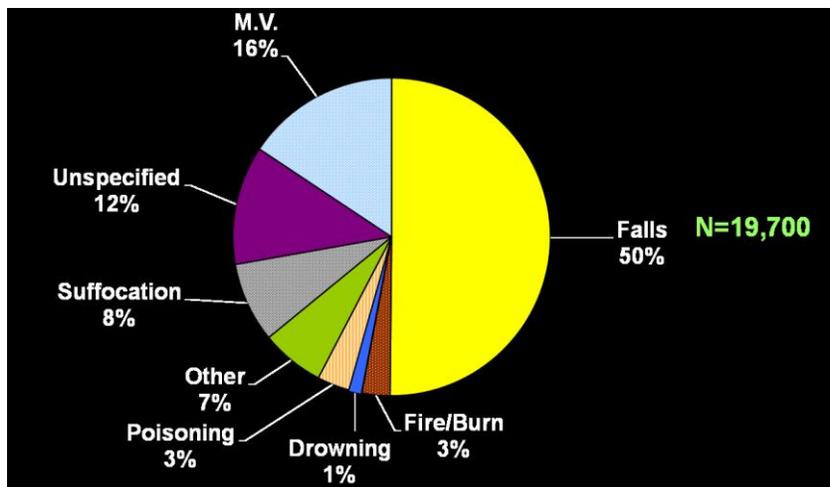
Many of you have previously participated in this special event. This is a MOWAA event inviting mayors to help deliver meals on March 21, 2012. The Iowa Department on Aging is supporting this event by contacting mayors from across the state encouraging them to get involved. This makes a great media event to increase the awareness of your nutrition program. You will be receiving more information soon. Check out the hunger video on MOWAA's website called "Dishing it Out" at <http://www.mowaa.org/>

## Fall Prevention

### Facts

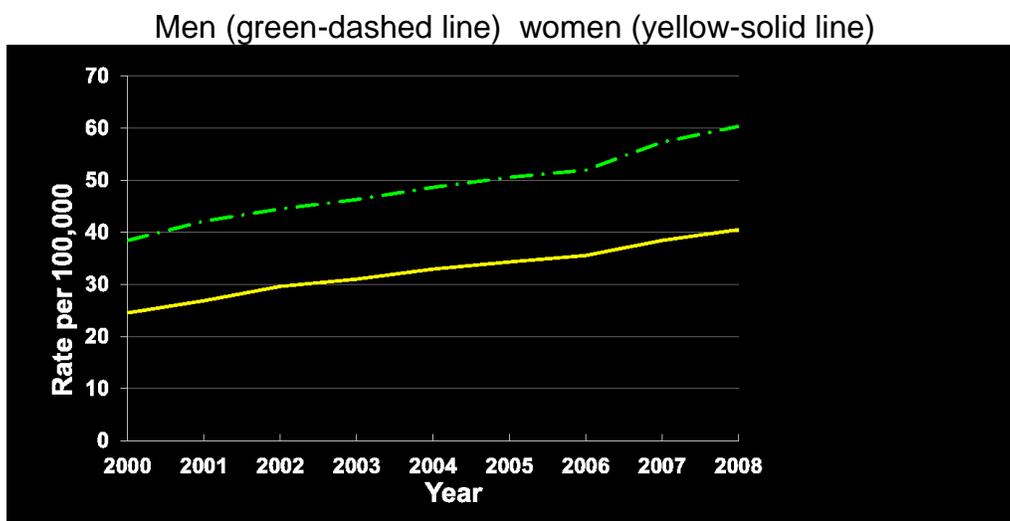
- 30-35% of people 65+ fall each year
- Those who fall are 2-3 times more likely to fall again
- 1 in 5 falls causes a serious injury

### Leading Causes of Unintentional Injury Death Among People 65+, 2008



NCHS, Vital Records, 2008

### Trends in Age-Adjusted Fall Death Rates Men & Women 65+, 2000-2008



NEISS-AIP, 2009

## Nonfatal Fall Injury Rates by Sex & Age, 2009



## Leading Fall Risk Factors (Rubenstein, *Age & Aging*, 2006)

Risk Factor	Relative Risk
Muscle weakness	4.9
Balance problems	3.2
Gait problems	3.0
Poor vision	2.8
Limited mobility	2.5
Cognitive impairment	2.4
Functional limitations	2.0
Postural hypotension	1.9

**If you have a Matter of Balance program in your area, encourage individuals with risk factors for falling to participate in the program.**



## Which is Healthier: Sea salt, Table salt, Kosher salt?

Sea salt and table salt have the same basic nutritional value and are sodium chloride. Sea salt is often promoted as a more natural and healthy alternative. The real differences between sea salt and table salt are taste, texture and processing, not their chemical makeup.

