

# April

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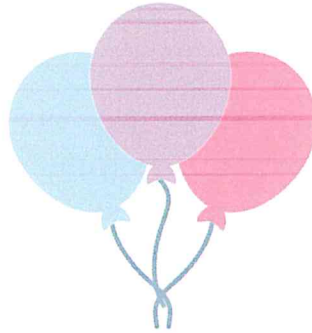
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HAPPY  
BIRTHDAY  
TO ALL OUR VALUED  
PARTICIPANTS



## Contact us:

### Director:

Kathryn Dye

### Meals on Wheels

### Staff:

Rosa ~ Kim

### Meals on Wheels

**(208) 232-1114 Opt. 3**

**[www.seicaa.org](http://www.seicaa.org)**

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



Meals on Wheels recently received a grant for our pet program, PAWS. With that grant we can now offer more help for your pet. **Get \$200 per pet.** We can help pay for **(wellness visit's, nail trimming, transportation for your pet only to & from the veterinarian office)** The grant is only valid until it is spent. For transporting your pet the pet must be crated. The crate must be clean-free of dirt, urine and feces. Appointments' must be after noon. Please call the office **208-232-1114 Opt. 3** for additional questions.

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

- There are no office closers for the month of April



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



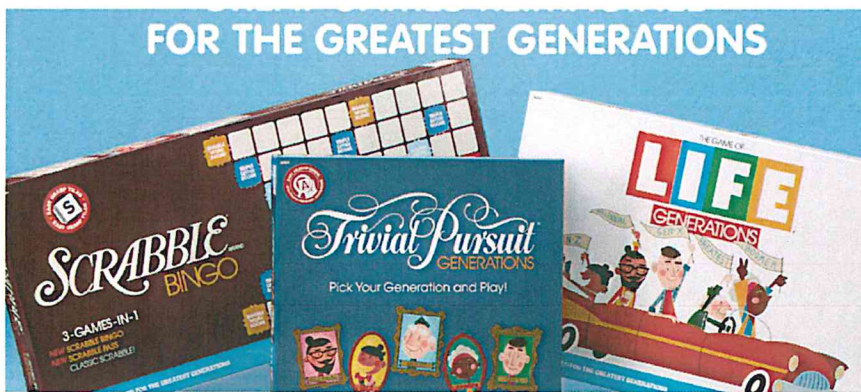
United Way  
of Southeastern Idaho



## 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**  
PET'S ASSISTING IN  
WELLNESS FOR SENIORS

## 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.



SouthEastern Idaho  
Community Action Agency  
*Helping People. Changing Lives.*

## Comments? Questions? Concerns?

### Call the office: 208-232-1114

# Muscle Matters for Your Health at Any Age

## Healthy Muscles Support Healthy Bones

Strong and healthy muscles and bones support you every day, and you can support them by eating nutrient-rich foods and getting regular exercise.\* Small steps could help you reap benefits you may not realize you can gain. No matter what age you are, it's important to establish good nutrition, lifestyle and physical activity habits to help pave a path for strong muscles and bones.

Consuming high-quality protein and participating in resistance exercise, such as weight lifting, are important to muscle strength. Maintaining your muscle contributes to health and well-being.

Whether your goal is maintaining a toned and healthy body or aging healthfully, protein can benefit your active lifestyle:

- **Build more lean muscle** – a **higher protein diet** in combination with resistance exercise can help build healthy muscles and support weight management.
- **Reduce muscle loss during aging** – protein can help preserve muscle as you age.
- **Enhance muscle recovery after resistance exercise** – consuming high-quality protein may help nourish your muscles after a tough workout and help you make the most out of your workout.

### FAQ:

#### What is protein?

Protein is an essential nutrient (like fat and carbohydrate) your body needs each day. Not all proteins are equal – quality can make a difference. High-quality protein foods make it easy for you to get all of the essential amino acids your body needs to build and maintain muscles and help your body work properly.

#### What are high-quality proteins?

Dairy foods such as milk, flavored milk, cheese, cottage cheese, yogurt and Greek-style yogurt are good

sources of high-quality protein.\*\* High-quality protein provides all the essential amino acids your body can't make on its own. The high-quality protein found in foods such as dairy foods, eggs, lean beef and pork, skinless poultry, fish and soy offers convenient options to help you meet your protein needs.

