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## How to safely get down on the floor and get up again

### How to get down on the floor:

- Stand facing the seat of a sturdy chair.
- Put your hands on the seat, and lower yourself down on one knee.
- Bring the other knee down.
- Put your left hand on the floor. Leaning on your hand, slowly bring your left hip to the floor. Put your right hand on the floor next to your left hand to steady yourself, if needed.
- You should now be sitting with your weight on your left hip.
- Straighten your legs.
- Bend your left elbow until your weight is resting on it. Using your right hand as needed for support, straighten your left arm. You should now be lying on your left side.
- Roll onto your back.

If you've had hip or back surgery, talk with your doctor before using this method.



### How to get up from the floor:

- Roll onto your left side.
- Place your right hand on the floor at about the level of your ribs and use it to push your shoulders off the floor. Use your left hand to help lift you up, as needed.
- You should now be sitting with your weight on your left hip.
- Roll forward, onto your knees, leaning on your hands for support.
- Reach up and lean your hands on the seat of a sturdy chair.
- Lift one of your knees so that one leg is bent, foot flat on the floor.
- Leaning your hands on the seat of the chair for support, rise from this position.

Again, if you've had hip or back surgery, talk with your doctor before using this method.



*This article is from the National Institutes of Health NIHSeniorHealth website located at <http://nihseniorhealth.gov>. The NIHSeniorHealth website was recently redesigned with a more updated look. They've added a search function to make it easier to find information on the website and on other reputable websites. The website offers information on over 60 health topics, over 150 health videos are available for viewing, and interactive quizzes are available, too.*

## CMAAA

The Central Missouri Area Agency on Aging (CMAAA) is a private, not-for-profit Area Agency on Aging serving 19 counties in Mid-Missouri: Audrain, Boone, Callaway, Camden, Cole, Cooper, Crawford, Dent, Gasconade, Howard, Laclede, Maries, Miller, Moniteau, Morgan, Osage, Phelps, Pulaski and Washington.

## Our Mission

CMAAA recognizes the individual capabilities and needs of each older person. Therefore, CMAAA's mission is to assist communities in establishing a full range of services, which allow older persons to live in the most independent manner possible.

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## From the CEO...

By Jean Leonatti



Dear Readers,

Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act (OAA), they are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is **Get into the Act**.

It is an opportunity to honor Older Americans and the communities they live in.

On a personal level, I would like to salute all the older people who support our programs. Whether you serve on a Board or Advisory Council, help with fundraising, deliver meals, visit in a nursing home, provide transportation, lend a helping hand in any way --- everything you do makes a difference in someone else's life. You don't just receive service, you **give** service. During these difficult times of very limited financial resources, you help us extend our reach to others in need.

I would also like to salute all the communities in our 19 county area. Through their support, communities demonstrate how important our programs are to their local senior citizens. Last year alone, over \$1,000,000 – yes, that is **one million dollars** – were raised by local communities to support our senior center and meals program. We would severely cut back on our services if that type of financial support wasn't available. In a very tangible way, communities are saying to our elders "we believe you are important, we want you to stay here, we are willing to support you."

While I am saluting people, let's have a shout-out for all the members of the CMAAA staff. They are truly dedicated to the mission of CMAAA and to service to older Missourians. No job is too big or too small for them, they just get it done.

A big THANK YOU to everyone – now, **Get into the Act !!!**



## Hey Kay... Your source for Medicare answers

By Kay Barbee, CMAAA Medicare Consultant



### Test your Medicare Knowledge

Before Medicare, less than 50 percent of those aged 65 and older had health insurance, and 35 percent lived in poverty. Life expectancy was about eight years less for men and five years less for women.

1. What is the current life expectancy?
  - a) 70 years old for a female, 68 years old for a male
  - b) 86 years old for a female, and 84 years old for male
  - c) 88 years old for a female, and 85 years old for male



2. Medicare was officially signed into law on:
  - a) January 1, 1950
  - b) July 4, 1980
  - c) July 30, 1965



3. Which President signed Medicare into law?
  - a) President Johnson
  - b) President Clinton
  - c) President Reagan



4. Who was the first official Medicare enrollee?
  - a) President Roosevelt
  - b) President Gerald Ford
  - c) President Harry Truman



5. What was the monthly premium for Medicare Part B in 1965?
  - a) \$10 per month
  - b) \$3 per month
  - c) \$15 per month

6. How many people are enrolled in Medicare today?
  - a) 15 million
  - b) 80 million
  - c) 54 million



Medicare Knowledge Answer key: 1. B, 2. C, 3. A, 4. C, 5. B, 6. C



## Stay Young at Heart

As you age, your body and life change, and so does what you need to stay healthy. Changes in your home life, health, medicines, income, and sense of smell and taste may affect your interest in healthy eating and physical activity. Perhaps you have had some of these thoughts about food and exercise:

*“The dishes I’ve always liked the most just don’t taste the same as they used to.”*

*“Now that I live alone, it’s too much trouble to cook for one.”*

While seeking advice from your health care provider is a good place to start, if you want to stay healthy as you age, this publication is for you. It offers tips and tools to help people ages 65 and over eat healthy foods. Healthy eating and regular physical activity are your keys to good health at any age. They may lower your risk for obesity, type 2 diabetes, heart disease, and certain cancers. They may even help you ward off depression and maintain orthopedic health (related to bones and muscles).

