

December

This issue:

Newsletter Pages, 1-2

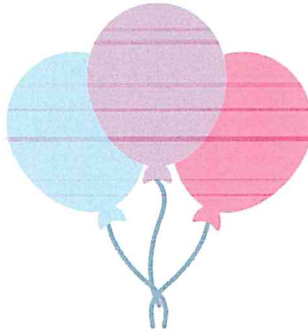
Recipe Page, 3

How to practice Stress-Free
Eating During the Holidays,
Page 4

Malnutrition in Seniors Pages,
5-6



**HAPPY
BIRTHDAY**
TO ALL OUR VALUED
PARTICIPANTS



Contact us:

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Kathryn Dye

Meals on Wheels

Staff:

Rosa ~ Christine~ Kim

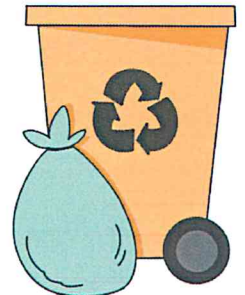
Meals on Wheels

(208) 232-1114 Opt. 3

www.seicaa.org

Your feedback is important to us!
Contact us to give feedback and help
us continuously improve.

If you have difficulty with your trash container on trash day. Call the Pocatello Sanitation Department 208-234-6150. They will make arrangement's for assistance to take it to the road and back to your house.



Delivery date changes due to office closures/holiday's:

- Meals for 12/14 (in-service), will be delivered 12/12
- Meals for 12/25 (closed), will be delivered on 12/20
- Meals 12/26 (closed), will be delivered on 12/21



***Please call the day before to cancel
a meal.***

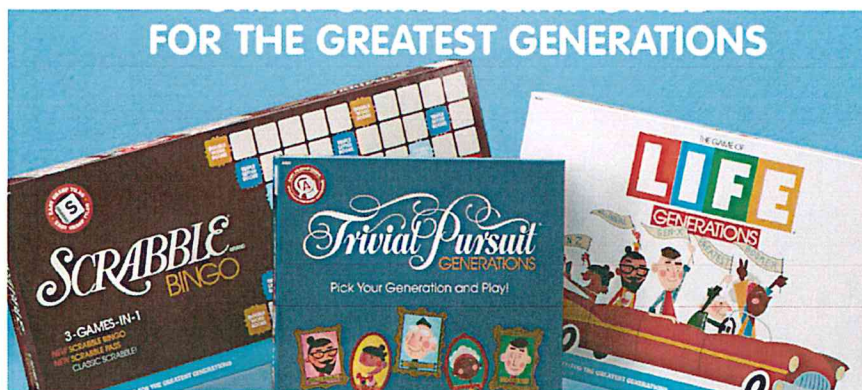




Friendly Home Visit



Are you interested in a **Friendly Home Visit** or **Friendly Phone Visit**? Our home visits provide one on one time to chat, do art projects, or play board games. There are board games that your driver can bring to play or for you to borrow. Take advantage of this great opportunity to help combat isolation.



PAWS Onboarding Survey/Program

SEICAA Meals on Wheels is excited to announce it is now offering pet care for its clients. The Pets Assisting in Wellness for Seniors (PAWS) program helps ensure our clients and their pets can stay together. If you have pets at home and you have not filled out the survey, please let your driver know.



Comments? Questions? Concerns?
Call the office: 208-232-1114

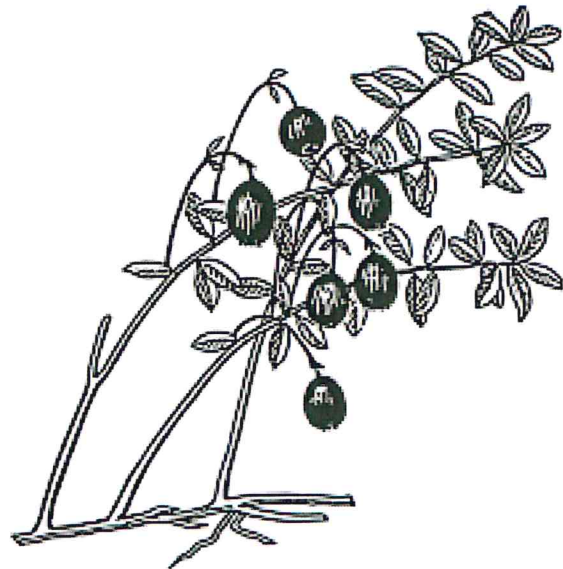
December 2023 Nutrition Article

Winter is here! Along with the holidays, snow, and hot cocoa come many viruses, coughs, and colds. Please help us reduce the spread of germs with proper handwashing. National Handwashing Awareness Week is **December 5-11**. According to the Center for Disease Control and Prevention (CDC), the following steps can help keep everyone healthy this winter season

- Wash hands with soap and water for at least 20 seconds
 - Singing the song, "Happy Birthday" is at least that long
- Dry your hands using a clean towel or air dry them
- Wash hands before food preparation, before eating a meal, after using the restroom, after sneezing/blowing nose, after leaving a public space, etc

What's in season during December?

- Brussel Sprouts - wash clean, slice in half, drizzle with olive oil, salt & pepper. Bake at 375 degrees for 30 minutes on a lined baking pan. Delicious!
- Cranberries
- Kale
- Green Beans
- Broccoli
- Oranges



Easy Citrus Cranberry Sauce

- 1 package of fresh cranberries (usually sold in 2 lb bags), washed clean
- ½ cup granulated sugar - Feel free to adjust to preferred taste
- ½ cup water
- 1 fresh orange ; juice and peel or zest

Bring water and sugar to a light boil, add cranberries and let sit for about 5 min, just until they begin to burst open. Turn off heat and mix in orange juice and zest. Let cool and enjoy! Store in an air-tight container in the refrigerator for 7-10 days.