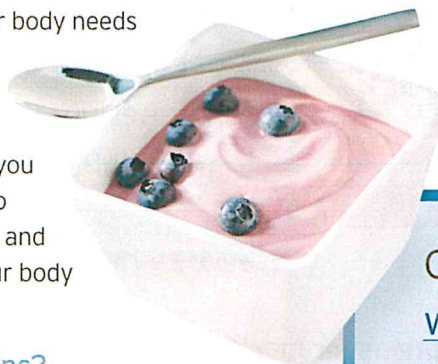
– For more information, see [\*\*Protein: Understanding the Basics\*\*](#).

#### How can I get the benefits of protein?

- Incorporate dairy protein into daily meals, snacks and after your workouts.
- Look for protein on the nutrition facts label and ingredients list of your favorite foods.†
- Enjoy foods and beverages containing whey protein, such as your favorite protein bar or shake, which can be found at grocery and health food stores.

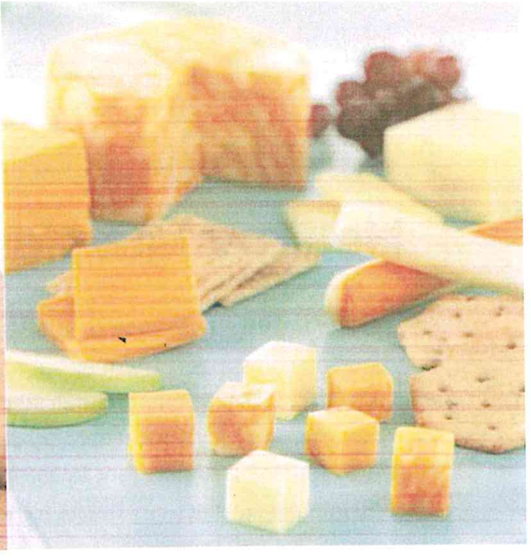
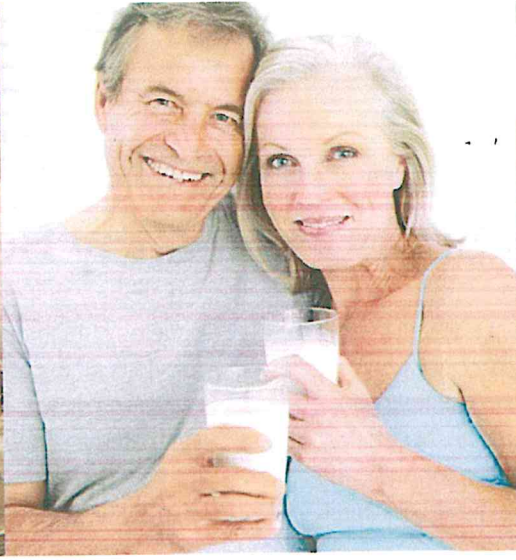
#### Did You Know?

- Dietary protein is an essential nutrient for bone health.
- There's more than just calcium needed to make strong bones – protein plays a role, too, and dairy foods provide both of these key nutrients.††
- Healthy bones matter at all ages, and strong muscles help support strong bones. Muscle strengthening exercises are physical activities that build the muscles. This includes lifting weights, using elastic exercise bands or lifting your own body weight.
- Regular exercise is important at all ages to help build strength, improve posture, promote balance to prevent falls and increase muscle mass.



Get recipes that include protein at [wheyprotein.nationaldairyCouncil.org](http://wheyprotein.nationaldairyCouncil.org) and [nationaldairyCouncil.org](http://nationaldairyCouncil.org).





### The role of protein in healthy aging

Want to keep doing the things you like to do, whether it's hiking with your grandkids or dancing with your friends? Healthy habits, including resistance exercise and a **diet higher in protein**, can help you maintain your muscles to help stay active as you age.

- Experts recommend 2 hours and 30 minutes per week of moderate-intensity activities like brisk walking, ballroom dancing or general gardening for adults, including older adults.

**Diets higher in protein**, including dairy foods that contain high-quality protein, can help minimize muscle loss as you age. Here is how dairy can help you:

- Milk and cheese are good sources of high-quality protein. A diet higher in protein can help you maintain muscle as you age.†
- Yogurt is a good source of high-quality protein. Did you know that most Greek-style yogurts have about double the amount of protein as traditional yogurts?
- Whey protein, a high-quality protein from milk, can help provide the protein you need in your diet.