Sea salt is produced through evaporation of seawater which leaves behind certain trace minerals and elements depending on its water source. The minerals add flavor and color to sea salt.

Table salt is mined from underground salt deposits. Table salt has minerals removed and usually contains an additive to prevent clumping. Table salt may have added iodine, an essential nutrient that's lacking in naturally occurring sea salt.

Kosher salt is a larger grain salt. Like table salt, kosher salt is sodium chloride. It does not contain additives such as iodine but may include an anti-clumping agent.

By weight, sea salt, kosher salt and table salt contain the same amount of sodium chloride. One is not better than the other. Your body needs only a very tiny amount of salt to stay healthy. Most people get more sodium than is healthy — mostly from processed foods. So regardless of which type of salt you prefer, use a light hand with the saltshaker. And limit total sodium to less than 1,500 milligrams a day if you're age 51 or older, or if you are black, or if you have high blood pressure, diabetes or chronic kidney disease.

## Congratulations to Sally Myers

Sally Myers, Associate Director of Program Services of Hawkeye Valley AAA has earned a Certificate of Leadership from The Meals on Wheels Association of America (MOWAA) National Leadership Academy. Sally is the first in our aging network to earn this credential. The Academy provides high-quality education and training, tailored to the specific needs of the senior nutrition programs. Sally participated in a wide range of learning opportunities and demonstrated knowledge and skills to help her effectively manage the HVAA program.



## Better Choices, Better Health™

### Online Chronic Disease Self-Management Program How It Works

Better Choices, Better Health™ (BCBH), the online Chronic Disease Self-Management Program developed at Stanford University, is a six-week workshop offered on a dedicated Web site. Classes consist of about 25 persons per workshop. BCBH does not require “real time” attendance (i.e., there are bulletin boards rather than chat rooms). A pair of trained peer facilitators moderates each workshop. Each week, participants are asked to log on at least three times for a total of about two hours. Weekly activities

include reading and interacting via the Learning Center, making and posting a weekly action plan, participating in problem solving and guided exercises on bulletin boards, and participating in any appropriate self-tests and activities. Participants are encouraged to post chronic disease-related problems on a bulletin board and help other group members with their problems.

## Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic health conditions	✓					
Making an action plan	✓	✓	✓	✓	✓	✓
Relaxation/cognitive symptom management	✓	✓	✓	✓	✓	
Feedback/problem-solving	✓	✓	✓	✓	✓	
Difficult emotions	✓	✓				
Fitness/exercise		✓	✓			
Better breathing			✓			
Fatigue			✓			
Eating well				✓		
Advance directives				✓		
Communication				✓		
Medications					✓	
Making treatment decisions					✓	
Depression					✓	
Informing the health care team						✓
Working with your health care professional						✓
Future plans						✓

**For More Information** about the Better Choices, Better Health on-line program visit [www.restartliving.org](http://www.restartliving.org) for information and to sign up for a workshop.

## IDA Transferring Chronic Disease Self Management Program to IDPH

The Iowa Department of Public Health (IDPH) has received the CDC Community Transformation Grant that includes Chronic Disease Self Management (CDSMP) in 26 counties. This will add 7 new counties to the counties already offering the program. Hopefully, there will be opportunities for the aging network to collaborate with public health in the provision of the program. CDSMP will be transferred to IDPH in February 2012. At this time all CDSMP projects will obtain workshop authorization from IDPH.

Until notified that the transfer is complete, continue to send your requests of CDSMP participant and leader workshop authorizations to Pat Wyatt at IDA. Also log in your CDSMP workshop information into the National Database via your usual data input user. This data is obtained from the short survey and attendance log. The long survey is no longer being used.

