

Healthy Aging Month

September 2024

Nutrition Corner for Senior Centers
Non-Metro New Mexico Area Agency on Aging



<https://welcomehealth.org/protecting-aging-skin-the-basics/>

LET THE NEXT ADVENTURE BEGIN . . .

is the theme for Healthy Aging Month. This month is dedicated to bringing a national focus to the art of aging and to help everyone take responsibility for their own health by providing education and support.

Malnutrition Awareness Week September 16 - 20, 2024

Nutrition plays a key role in “healthy aging”. Did you know that 1 out of 2 older adults are at risk for malnutrition? Although weight loss can be a sign of malnutrition, overweight people can experience malnutrition as well, due to lack of important nutrients. Some common signs of malnutrition in older adults are:

- ◆ Weakness and being tired
- ◆ Problem healing wounds
- ◆ Loss of muscle and strength
- ◆ More falls and fractures
- ◆ More infections
- ◆ Having to be admitted to the hospital
- ◆ More medical cost
- ◆ Being unable to stay in the home



Common causes of malnutrition in older adults are:

- * Not feeling hungry
- * Too strict of a diet
- * Problems chewing or swallowing
- * Decrease taste and smell sensitivity
- * Having a chronic illness and medications
- * Food poverty

Senior Nutrition Programs (SNP) such as congregate meals and home-delivered meals can benefit older adults who are at risk for malnutrition.

Nutrition and Aging Resource Center



10 Tips for Healthy Aging

It's never too late to take control of your health. Here are 10 tips that can help us all age in a healthy way:

1. Be active. Make physical activity part of your daily routine.
2. Eat well - more fruits and vegetables!
3. Practice prevention: make those annual visits to the dentist, ophthalmologist, physician, etc. Assess the safety of your home to prevent falls.
4. Advocate for your own health. Follow up with doctors and your health care plans.
5. Get enough sleep. Strive to get 7 to 9 hours of sleep per night.
6. Stay social and nurture relationships.
7. Keep your brain engaged by learning new skills, reading, writing, playing games, etc.
8. Manage stress.
9. Make time for the activities that you enjoy.
10. Embrace aging. Be proud of your accomplishments and be kind to yourself.



<https://www.homeinstead.com/care-resources/wellness-lifestyle/10-tips-for-healthy-aging/>

National Falls Prevention Awareness Week

September 23 - 27, 2024



Did you know?

- Falls are the leading cause of fatal and non-fatal injuries for older Americans.
- 1 in 4 older adults fall each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall.
- Every 19 minutes, an older adult dies from a fall.



There are many causes that may lead to a fall.

- Malnourishment can lead to weakness and fatigue.
- Some medications can cause dizziness or confusion.
- Safety hazards in the home or community can cause falls.



Falls can be prevented.

- Exercise to support muscle strength, balance, and flexibility.
- Manage medications.
- Get routine eye exams.
- Safety proof the home by: clearing walk-ways, check carpets for bunching or rolling, get rid of throw rugs, ensure there is adequate lighting.
- Wear correct shoes.



Preventing falls in your Senior Center.

- Make sure walk-ways are clear.
- Make sure floors are dry.
- Provide durable chairs in dining area.
- Avoid using rugs that may become a tripping hazard.

For more tips on fall prevention, visit the National Institute on Aging's website at

<https://www.nia.nih.gov/>

www.ncoa.org/page/falls-prevention-awareness-week-toolkit/#Articles

Senior Center Spotlight



(Your Senior Center's Name Here)

Please help us share the wonderful things that are happening in your community. This is a great opportunity to highlight any special project or events that are occurring at your center.

Please send a paragraph describing the project or event and a picture to:

karenz@ncnmedd.com

Non-Metro New Mexico Area Agency on Aging



Malnutrition in Your Senior Center

Senior Center Directors and their staff can be imperative in recognizing malnutrition in their congregate and home delivery participants. Intervention can happen as early as when the participant is registering for the program. Screening can identify participants that are malnourished or are at risk of malnutrition. The process will also identify if there are issues with food insecurity.