### Healthy Weight

#### **Why is keeping a healthy weight important?**

As you age, you may notice changes in your body’s makeup. You may lose muscle mass, which may increase frailty. You may also burn fewer calories, especially if you are not very physically active. To prevent weight

gain, you may need to eat fewer calories than you did when you were younger. This means you have fewer calories to help you get the nutrients your body needs for energy. So, you need to eat foods that are high in nutrients or are “nutrient dense.”

Keeping a healthy weight is crucial, but what is healthy varies from person to person. Ask your health care provider about what a healthy weight is for you.

Among older people, being underweight is of concern and may be related to not having enough to eat, not eating enough foods that are nutrient dense, or having an illness or disease.

Being overweight or obese is also of concern as extra weight may increase your risk for heart disease, high blood pressure, type 2 diabetes, and bone issues. Eating wisely and being physically active to preserve muscle and bone may help you maintain strength and a healthy weight as you age.

### Healthy Eating

#### **What kinds of foods do I need to eat as I age?**

When you get older, your body begins to need fewer calories, but you need just as many nutrients. Nutrient-dense foods pack a lot of vitamins, minerals, and other nutrients your body needs into a small amount of calories.

#### **Eat more of these nutrient-dense foods**

Older adults, along with other Americans, are advised to “eat from the rainbow” of foods rich in nutrients, like these:

- fruits and vegetables (choose a range of types with vibrant colors)
- whole grains, like oatmeal, whole-wheat bread, and brown rice

- fat-free or low-fat milk and cheese, or soy or rice milk that is fortified with vitamin D and calcium
- seafood, lean meats, poultry, and eggs
- beans, nuts, and seeds

#### **Eat less of these foods**

Some foods have many calories but offer few nutrients. Older adults should eat less of these foods:

- sugar-sweetened drinks and desserts that have added sugars
- foods with butter, shortening, or other fats that are solid at room temperature
- white bread, rice, and pasta made from refined grains

#### **How can I follow a healthy eating plan?**

##### **Control portion sizes**

A portion is the amount of one food you eat in one sitting. Many people eat more than they need, especially when eating out or getting takeout. Try these tips:

- Avoid eating in front of the TV, computer, or other screen. You may not notice how much you are eating if you are distracted.
- Read the Nutrition Facts label found on food and drink packages to see how many calories and how much fat are in a single serving size of an item.

##### **Plan and prepare your own meals**

Eating healthy meals can be easier when you plan ahead and make them enjoyable. Try the tips listed below and see the Resources section for more ideas:

- Cook ahead and freeze portions for days when you don’t want to cook.
- Keep frozen or canned vegetables, beans, and fruits on hand for quick and healthy meal

add-ons. Rinse canned foods to remove extra salt. Drain juice and syrup from canned fruit to remove extra sugar.

- Eat often with someone you enjoy. If you can't cook for yourself, contact the Eldercare Locator at (800)–677–1116 or at the website: <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

### Ask your health care provider about healthy eating plans

You may want to check with your health care provider or dentist if

- you find chewing difficult, don't want to eat, or have trouble with your dentures.
- you feel that life events such as the death of a loved one or moving from your home are keeping you from eating well.
- you think your medicines may be making your food taste bad or affecting your appetite.
- you think you should take a daily vitamin like iron or vitamin C.

### Vitamin Power for Older Adults

Government dietary guidelines recommend these vitamins:

- **Vitamin B12.** If you are 50 years or older, choose foods high in vitamin B12, such as fortified cereals, or take a B12 supplement (2.4 mcg total of B12 a day). Vitamin B12 helps your brain, blood, and nervous system.
- **Vitamin D.** If you are older than 70, you need 800 IU (international units) of vitamin D a day (600 IU for adults under 70). Natural sources include sunlight, salmon and tuna, and foods fortified with vitamin D such as cereals, dairy products, and orange juice. Vitamin D can help

prevent softening of the bones and reduce the risk of bone fractures.

### Tips for Healthy Eating on a Budget

- Buy store brands of whole-grain breads, pastas, and other healthy items.
- Read weekly sales flyers to plan meals around healthy items at good prices.
- Buy and split bulk items or fresh produce with neighbors.
- Buy canned or frozen vegetables with low sodium. They are healthy, low-cost, and store well until you need them.
- Apply for the Supplemental Nutrition Assistance Program—SNAP. To find out more, the USDA website is: <http://www.fns.usda.gov/snap>

### Sodium Tips

Too much sodium (salt) can lead to high blood pressure.

- If you are 51 years or older, reduce your salt intake to less than 1,500 mg a day (about 2/3 of a teaspoon of salt).
- Read the Nutrition Facts label to find the sodium content.
- Limit how much packaged food you eat.
- Reduce salt when cooking or eating your food.
- Buy foods that are low in sodium.

