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### Welcome

The Healthy Aging Update is designed to support Iowa Area Agencies on Aging in administering the Nutrition Program. This issue provides information on shingles, blood pressure, transitional care, promotion of meals site attendance, Meals on Wheels, menu planning, and other topics. This issue has a large number of resources on various topics.



### Shingles

Almost 1 out of every 3 people in the United States will develop shingles, also known as zoster or herpes zoster. Anyone who has recovered from chickenpox may develop shingles. The risk of disease increases as a person gets older. About half of all cases occur among men and women 60 years old or older.

Shingles is caused by the varicella zoster virus, the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays in the body in a dormant (inactive) state. For reasons that are not fully known, the virus can reactivate years later, causing shingles. People who have medical conditions that keep their immune systems from working properly are at greater risk of getting shingles.

The most common complication of shingles is a condition called post herpetic neuralgia (PHN). People with PHN have severe pain in the areas where they had the shingles rash, even after the rash clears up.

As people get older, they are more likely to develop PHN, and the pain is more likely to be severe. Shingles may lead to serious complications involving the eye.

The shingles vaccine (Zostavax®) is to reduce the risk of shingles and its associated pain in people age 60 years and older.

Shingles vaccine is available in pharmacies and doctor's offices. Talk with your healthcare professional if you have questions about shingles vaccine. For more information visit

<http://www.cdc.gov/shingles/index.html>

### **Older Americans Act** Subpart 3 Section 339 2 (k)

(K) encourages individuals who distribute nutrition services under subpart 2 to 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.

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## **Iowa Administrative Code 5.15(7) Acquisition of Goods and Services**

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*Appropriate acquisition documents and prohibited costing method. The type of method used (i.e., fixed-price contract, cost reimbursement contract, purchase order, incentive contract, negotiation) shall be appropriate for the particular acquisition and for promoting the best interest of the program involved. The **“cost plus a percentage of cost”** method of contracting is prohibited*

The Iowa Department of Administrative Services (DAS) uses a cost plus a mark-up for marketing, distribution, transportation, warehousing, refrigeration and delivery. To avoid the “cost plus a percentage of cost” DAS in the bidding process requires each bidder to provide a market basket cost (list of foods you usually order) plus their expenses and come up with a firm price for a period of time. DAS is able to obtain a one year commitment in their contracts.

DAS uses market baskets set up in 5 categories and request prices by each category:

- 1) Refrigerated  
Meat, Dairy, Eggs
- 2) Frozen  
Meat, seafood
- 3) Frozen  
Bakery  
Egg scramble  
Vegetables, fruit, juice
- 4) Dry goods
- 5) Disposable non-food items

AAAs are smaller than DAS and it may work best to have a list of approximately 30 items used most frequently and request the same information by item rather than by market basket. It is important to be very specific with each item i.e. size, drained weight, ounces and other quality specifications so you get the products you want and there is equal comparison between bidders.

Bidders must provide their actual cost of the items in the market basket (with documentation) at the time of the bid and provide their cost for marketing, distributing, transportation, warehousing, refrigeration and delivery to come up with a total cost for each market basket or each item.

This provides an example for cost plus fixed price which is allowed compared to “cost plus percentage of cost” which is prohibited.

Take a look at the food donated to meal sites for the seniors to take home. Are there excess amounts of pastries that contribute to sugar, fat and calorie intake of the seniors who have a variety of health problems that is impacted by their diet? Explore ways to begin a discussion for making more healthy foods available. Maybe start with requesting whole wheat bread be included in the



Nearly one in three American adults has high blood pressure, and more than half of them don't have it under control. Many people with uncontrolled high blood pressure take medicine and have seen a doctor two or more times during the past year. High blood pressure contributes to nearly 1,000 deaths per day and costs the nation almost \$131 billion annually in direct healthcare costs.

Team-based care is a successful approach to control high blood pressure. Pharmacists, nurses, dietitians, and community health workers can assist doctors in sharing the responsibility for identifying and treating patients with high blood pressure at every visit. In addition, patients should be counseled to take their medications as prescribed, monitor their blood pressure closely, and make important lifestyle changes including eating a healthy, low sodium diet (like OAA Nutrition Program meals), exercising, maintaining a healthy weight and not smoking.

- About 67 million adults have high blood pressure.
- More than half (36 million) have uncontrolled high blood pressure.
- Nearly 22 million know they have high blood pressure, but still don't have it under control.
- 16 million take medicines, but still don't have their high blood pressure under control.
- High blood pressure is a major risk factor of heart disease and stroke, two of the nation's leading causes of death.