Amy Liechti at IDPH ([Amy.Liechti@idph.iowa.gov](mailto:Amy.Liechti@idph.iowa.gov)) will be the new contact for CDSMP. She is working with the 26 counties in the Community Transformation grant regarding their plans to provide CDSMP. You may have already been contacted by some of the projects to help develop the plan for providing CDSMP in these counties.

The Iowa Department on Aging has a continued interest in evidence-based programs. Carlene Russell is on the IDPH Community Transformational Grant Leadership Team. Additionally she

serves as co-chair of the Older Iowans Workgroup for the Iowans Fit for Life program which promotes the MOB Program. A statewide fall prevention coalition is in the process of being developed.

Each MOB program has its own license so it will not be affected by the transfer to IDPH. You will not need to report your MOB workshops to IDA or to IDPH.

### **Food Assistance (food stamp) Use by Older Iowans**

Age	Number/ Percent	Average Assistance/1 person household
60-64	7,960 (35%)	\$137.27
65-69	5,027 (22%)	\$107.88
70-74	3,505 (16%)	\$94.58
75-79	2,646 (12%)	\$85.41
80-84	1,965 (8.7%)	\$ 84.24
85+	1,402 (6.2%)	\$ 80.98
Total	22,505	\$110.66 (18,920)

Based on the 2010 Census, there are 114,153 individuals over the age of 65 who are at or below 185% poverty. If this group all qualified for food assistance, then 12.7 percent of eligible older adults are receiving food assistance.

The Iowa Food Bank Association with assistance of a grant is providing Food Assistance outreach to congregate meal site. Jordan Vernoy, State Director of the Iowa Food Bank Association reports that the most successful group in getting people signed up for SNAP has been senior citizens at meal sites. Their outreach program has identified 4,000 individuals that are possibly eligible.

### **Chef Charles Nutrition Program**

The Chef Charles Nutrition Education Program is based on current science related to nutrition for older adults and incorporates behavior change strategies. Nutrition education is one of the tools that can be used to help keep older adults healthy and maximize their independent lifestyles.

The USDA guidelines for SNAP-ED (Food Assistance Nutrition Education) have changed and the requirement for matching funds has been eliminated. Proposed plans include providing SNAP-ED funds at the AAA level to support the Chef Charles nutrition education. More information will be provided as the proposed plans become finalized. You can access the Chef Charles newsletters and instructors guides at [http://www.idph.state.ia.us/nutritionnetwork/chef\\_charles.asp](http://www.idph.state.ia.us/nutritionnetwork/chef_charles.asp).



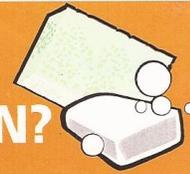
## Nutrition Education



*Home Food Safety  
It's in Your Hands®*



# HOW SAFE IS YOUR KITCHEN?



American Dietetic Association/ConAgra Foods Offer Tips to Keep Kitchen Sponges, Towels, Cloths and Surfaces Safe.

17 percent wait until sponges fall apart before throwing them out.



Handwashing may be rule No. 1 when it comes to keeping your family safe from foodborne illness – but, if kitchen tools and surfaces aren't clean, too, they can spread germs just as easily as your hands.

According to a new survey conducted by the American Dietetic Association and the ConAgra Foods Foundation, dishcloths (64 percent) and sponges (47 percent) are the cleaning tools of choice for most Americans. But, when it comes to keeping kitchen tools clean, most of us are still a little “wet behind the ears.”

Follow these tips from the American Dietetic Association and the ConAgra Foods Foundation...

- **Sanitize your sponges.** When it comes to cleaning sponges, many of us (40 percent) just rinse them with water – a method not sufficient to remove harmful bacteria that may be lurking inside. Remember to pay close attention to what the sponge was used to wipe up. For instance, if it was a drip from raw meat, it's necessary to clean the sponge *before* using it a second time around. To keep sponges safe, make sure they are cleaned properly. Choose one of the following methods to keep them from contaminating the surfaces you are trying to clean:

- **Let the machine do the washing.** Wash your sponges frequently by throwing them in the **HOT** cycle of your washing machine or in the dishwasher.

