

Communication Tips

General:

- **Be Patient and supportive**
- **Offer comfort and reassurance** – tell person he or she is safe, you (or whomever you designate) is here to help, OK if person takes time, can't remember or needs help
- **Give the person TIME to answer**
- **Avoid criticizing or correcting or arguing** – meet person in their world ("I just saw my mother.." "OK, she isn't here right now – but I am and can help you with that..")
- **Encourage and use non-verbal communication**
- **Focus on feelings, not facts**
- **Try writing things down** – ability to read is long retained, not effected by speech problems
- **Offer only two or three choices** – "this or that" vs. "what do you want" which can overwhelm
- **Do NOT talk about a person as if he or she is not there** – involve them in discussion, or do in private
- **Make a connection** – smile, use humor, have an open mind and heart

Specific:

- **Make eye contact at their level**, show your interest
- **Identify yourself, call the person by their preferred name**
- **Be short, simple** – with words and sentences (use their words)
- **Speak slowly and clearly**
- **Give one-step, step by step directions**
- **Repeat back what they have said to you** to indicate understanding, helps them stay in the conversation and form next thoughts
- **Ask them to repeat** – "I want to understand you, can you say that one more time.."
- **Ask only one question at a time, repeat information or instructions**
- **Patiently wait for a response**
- **Interpret gestures** "do you mean..." or answer as if the gesture were the word
- **Give physical cues along with verbal answers or instructions** (position fork I person's hand while talking them through)
- **Turn questions into answers** – e.g., "the bathroom is right over here" vs. "do you need bathroom?" or repeat their question as an answer – "I'm looking for my wife" – answer "You are looking for your wife"
- **Tell them what you DO want** (their brain doesn't hear don't, can't, it makes pictures of what you are saying)
- **Avoid quizzing** – makes their memory worse by provoking anxiety! Instead fill in the blanks or let them fill in blanks e.g., "Oh I love this song it's...." Or "Your friend Paul is here waiting for you..."

Dementia:

A term that refers to **symptoms** of either treatable, or progressive losses in brain function.

Causes of Dementia:

Treatable and Possibly Reversible:

- Thyroid disease
- Sleep Apnea
- Depression
- Multiple medications
- Alcoholism* (can become permanent damage)
- Brain injury* (linked to future progressive disease)
- Chemotherapy
- Dehydration
- Lyme's disease

Progressive Diseases:

- Alzheimer's disease 65-80% (prominent for memory)
- Vascular dementia (mini-strokes, immediate changes)
- Lewy Body dementia (associated with Parkinson's, physical, behavior disturbances, hallucinations usually of small children, animals) 20-30%
- Fronto-temporal dementia (behavior and language)
- Multiple brain trauma (football, boxing, war, domestic violence)
- Mixed dementia (any of the above can occur together)

Dementia Symptoms:

- Problems with retaining **short-term memory**
- Trouble with **spatial relationships** (changes in position, navigating, driving)
- **Emotional control**/adhering to "social norms", **poor judgment**
- **Confusion** – especially in time or place that they are in (Alzheimer's – go backwards in time)
- **Word finding** – substitution with wrong word, talking around word
- Understanding familiar objects – utensils – may use for wrong thing, forget their use
- **Physical coordination** – problems grasping, shuffling, fine motor skills, (e.g., eating with utensils, holding plate level when changing position)
- **Task completion** – forget next steps
- **Language** – Understands written, but not verbal, can think what to say but not get it out, swearing, word substitutions, can't initiate conversations
- **Energy level/behavior** – obsessive, high energy, preoccupations, paranoia (confuse with mental illness),
- **Decreases in perception** – shiny looks like water, visual cliffs between dark and light, reflections are people (mirrors, glass), etc.

SENIOR DINING PROGRAM
Residents in Assisted Living Facilities




*Aging & Disability Resource Center
of Jefferson County*

Residents of group living facilities (adult family homes, community based residential apartments, supervised apartments or residential care apartment complexes) may participate in the County's Senior Dining Program.

Meals served to individuals 60+ who reside in the above named facilities are eligible to receive a meal on a "voluntary contribution" basis only if the individual is freely choosing to participate in the program, i.e. they come to the senior center to attend an activity and have made a reservation to stay for lunch.

In the event that a group living facility requests to have its residents participate in the Senior Dining Program, the facility is responsible for paying the full price of the meal because the cost of food is included in what the resident pays for rent to the facility. In these cases, site managers must inform the office of the situation so that payment arrangements can be worked out.

Reviewed and approved by:



Aging Unit Director

7/22/14
Date



Nutrition Project Council

7/22/14
Date



ADRC Advisory Committee

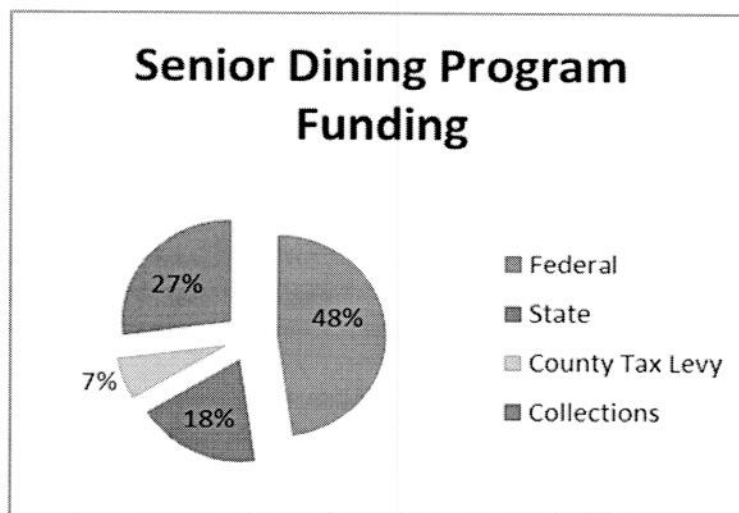
6/3/2014
Date

Jefferson County Senior Dining Program

In 2014, our suggested donation is \$3.50 per meal.