A healthy diet includes adequate protein. **Low-fat and fat-free dairy foods provide high-quality protein.** Milk, flavored milk, cheese, cottage cheese, yogurt, Greek-style yogurt as well as foods and beverages containing whey protein can help you get the protein you need.

Regardless of the type or variety of milk, cheese or yogurt you choose (e.g., regular, low-fat, fat-free, reduced-sodium, lactose-free, etc.), protein will be present. In addition to protein, dairy foods (milk, cheese and yogurt) are important sources of calcium, potassium, phosphorus, magnesium, zinc, vitamins A, D and B<sub>12</sub> and riboflavin in the U.S. diet.



From learning how to pick the best **options for meatless meals to managing weight and controlling hunger** to learning how to maintain and **build healthy muscles and bones** – diets higher in protein can help people meet health and wellness goals.

\*Check with your doctor or registered dietitian before making changes to your diet and/or exercise regimen.  
\*\*Look for products containing 5 grams or more of protein per serving.  
†Look for products containing 5 grams or more of protein per serving and 10% or more of the Daily Value (DV).  
‡Look for products containing 5 grams or more of protein and 100 mg or more of calcium per serving.  
§Look for cheeses providing 5 grams or more protein per ounce.



## Home Modifications

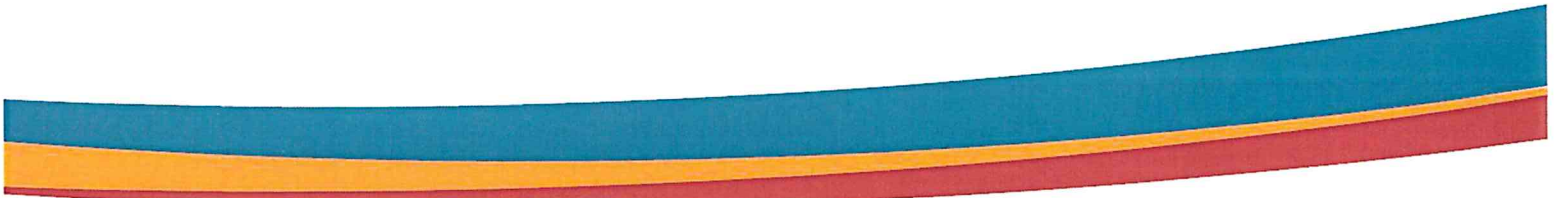
Home modifications are changes made to adapt living spaces to meet the needs of people with physical limitations so that they can continue to live independently and safely. These modifications may include adding assistive technology or making structural changes to a home. Modifications can range from something as simple as replacing cabinet doorknobs with pull handles to full-scale construction projects that require installing wheelchair ramps and widening doorways.

The main benefit of making home modifications is that they promote independence and prevent accidents. According to a 2000 AARP housing survey, “89% of older Americans want to stay in their current homes for as long as possible,” but other studies show that most homes are not designed to accommodate the needs of people over age 65. A house that was perfectly suitable for a senior at age 55, for example, may have too many stairs or slippery surfaces for a person who is 70 or 80.

### HOW CAN I TELL WHAT HOME MODIFICATIONS ARE RIGHT FOR ME?

The best way to begin planning for home modifications is by defining the basic terms used and asking some simple questions. According to the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA), home modifications should improve the following features of a home:

- **Accessibility.** Improving accessibility means making doorways wider, clearing spaces to make sure a wheelchair can pass through, lowering countertop heights for sinks and kitchen cabinets, installing grab bars, and placing light switches and electrical outlets at heights that can be reached easily.
- **Adaptability.** Adaptability features are changes that can be made quickly to accommodate the needs of seniors or individuals with disabilities without having to completely redesign the home or use different materials for essential fixtures. Examples include installing grab bars in bathroom walls and movable cabinets under the sink so that someone in a wheelchair can use the space.
- **Universal Design.** Universal design features are usually built into a home when the first blueprints or architectural plans are drawn. These features include appliances, fixtures, and floor plans that are easy for all people to use, flexible enough so that they can be adapted for special needs, sturdy and reliable, and functional with a minimum of effort and understanding of the mechanisms involved.