- **Use a simple solution.** Sanitize sponges in a chlorine bleach solution using one teaspoon of bleach added to one quart of water – then rinse thoroughly before using again. *Note, a new bleach solution should be made fresh for each use – once diluted, bleach breaks down quickly.*



- **Know when to call it quits.** Nearly one in four of us (21 percent) keep sponges until they look dirty or smell bad, while 17 percent wait until sponges fall apart before throwing them out. Another 18 percent say they typically keep their kitchen sponges for three to four weeks, while a few (8 percent) keep them a month or longer. A damp, smelly dishtowel/cloth or sponge is a sure sign that unsafe bacteria are inside. Replace worn sponges frequently—don't wait until they're falling apart to get a new one.

- **Start a new cycle.** While the majority of us (61 percent) clean our dishtowels and cloths in the washing machine – make sure you are selecting the proper cycle. Bacteria live and grow in damp, warm conditions, so wash dishtowels and dishcloths frequently in the **HOT** cycle of your washing machine and dry thoroughly on a high setting.

- **Diversify.** Try using separate dishtowels/cloths for different tasks: one for drying *clean* hands and one for wiping off the counter. Different colored towels can help keep them straight, i.e., blue for hands, green for the counter. Also remember to frequently clean all kitchen surfaces, including appliances, countertops, refrigerator doors and handles with hot, soapy water.

American Dietetic Association/ConAgra Foods Foundation survey conducted by Impulse Research, August 2004.

[www.homefoodsafety.org](http://www.homefoodsafety.org)

 American Dietetic Association  
Your link to nutrition and health™

 ConAgra Foods  
Foundation

## RESOURCES

- **Health Promotion**

**May is Older Americans Month:** The 2012 theme is Older Americans Month is celebrated to honor and recognize older Americans for the contributions they make to our families, communities and society. This year's theme “Never Too Old to Play” encourages older Americans to stay engaged, active and involved in their own lives and in their communities.

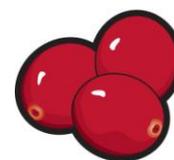


[http://www.aoa.gov/aoaroot/Press\\_Room/Observances/2012/Older\\_Americans.aspx](http://www.aoa.gov/aoaroot/Press_Room/Observances/2012/Older_Americans.aspx)

- **Know Your Beverages:** Here is good information about beverages.  
<http://www.extension.org/pages/19869/rethink-your-drink>
- **Create a Soup:** Here is a tool to give you ideas for making soup- you could put it in the crock pot in the morning and it will be ready for you later in the day.  
<http://extension.usu.edu/fsne/files/uploads/2010%20forms/Food%20Sense/materials/Create%20a%20Soup.pdf>

## Nutrition Education

- **Shopping for Whole Grains:** “My Plate” recommendation is to have half of the grains be whole grains. This educational material would be appropriate for OAA nutrition program nutrition education.



<http://edis.ifas.ufl.edu/pdffilehttp://edis.ifas.ufl.edu/pdffiles/FS/FS16100.pdfs/FS/FS16100.pdf>

- **MyPlate** materials, including PowerPoint presentations & scripts and consumer worksheets are available at <http://fyics.ifas.ufl.edu/Extension/HNFS/MyPlate/>
- **My Plate Super Tracker:** can help you plan, analyze, and track your diet and physical activity. You can look up individual foods to see or compare their nutritional value, find recommendations for what and how much you should eat, compare your food choices to these recommendations and to your nutrient needs, and assess personal physical activities and identify ways to improve. Find recommendations for what and how much you should eat at <http://www.choosemyplate.gov/supertracker-tools.html>

## Assistance Programs

- **Healthy Polk 2020 Issue Brief Access to Affordable Food for Everyone.** This brief discussed food security, health impact of food insecurity, and food assistance.

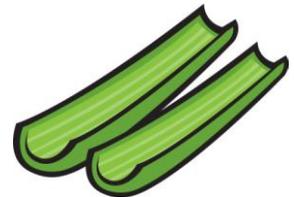


[http://www.polkcountyiowa.gov/media/13690/healthy\\_foods\\_issue\\_brief\\_ii.pdf](http://www.polkcountyiowa.gov/media/13690/healthy_foods_issue_brief_ii.pdf)