How to Practice Stress-Free Eating During the Holidays

The Holidays have arrived in full swing! Many people begin to feel anxious and often overwhelmed with the holiday chaos, especially when it comes to food. If you're someone who feels anxious about eating this time of year, here are a few mindful tips to practice so you can enjoy the holidays without stress:

1. Give Yourself Permission to Eat Your Holiday Favorites

Most of the time our Holiday favorites are only served once a year. Internally give yourself permission to eat your favorites! A slice of pie won't make or break your health. Sure, a slice of pie every day for a whole year might, but not a few slices during the holidays!

2. Use Smaller Plates

This is a great tool to help keep your portions under control. Just remember to avoid "piling high" and keep track of how many times you refill it.

3. Use the "Plate Method"

The plate method is another handy tool to encourage healthy portions. When putting together your holiday plate, add $\frac{1}{2}$ a plate of veggies and fruits, $\frac{1}{4}$ plate of protein, and $\frac{1}{4}$ plate of starchy veggies or grains. Every holiday plate looks different, but you can use this plate method as a guide to help you keep portions in check and encourage intake of fiber and nutrient-rich foods!



4. Fill Up on Fiber & Protein First

Fiber from veggies, fruits, whole grains, nuts, and seeds and protein from lean meat, eggs, fish, and beans will help you feel full longer. This prevents "grazing" throughout the day. Practice the plate method above to ensure you're filling up on nutrient-rich fiber and protein!

The Bottom Line:

Enjoy your holiday favorites! This time only comes once a year, so it's best to enjoy it. Fill up on nutrient-rich foods first (veggies, fruit, whole grains, lean protein) and give yourself permission to eat your holiday favorites.



Malnutrition in Seniors

Malnutrition in older adults over the age of 65 is often underdiagnosed and can lead to other elderly health issues, such as a weakened immune system and muscle weakness. Malnutrition is when your body doesn't get enough nutrients from the foods you eat to work properly. Nutrients include fats, carbohydrates, protein, vitamins, and minerals. These substances give your body energy. They help your body grow and repair tissues. They also regulate bodily functions such as breathing and the beating of your heart.

As the U.S. population ages, malnourishment is a growing concern. Good nutrition is very important for all older adults. It is especially important for older adults who are ill or have been diagnosed with a chronic disease or dementia. Malnutrition in older adults can lead to a number of health problems, including the following:

- Unintentional weight loss.
- Tiredness and fatigue (feeling out of energy).
- Muscle weakness or loss of strength. This could lead to falls, which could cause broken bones or fractures.
- Depression.
- Problems with memory.
- A weak immune system. This makes it hard for your body to fight off infections.
- Anemia.

Because of these health problems, malnourished adults tend to make more visits to their doctor, the hospital, and even the emergency room. They don't recover from surgery or other procedures as quickly as adults who are well nourished.

Malnutrition occurs when a person doesn't have enough food or doesn't eat enough healthy foods. A number of things may affect the amount and type of food that older adults eat. These include:

- **Health problems.** Older adults may have health problems that cause a loss of appetite or make it hard to eat. This could include conditions such as dementia and other chronic illnesses. They may be on restricted diets that make foods taste bland. They may also have dental problems that make it hard to chew or swallow foods.
- **Medicines.** Certain medicines can decrease appetite or affect the taste and smell of food.

- **Low income.** Older adults may be on a fixed income. They may be paying for expensive medicines to help manage health conditions. They may have trouble paying for groceries, especially the healthy foods they need.
- **Disability.** Older adults who have dementia or physical disabilities may not be able to shop for groceries or cook for themselves.
- **Social issues.** Mealtimes can be social occasions. As we age, we may start to lose friends and family members. Older adults who usually eat alone may lose interest in cooking and eating.
- **Alcoholism** can decrease appetite and affect how the body absorbs nutrients from food.
- **Depression** in older adults can lead to loss of appetite.

It can be hard to tell if an older adult is malnourished. Check the refrigerator and pantry to find out the amount and type of food your loved one has on hand. Be sure to visit during mealtimes so you can observe their eating habits. Watch for signs of weight loss, such as clothing that is looser than normal. Easy bruising and slow wound healing are also signs of malnutrition. Know which medicines your loved one takes and ask a doctor or pharmacist if any of the medicines may cause loss of appetite. If your loved one is depressed or is an alcoholic, help him or her seek treatment.

To improve your loved one's nutrition, try some of the following:

- **Encourage healthier food choices.** The best foods are those that are full of nutrients, such as fruits, vegetables, whole grains, and lean meats.
- **Snacking** on healthy foods is a good way to get extra nutrients and calories between meals.
- **Make food taste good again.** If your loved one is on a restricted diet, herbs and spices can help restore flavor to bland foods.
- **Consider adding supplements to your loved one's diet.** He or she may benefit from a supplement shake or other nutritional supplements. Talk to their doctor about these options.
- **Plan social activities.** Make mealtimes and exercise a social activity. Take your loved one on a walk around the block. Encourage him or her to meet a neighbor or friend for lunch.

You may need help making sure your loved one is eating right. Home health aides can help shop for groceries and prepare meals. Check with your local Council on Aging and other senior community resources and community programs, such as Meals on Wheels. They may be able to help you care for your loved one.

<https://familydoctor.org/preventing-malnutrition-in-older-adults/>
<https://vitalrecord.tamhsc.edu/10-common-elderly-health-issues/>