## WHERE DO I BEGIN?

Before you make home modifications, you should evaluate your current and future needs by going through your home room by room and answering a series of questions to highlight where changes might be made. Several checklists are available to help you conduct this review. The National Resource Center on Supportive Housing and Home Modifications is a good place to start. Go to the center's website at <http://www.homemods.org/resources/pages/safety.shtml> and view the "Safety for Older Consumers checklist."

In addition, Rebuilding Together, Inc. has an excellent home modification checklist at: <http://www.rebuildingtogether.org/content/resource/detail/1192/>

You can begin your survey by examining areas of your home. Here are some questions to ask:

### APPLIANCES, KITCHEN, BATHROOM

- Are cabinet doorknobs easy to use?
- Are stove controls easy to use and clearly marked?
- Are faucets easy to use?
- Are there grab bars where needed?

### DOORS, WINDOWS

- Are your doors and windows easy to open and close?
- Are your door locks sturdy and easy to operate?
- Are your doors wide enough to

accommodate a walker or wheelchair?

- Do your doors have peepholes or viewing?

### ELECTRICAL OUTLETS, SWITCHES, SAFETY DEVICES

- Are light or power switches easy to turn on and off?
- Are electrical outlets easy to reach?
- Are the electrical outlets properly grounded to prevent shocks?
- Are your extension cords in good condition?
- Can you hear the doorbell in every part of the house?
- Do you have smoke detectors throughout your home?
- Do you have an alarm system?
- Is the telephone readily available for emergencies?
- Would you benefit from having an assistive device to make it easier to hear and talk on the telephone?

### FLOORS

- Are all of the floors in your home on the same level?
- Are steps up and down marked in some way?
- Are all floor surfaces safe and covered with non-slip or non-skid materials?
- Do you have scatter rugs or doormats that could be hazardous?



## **HALLWAYS, STEPS, STAIRWAYS**

- Are hallways and stairs in good condition?
- Do all of your hallways and stairs have smooth, safe surfaces?
- Do your stairs have steps that are big enough for your whole foot?
- Do you have handrails on both sides of the stairway?
- Are your stair rails wide enough for you to grasp them securely?
- Would you benefit from building a ramp to replace the stairs or steps inside or outside of your home?

## **LIGHTING, VENTILATION**

- Do you have night lights where they are needed?
- Is the lighting in each room sufficient for the use of the room?
- Is the lighting bright enough to ensure safety?
- Is each room well-ventilated with good air circulation?

Once you have explored all the areas of your home that could benefit from remodeling, you might make a list of potential problems and possible solutions.

- Are all appliances and utensils conveniently and safely located?
- Can the oven and refrigerator be opened easily?
- Can you sit down while working?
- Can you get into and out of the bathtub or shower easily?

- Is the kitchen counter height and depth comfortable for you?
- Is the water temperature regulated to prevent scalding or burning?
- Would you benefit from having convenience items, such as a handheld showerhead, a garbage disposal, or a trash compactor?

## **WHERE CAN I LEARN MORE ABOUT HOME MODIFICATIONS?**

Mentioned as a resource earlier in this fact sheet, the National Resource Center on Supportive Housing and Home Modifications (NRCSSHM) is one of the best sources for more information about home modifications. The center is a major clearinghouse for news on government-assisted housing, assisted-living policies, home modifications for older people, training and education courses. Visit the center's web site at <http://www.homemods.org>.

Some area agencies on aging (AAA) have programs or link to services that assist older people obtain home modifications. You can call the Eldercare Locator at 1-800-677-1116 or visit the website <http://www.eldercare.gov> to locate your local AAA.

## **For more information about ACL**

U.S. Department of Health and Human Services, Administration for Community Living, Washington DC 20201  
Phone: (202) 619 – 0724  
Fax: (202) 357 – 3555  
Email: [ACLinfo@acl.hhs.gov](mailto:ACLinfo@acl.hhs.gov)  
Web: <http://www.aoa.gov>





# Spring

G F S Q O I I S L S U R

E D U R Y G N D M B K V

B T A P T I Q E K D I F

S K N F A G H E H P B C

P T D R F B W S Q P R J

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R A I N B O W D J A C P

BUDS  
DAFFODILS  
FLOWERS  
GRASS  
RAIN

RAINBOW  
SEEDS  
SPRING  
TULIPS  
UMBRELLA