- **Iowa Food Gardening Initiative.** The Iowa Food Systems Council received a Wellmark grant to cultivate food security and improve health by increasing food gardens across Iowa within food and nutrition assistance programs. This includes a statewide food gardening education initiative encouraging participants of federal food and nutrition assistance programs and emergency food assistance programs to engage in gardening activities and encourage home, community, faith-based, school and workplace food gardeners to plant and/or pick extra vegetables and fruit to donate to a food pantry or food bank in their communities.
- **Poverty and Food Needs Profiles Offer County Data.** The profiles provide factual data about the characteristics of Iowa communities. The profiles can help with community planning and offer a fuller picture of the well-being of the county population. <http://www.extension.iastate.edu/article/poverty-and-food-needs-profiles-offer-county-data>
- **USDA Releases New SNAP Tool** to search certain characteristics of participants by Congressional district. The new website looks at demographic data of all households within a certain district and then compares those who are on SNAP to those who are not. The site also includes total amount of SNAP funds, total recipients, SNAP participation rate of each state and tells the story of a community's food security. <http://www.fns.usda.gov/ora/SNAPCharacteristics/default.htm>

## Food Safety

- ***To Your Health! Food Safety for Seniors:*** The Food & Drug Administration and the US Department of Agriculture recently completed an update *To Your Health! Food Safety for Seniors*. The booklet and DVD are resource tools on how to prevent illness from mishandled food.



To download a copy of the booklet in English, go to <http://www.fda.gov/downloads/Food/ResourcesForYou/Consumers/Seniors/UCM182784.pdf>

To download a copy of the booklet in Spanish, go to <http://www.fda.gov/downloads/Food/ResourcesForYou/Consumers/Seniors/UCM182785.pdf>

- **Iowa Food Borne Illness:** This Iowa Department of Public Health web site provides information on food borne illnesses. <http://www.idph.state.ia.us/Cade/Foodborne.aspx> then click on reports tab to access information on outbreaks in Iowa.

## Did You Know

"Winter Warmth and Safety: Home Energy Tips for Older Adults," one of Eldercare Locator's most popular brochures has been updated. This includes information on energy assistance programs, saving on energy costs and other health and safety considerations for homes in the winter. The brochure can be ordered through the Eldercare Locator Resource Center on [www.n4a.org](http://www.n4a.org).



**2010 Census Data:** The U.S. population 65 and older is now the largest in terms of size and percent of the population according to a new 2010 Census brief. The group grew at a faster rate than the total population between 2000 and 2010. You can also access a very informative PowerPoint deck that includes some great visuals illustrating the incredible growth in this population. Download slides at [http://2010.census.gov/news/pdf/20111130\\_slides.pdf](http://2010.census.gov/news/pdf/20111130_slides.pdf)

### Aging Integrated Database (AGID) Update

The AGID is an on-line query system based on AoA-related data files and surveys, and includes population characteristics from the Census Bureau for comparison purposes. Database includes information about customer satisfaction and how meals help meal participants stay at home.

<http://www.agidnet.org>

## Tired of Broccoli? Try something new (March Chef Charles Recipe)

### Broccoli Mandarin Orange Salad

2 ½ cups broccoli florets  
1 tablespoon almond slivers (optional)  
1-11 oz. can of mandarin orange sections, well drained  
½ cup orange juice  
¼ cup onions, chopped  
4 teaspoons vinegar  
2 teaspoons sugar  
1 tablespoon oil



Steam broccoli florets in covered saucepan for 3 minutes only. Removed quickly and rinse with cold running water until broccoli is no longer warm. Do not cook further. Place in serving bowl and chill, covered. Meanwhile, in a medium-sized bowl, combine almonds, drained mandarin oranges, chopped onions and remaining ingredients. Toss gently and keep at room temperature for about 15 to 30 minutes. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently.

Makes three servings. Each serving contains: 151 calories; 5 g fat; 59 mg sodium; 25 g carbohydrates; 6 g fiber; 154 mcg folate; 620 mg potassium

### **Department on Aging Mission**

To develop a comprehensive, coordinated and cost-effective system of long term living and community support services that help individuals maintain health and independence in their homes and communities.

The Department provides over \$30 million in services through a network of 13 Area Agencies on Aging across the state. For more information on the Iowa Department on Aging, visit <http://www.aging.iowa.gov>. To locate resources for older adults and people with disabilities, visit <http://lifelonglinks.org/>

### **Iowa Department on Aging**

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