### Tips for a Healthy Eating Plan

- Eat breakfast.
- Do not skip meals, as doing so may make you hungrier later.
- Choose high-fiber foods, like whole-grain breads and cereals, beans, deeply colored vegetables (like kale and sweet potatoes), and fruits.
- Drink fluids throughout the day. You may feel less thirsty as you get older. But your body

still needs water and other fluids to stay healthy and keep you regular.

### Being Good to Yourself

Due to loss of loved ones, health problems, trouble paying bills, or other reasons, many older adults may feel lonely, sad, low, or stressed. You may not feel like doing anything, not eat enough, or overeat. Being good to yourself may help you improve your “get up and go,” eating habits, and health.

Here are some ideas for being good to yourself:

- Get enough sleep.
- Stay in touch with family and friends to keep your spirits up.
- Join a walking group or other social group.
- Surround yourself with people you enjoy.

Remember, it's never too late to improve your eating plan, be more physically active, and be good to yourself for a healthier life.

**The Weight-control Information Network (WIN) is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH). For more information tips about healthy eating and physical activity for older adults, check out the WIN website at: <http://www.win.niddk.nih.gov>**



## Dear Beth:

By Beth Busseau, Ombudsman Program Director

Why would I need an Ombudsman? How could an Ombudsman help me? *Sincerely, Puzzled.*

Dear Puzzled: The role of an Ombudsman is to represent a resident in long-term care settings who needs their voice heard when no one is listening or if they feel misunderstood. Often times residents have wonderful advocates who are family or friends that are looking out for their best interests. These people are persistent regarding good care expectations and communication during daily visits, and when reviewing their loved one's or friend's care plans.

Unfortunately, communication is not always at optimum levels and an Ombudsman is sometimes requested to mediate a care plan or to advocate for a person's resident rights. It only takes one phone call to our central office at the Central Missouri Area Agency on Aging to request

assistance during these trying times or to ask for guidance. Our phone number is (800) 369-5211 or (573) 443-5823.



The role of mediation by an Ombudsman between family members, residents and the nursing home is important also if communication fails between these parties.

Each resident has a right to speak to an Ombudsman per the Missouri State Regulation 192.2305.1 paragraph 4.(1) and can request a visit by an Ombudsman.

## In Memoriam



It is with a heavy heart that I reflect on this role due to the loss of our very own staff member Assistant Ombudsman Director, Alice Jackson. Alice passed away Wednesday, April 22, 2015 after receiving intensive hospital care.

Alice served as an Assistant Long Term Care Ombudsman since 2001. She was a sweet and gentle lady (with a beautiful smile) who dearly loved helping residents in long term care homes.

She has a long legacy of working with many of the volunteers who serve as Ombudsmen. As they reflected on their relationship with Alice their memories were reflected in the following words: kind, caring, giving, calm, happy, religious, capable, helpful, beautiful, trusted, pleasing, sincere, loved, knowledgeable, personal, and fun. Her sense of humor and ability to invest in relationships was admired. I cannot think of a better legacy to leave for what others can aspire to in this role as Ombudsman, Advocate, Parent and Friend. We will miss her!

## Young at Heart: Tips for Older Adults Your Checklist for Better Health

Adding healthy habits to your daily routine can help keep you active and strong as you age. To stay young at heart, use the checklist below to create new practices that may help you look and feel good in the years to come. It's never too late to improve your health!



- ✓ Jumpstart your day with breakfast. Try a high-fiber cereal topped with berries.
- ✓ Select nutrient-dense foods. Choose colorful fruits and vegetables, fat-free milk and cheese, whole grains, seafood, lean meats, poultry, eggs, beans, nuts, and seeds.
- ✓ Get at least 150 minutes of aerobic exercise a week. Walk briskly, bike, swim, hike, play tennis, chase your grandkids, do water aerobics, dance.
- ✓ Split bulk items or fresh produce with friends if you are on a fixed income.
- ✓ Drink fluids throughout the day even though you may feel less thirsty as you age.
- ✓ Share an entrée to control portion sizes. Or save half of your meal for tomorrow.
- ✓ Strengthen your muscles twice a week to ward off frailty and muscle loss. Climb stairs, mow the grass, rake leaves, dig in a garden, lift weights, use an exercise band.
- ✓ Check with a health care provider or dentist if you have trouble chewing, lose your appetite, or find that your favorite foods don't taste good anymore.
- ✓ Avoid sitting for long periods in front of a TV or computer. Stand up and move around.
- ✓ Improve balance and flexibility three times a week. Try yoga or stretching exercises to help you reduce stress, stiffness, and the risk of a fall or injury.
- ✓ Limit drinks and foods with fats and added sugars. Drink fat-free milk instead of sodas. Avoid foods with butter, shortening, and other solid fats.
- ✓ Put down the salt shaker. Cut salt to 2/3 teaspoon a day.
- ✓ Be good to yourself. Get enough sleep. Lift your spirits by enjoying friends and family.

For more materials on healthy habits, call the Weight-control Information Network at (877) 946-4627 or visit <http://www.win.niddk.nih.gov>.

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## SILVER ECLECTIC

*a monthly publication  
for senior citizens  
and for those who share  
their concerns.*

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