The Centers for Disease Control and Prevention (CDC) newsletter *Vital Signs* [www.cdc.gov/vitalsigns](http://www.cdc.gov/vitalsigns) focuses on uncontrolled high blood pressure and the numerous opportunities to treat this serious health risk. Agencies can provide a link on their website to the *Vital Signs* website at: [www.cdc.gov/vitalsigns](http://www.cdc.gov/vitalsigns). You can also have *Vital Signs* sent directly to your own website to display through CDC's content syndication. To use CDC's syndication service to send it directly to your website, please contact [IMTech@cdc.gov](mailto:IMTech@cdc.gov) or go to <http://tools.cdc.gov/register>. Become a Million Hearts partner. Visit <http://millionhearts.hhs.gov>

### **Turning 65?**

Over 10,000 new beneficiaries will enroll in Medicare each day over the next 10 years.

## Controlling Blood Pressure has to be a priority. Why is blood pressure so important to your health?

When your blood pressure is high:

- You are **4** times more likely to die from a stroke
- You are **3** times more likely to die from heart disease

Even blood pressure that is slightly high can put you at greater risk.

Most people with uncontrolled high blood pressure:

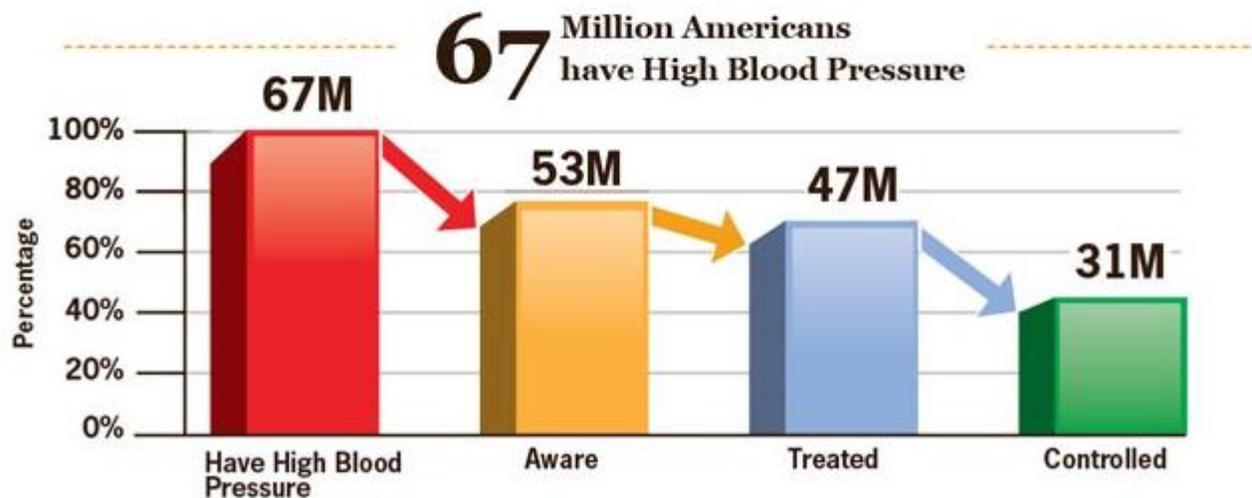
- Know they have high blood pressure
- See their doctor
- Take prescribed medicine

Each of these is important, but there is much more to do. What's needed now is for doctors, nurses and their patients to pay regular and frequent attention to controlling blood pressure.

### Know your numbers and what they mean



If you have diabetes, talk with your doctor about appropriate blood pressure levels.



Source: CDC Vital Signs September 2012, NHANES 2003-2010

## Transitional Care: Improving Outcomes with Innovative Community Nutrition Services

*The following are notes from an August 20, 2012 webinar sponsored by the Healthy Aging Practice Group of the Academy of Nutrition and Dietetics.*

A home health agency participated in a study evaluating hospital readmission rates. This agency had a historical hospital readmission rate of 24 percent. When a nutrition focused intervention involving nutrition screening and nutrition intervention program was implemented, the readmission rate decreased to 8.7 percent.

Information presented during the webinar included:

- 1) 75 percent of readmissions were preventable and impacted by malnutrition.
- 2) Home health clients who were 65+yrs had their refrigerators assessed. Those with inadequate food in refrigerators had more readmissions within 1 month.
- 3) 30-50 percent of older adults admitted to hospitals are malnourished.
- 4) 37 percent of older adults in the hospital for 1-2 days have a loss of muscle mass. A decrease of 10 percent of the muscle mass reduces immunity at 6 months and 1 year; loss of 40 percent of lean muscle mass increases the risk of death which usually results from pneumonia (weak rib muscles/diaphragm/respiratory muscles).