Congregate meals provide nutritious meals while also providing social interaction. Home-delivery meals provide nutrition, and drivers are able to make personal contact with participants. All staff members should be aware of a participant's change in appetite, energy, and/or appearance, and report it to the Director.

Menu planning is crucial for all senior centers. The OAA meal requirements guarantee that participants will receive the necessary nutrition from prepared meals. The meal you serve may be the only nutritious meal a participant may get for that day. This is why submitting your menus for a nutrition analysis is so important.

Thank you for all you do each day to ensure participants are getting proper nutrition.

PUMPKINS....



more than just for pie!

The name “pumpkin” comes from the German word “pepon,” meaning large melon. Considered to be part of the winter squash family, pumpkins are technically fruits because they come from the flower of their plant. Although pumpkin pie is America’s favorite Thanksgiving dessert, every part of the pumpkin is edible and can add extra nutrients to items such as soups and salads.

Pumpkin **flesh** is the most enjoyable part of the pumpkin and also contains many beneficial nutrients. Beta-carotene makes the pumpkin orange and supports healthy skin, eyes, mucous membranes, and the immune system. Even canned pumpkin is a good source of Vitamins A and C, Potassium, and Fiber.

The **seeds** are also a favorite part of the pumpkin and can be added to salads, soups, breads, or toasted for a tasty snack. The seeds contain many nutrients and may provide health benefits such as helping to regulate blood pressure, promoting bone health, protecting cells from damage, improving digestion, and helping to manage blood sugar.

Roasting Pumpkin Seeds

1. Scoop seeds out of pumpkin and rinse all the flesh off seeds.
2. Place seeds on towels to dry.
3. Preheat oven: 350 degrees
4. Mix dried seeds with herbs of your choice such as paprika, chili powder, cinnamon, or just leave them plain.
5. Arrange seeds on cookie sheet.
6. Cook until golden brown, tossing them every 5 minutes. (about 12—15 minutes)
7. Let cool and enjoy!

Get the latest news, recipes, and approved menus at our website:

www.nonmetroaaa.com/provider-portal



Recipe of the Month

Turkey Pumpkin Chili

Prep time: 5 minutes

Cook time: 90 minutes

Servings: 10 cups

Ingredients:

- 1 teaspoon vegetable oil
- 1 pound lean ground turkey
- 2/3 cup chopped onion (about 1/2 medium onion)
- 1/2 cup chopped green pepper (about 1 small pepper)
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 can (15 ounces) low-sodium Kidney Beans, drained and RINSED
- 1 can (15 ounces) low-sodium Great Northern Beans, drained and RINSED
- 1 can (16 ounces) pure pumpkin puree
- 1 can (15 ounces) diced tomatoes (NO ADDED SALT)
- 2 cups LOW-SODIUM Chicken Broth
- #87 Low-Sodium Taco Seasoning Recipe (1.25 oz)

Ingredients: 6 teaspoons chili powder

5 teaspoons paprika

4 1/2 tsp ground cummin

2 1/2 tsp onion powder

2 1/2 tsp garlic powder

1 1/2 tsp cornstarch

1/8 tsp cayenne pepper



Directions:

1. Heat oil in a large saucepan on medium heat; add turkey, onion, green pepper and garlic.
2. Cook and stir, breaking turkey apart until it is browned and vegetables are tender.
3. Stir in beans, pumpkin, tomatoes, broth, and seasoning.
4. Bring to a boil, then reduce heat to low. Cover and simmer for 1 hour, stirring occasionally.
5. Refrigerate leftovers within 2 hours.

(Adapted from foodhero.org)

(Taco Seasoning - nonmetroaaa.com/provider-portal)

SEE WEBSITE FOR STANDARDIZED RECIPE.