## Promoting Meal Site Attendance



*Hershey Housing GenAgeCafe (left to right) Sandy Tinker – Employment Specialist – Senior Internship Program; Jan Harper – Choices Connection /SMP; Cheryl Badolato – Case Management Director; Catherine Pratscher-Woods – Assistant Director*

The Generations New Age Andrew Sisters have continued to do a few performances at Cafes, when time permits. In an effort to re-energize and boost attendance at some Cafes in Muscatine they provided a special meal and the group gave three performances at three Cafes on September 11<sup>th</sup>. Since that was Patriot Day in honor of 9/11, the group added a number of patriotic songs and dressed in red, white and blue.

## Building Infrastructure

Generations AAA has restarted and expanded their popular frozen breakfast program in Scott and Clinton Counties. Christa Merritt was able to write for and obtain a grant from the Scott County Regional Authority to obtain funds for a new walk-in freezer for storage of the frozen meals. The grant paid for the freezer, installation, electrical work and the first shipment of 960 meals. A previous grant from them also paid for the vans.

Distribution of the meals began again in August. Seniors are very happy with the meals and plans are to expand the breakfast program to other counties.



Each senior's bag contains a label with the number of frozen meals requested, freezer packs, juice, bread and cocoa mix. The bags have labels indicating entrees requested, name and location and driver delivering them. The drivers bring the bags and the freezer packs back.

## Where can I find a Matter of Balance Workshop?

The Matter of Balance program is one of the evidence-based programs that can use OAA Title IIID funding. The program has been a popular fall prevention program and is offered in most areas of the state. For the past year there has not been one place to go to for finding where Matter of Balance workshops are being held. Starting in October, the Iowa Department on Aging will update and maintain the list of workshops. For the list to be effective in promoting participation in workshops, it is will be important for the person coordinating workshops to report them to Pat Wyatt at [pat.wyatt@iowa.gov](mailto:pat.wyatt@iowa.gov). A description of the Matter of Balance program and workshop information will be at <http://www.aging.iowa.gov/>.

## Fall Prevention Resources

A variety of resources related to fall prevention are available at: <http://www.idph.state.ia.us/FallPrevention/>

  
**State of Iowa**  
**Executive Department**

IN THE NAME AND BY THE AUTHORITY OF THE STATE OF IOWA

**PROCLAMATION**

- WHEREAS,** Falls among older adults are a significant problem and pose a major threat to health and independence resulting in high personal and economic direct costs; and
- WHEREAS,** Among Iowa's older citizens, falls are the leading cause of hospitalization and death and the rates of these are five times greater for those over 65 than the rate of all ages combined; and
- WHEREAS,** The combined direct costs of fall-related hospitalizations and emergency department visits in Iowa are \$237 million annually; and
- WHEREAS,** Falls are a contributing factor for nursing home placements, which may end an older citizen's ability to live independently; and
- WHEREAS,** Falls among older adults occur in all socioeconomic and cultural groups with nearly one-third of older adults experiencing a fall; and
- WHEREAS,** Ensuring proper footwear and eyewear for older adults and providing training and resource material to older adults, their families and caregivers are steps that can help reduce the number of injuries due to falls; and
- WHEREAS,** The fastest growing segment of the Iowa population is among persons over 65; and
- WHEREAS,** The Iowa Department of Public Health and the Iowa Department on Aging have fostered partnerships across the aging network to help with resources and training to prevent falls:
- NOW, THEREFORE, I, Terry E. Branstad, Governor of the State of Iowa, do hereby proclaim September 22, 2012 as**

**FALLS PREVENTION AWARENESS DAY**



IN TESTIMONY WHEREOF, I HAVE HERETO SUBSCRIBED MY NAME AND CAUSED THE GREAT SEAL OF THE STATE OF IOWA TO BE AFFIXED. DONE AT DES MOINES THIS 25<sup>th</sup> DAY OF SEPTEMBER IN THE YEAR OF OUR LORD TWO THOUSAND TWELVE.

  
TERRY E. BRANSTAD  
GOVERNOR OF IOWA

ATTEST:   
MATT SCHULTZ  
SECRETARY OF STATE

**Meals on Wheels Association of America 2011 Conference**

**Surviving in a Changing Environment:** This conference session handed out the following work sheet to evaluate your nutrition program. – There are a few slides also included from this session. Consider completing the worksheet for your nutrition program.



My Vision - Nutrition Program in the Year 2017

- #1
- #2
- #3

Top Priorities for My Program for the Next Five Years

- #1 (example: increase participants’ satisfaction with meals. Indicator: Customer satisfaction survey addressing food quality, taste, etc.)
- #2 (example: Control meal costs: reference CPI, review paid labor, review purchasing agreements, and monitor standardized recipes and portions served)
- #3

**Within the Next Six Months**

What Action Steps Can I Accomplish? How Can I Measure Success?
1.
2.

**Within the next 12 Months:**

What Action Steps Can I Accomplish? How Can I Measure Success?
1.
2.

**Define Your Product Based on Customer Wants/Needs**

- Choice in menu, including cultural & dietary choices
- Attractive presentation of food
- Knowledgeable & friendly staff
- Variety of supportive programs, services and activities
- Pleasant, welcoming, supportive environment
- Participant input
- Volunteer opportunities
- Congregate-Adequate transportation & parking

**Solutions: Menu Choices**

- Accommodating Consumer Menu Choice
- Time
- Service location or place
- Restaurant voucher programs
- Café style service

- \_ Menu
- \_ Food
- \_ More than 1 meal/day
- \_ Fee for service/private pay options
- \_ Customer service emphasis

**Current and Future Challenges**

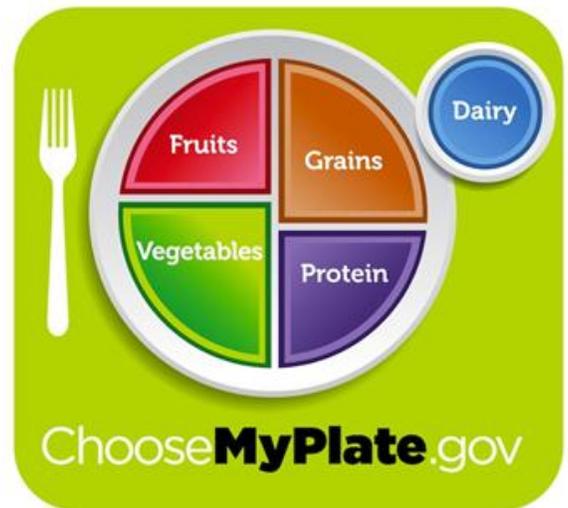
Do You Know?

- \_ Your mission and purpose
- \_ Your current and future customer
- \_ Your current and future service needs
- \_ Your image within the community
- \_ Your community partners
- \_ Your resources
- \_ How change will affect you

**Menu Planning**

The Dietary Guidelines for Americans encourages increasing consumption of beans and legumes. Beans are a good source of protein, fiber, potassium, magnesium and folic acid while they are also low in fat. Soups are a good way to incorporate beans into the menu.

This chili recipe is unique in that it includes several types of beans along with texturized soy protein (TSP). The TSP when prepared in the chili it looks and tastes like ground beef - it takes on the flavor of other ingredients. TSP is a high quality protein made from soybeans. It is also a good source of fiber, potassium and folate while having no sodium or fat. The TSP is economical and a good substitute for ground beef, especially as the price of beef increases.



The opportunity exists to try this recipe and have participants evaluate a new recipe. This will need to be a blind test meaning the ingredients are not identified to meal participants. The Soyfoods Council has offered to provide the TSP to nutrition programs willing to participate in the participant evaluation. If you are interested in participating, please contact Carlene Russell at [carlene.russell@iowa.gov](mailto:carlene.russell@iowa.gov). More information will be provided to those who express interest.

## Three Bean Chili with Texturized Soy Protein (TSP)

*Makes 8 servings*

½ cup water or beef broth  
¾ cup TSP  
1 T soy oil  
1 can (15 oz) corn  
1 can (15 oz) black beans  
1 can (15 oz) garbanzo beans  
1 can (15 oz) red kidney beans  
1 can (15 ½ oz) diced tomatoes  
½ cup prepared salsa  
1-2 tsp chili powder  
½ tsp garlic powder  
Salt and pepper to taste.



- Heat water or beef broth to boiling. Remove from heat. Add TSP and let stand 3 minutes.
- In skillet over medium-high heat, heat oil. Add TSP and cook and stir until slightly crisped, about 5 to 6 minutes. Add TSP to large pot.
- Drain and rinse black beans, garbanzo beans and kidney beans and add to pot with TSP. Add tomatoes, salsa, chili, and garlic powder.
- Heat over medium – high heat just until boiling, then reduce heat and simmer for 30 to 40 minutes. Or combine TSP, beans and seasonings in slow cooker and cook for shortest time available on slow cooker (4 hours).

TSP can be found in bulk food sections of grocery stores or in the bean/grain section (Bob's Red Mill.)



## RESOURCES



### Health Promotion

- **CDC Launches New Educational Program to Improve Americans' Blood Pressure Control**  
*Team Up. Pressure Down* encourages pharmacist-patient engagement

Customers at drugstores around the nation can get help to improve blood pressure control, through collaboration among pharmacists, the Department of Health and Human Services, and other partners. The program, *Team Up, Pressure Down*, includes educational videos, a blood pressure control journal, and wallet card to track medication use.

The blood pressure initiative, part of the Million Hearts health education program and supported by the Affordable Care Act, was developed by the Centers for Disease Control and Prevention with practicing pharmacists and national pharmacist groups. The initiative's tools will help pharmacists talk about current medications and ways in which patients can use the medications most effectively. The goal of Million Hearts is to prevent 1 million heart attacks and strokes by 2017. To learn more, go to

[http://www.cdc.gov/media/releases/2012/p0905\\_team\\_up\\_pressure\\_down.html](http://www.cdc.gov/media/releases/2012/p0905_team_up_pressure_down.html)

- **Preventing Hospital Readmissions.** Carolyn M. Clancy, M.D., Director of the Agency for Healthcare Research and Quality (AHRQ), offers brief, easy-to-understand advice columns for consumers. To read Dr. Clancy article on steps that many hospitals are taking to prevent patients from getting re-admitted to the hospital soon after they leave go to <http://www.ahrq.gov/consumer/cc/cc090412.htm>
- **Paying for Long Term Care.** CMS has updated information for the consumer on understanding, planning, and paying for long term care services: <http://www.longtermcare.gov>
- **Super Tracker** is an interactive diet and activity tracking tool with new features to allow you to set your personal calorie goal. To set a personal calorie goal, [login](#) to your account, navigate to the [My Top 5 Goals](#) page (available under My Features), and click on the "Calories" tab. <https://www.supertracker.usda.gov/default.aspx>
- **Need a hearing aid?** AUDIENT is a nationwide program that helps people in need obtain hearing aids at a reduced cost. Hearing loss is a common but often untreated health issue among older adults. [Find out who qualifies](#)



### Emergency Preparedness

- **Hot Weather Safety Tips.** Find a list of heat-related articles that you can print and use for free at <http://www.naccho.org/topics/emergency/darksite/extreme-heat.cfm> and a fact sheet at [http://www.healthinaging.org/files/documents/tipsheets/hot\\_weather\\_safety.pdf](http://www.healthinaging.org/files/documents/tipsheets/hot_weather_safety.pdf)
- **Emergency Handbook for Food Managers** – This is an excellent resource that covers what to do in various emergencies.

[http://gwaar.org/images/stories/EmergencyPreparedness/Nutrition/emergency\\_handbook\\_for\\_food\\_managers\\_1.pdf](http://gwaar.org/images/stories/EmergencyPreparedness/Nutrition/emergency_handbook_for_food_managers_1.pdf)

## Nutrition Education

- **DASH Diet.** Pushing down high blood pressure can reduce the risk of quite a number of conditions that kill people, such as heart attack, stroke and kidney disease. And obesity raises the risk of high blood pressure. So it makes sense to control your weight.



The long name is Dietary Approaches to Stop Hypertension or the DASH Diet which advocates that you should eat a lot of fruits and vegetables, a lot of nonfat or low-fat dairy products, and also lean meat, chicken breast, things like that. [Listen to Tip](#) **Interested?**  
[Take the Next Step](#)

## Food Safety

- **“Food Safety on the Go”** course for home-delivered meal programs is available at <http://www.nfsc.umd.edu/FoodSafety/index.cfm>. A recorded webinar from the Meals on Wheels Association can be accessed at the following website: <https://connect-test.moo.umd.edu/p60kxix4wj0/>
- **Home Food Safety Mythbusters.** We have all heard advice related to food safety. Some of this advice is accurate, while other guidance is just plain wrong. To help you protect yourself and your family from foodborne illness, the Partnership for Food Safety Education has created new materials for consumers and educators that debunk common home food safety myths. Brush up on safe food handling advice with Fight BAC! <http://fightbac.org/campaigns/mythbusters>



## Did You Know?

Shelf stable milk is available in 8 oz. containers and may be helpful in providing your home delivered meals. The boxed milk is aseptically processed under Ultra High Temperatures (UHT). The UHT process enables milk to remain fresh (until opened) with or without refrigeration for 10-12 months.



### Iowa Department on Aging Mission

The mission of the Iowa Department on Aging is 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.

IDA 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 (IDA), visit <http://www.aging.iowa.gov>. To locate resources for older adults and people with disabilities, visit <http://www.lifelonglinks.org/>.

### Iowa Department on Aging

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