You are eligible to receive a meal on a donation basis if you are 60 years of age, or are the spouse (any age) of a person 60 years of age who eats at the meal site.

The federal government provides 48% of the program's funding and according to the regulations, anyone else wishing to eat at the Senior Dining Program must pay the full cost of the meal which is \$10.37.



**If you have questions or concerns, please call
920-674-8136.**

Site Managers: August Education

TABLE TENTS

Week One: Display: **August is National Watermelon Month**

Week Two: Display: **Healthy Vision Month**

Week Three: Display: **National Water Quality Month**

Week Four: Display: **Tips for Preventing Heat Related Illness**

Fun Fact:

Tuesday, August 19th is National Senior Citizens Day - **Read the Proclamation**

Proclamation 5847 -- National Senior Citizens Day, 1988

August 19, 1988

By the President of the United States of America

A Proclamation

Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land.

With improved health care and more years of productivity, older citizens are reinforcing their historical roles as leaders and as links with our patrimony and sense of purpose as individuals and as a Nation. Many older people are embarking on second careers, giving younger Americans a fine example of responsibility, resourcefulness, competence, and determination. And more than 4.5 million senior citizens are serving as volunteers in various programs and projects that benefit every sector of society. Wherever the need exists, older people are making their presence felt -- for their own good and that of others.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older -- places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

The Congress, by House Joint Resolution 138, has designated August 21, 1988, as "National Senior Citizens Day" and authorized and requested the President to issue a proclamation in observance of this event.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim August 21, 1988, as National Senior Citizens Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities.

In Witness Whereof, I have hereunto set my hand this nineteenth day of August, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and thirteenth.

Ronald Reagan



August is National Watermelon Month

For a long time, watermelon has been taken for granted as a sweet, tasty summertime fruit, made of sugar and water, and nothing more. Over the past years, nutritionists, medical professionals, scientists and researchers have taken an interest to find out more about watermelon's health benefits. As it turns out, watermelon is incredibly healthy.

The National Watermelon Promotion Board is proud to say that watermelon is the Lycopene Leader among fresh produce. In addition to its healthy properties and effects on women, children, men and pregnant women, watermelon is an important part of a healthy diet.

Nutritionists have long appreciated the health benefits watermelon provides. Watermelon not only boosts your "health esteem," but it has excellent levels of vitamins A and C and a good level of vitamin B6.

- Vitamin A found in watermelon is important for optimal eye health and boosts immunity by enhancing the infection-fighting actions of white blood cells called lymphocytes.
- Vitamin B6 found in watermelon helps the immune system produce antibodies. Antibodies are needed to fight many diseases. Vitamin B6 helps maintain normal nerve function and form red blood cells. The body uses it to help break down proteins. The more protein you eat, the more vitamin B6 you need.
- Vitamin C in watermelon can help to bolster the immune system's defenses against infections and viruses and can protect a body from harmful free radicals that can accelerate aging and conditions such as cataracts.
- A two-cup serving of watermelon is also a source of potassium*, a mineral necessary for water balance and found inside of every cell. People with low potassium levels can experience muscle cramps.

**Watermelon will be served on August
6th at Senior Dining!**

How a Watermelon is Grown

You need three things to grow watermelon: sun, bees and water. Farmers generally grow watermelon in rows, 8-12 feet apart, in raised beds 4-12 inches high composed of fertilized sand or sandy loam.

Tiny watermelon plants from a transplant nursery can be implanted in the beds. Honeybees must pollinate the yellow watermelon blossom. Even the sterile, seedless watermelon requires pollination in order to fruit. In a month, a vine may spread to as much as 6-8 feet. Within 60 days, the vine produces its first watermelons. The crop is ready to harvest within 3 months.

The rind of a watermelon is not as tough as it looks, so it is still handpicked. Watermelon pickers look for a pale or buttery yellow spot on the bottom, indicating ripeness. Many watermelon pickers have their own tricks or hand-me-down methods; however, we look for the yellow belly ground spot just like the pickers do.

Fun Facts

- The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.
- Watermelon is 92% water.
- Watermelon's official name is *Citrullus Lanatus* of the botanical family *Curcubitaceae*. It is cousins to cucumbers, pumpkins and squash.
- By weight, watermelon is the most-consumed melon in the U.S., followed by cantaloupe and honeydew.
- Early explorers used watermelons as canteens.
- According to Guinness World Records, the world's heaviest watermelon was grown by Lloyd Bright of Arkadelphia, Arkansas in 2005, weighing in at 268.8 lbs (121.93 kg). The United States currently ranks 5th in worldwide production of watermelon. Forty-four states grow watermelons with Florida, Texas, California, Georgia and Arizona consistently leading the country in production.

Wash Those Watermelons

Did you know that you should wash those watermelons? According to the FDA, you should wash all fruits and vegetables in clean, running water before eating them. This is true for all fruits and veggies, rinds or not! You should also use clean knives and cutting surfaces, and make sure you have washed your hands prior to preparing the watermelon for eating.



About Healthy Vision Month

When it comes to our health, we often visit our doctor or nurse regularly to make sure our bodies are healthy. But what about our eyes? They're not always top of mind, but they're just as important.

During Healthy Vision Month, held each May, the National Eye Institute empowers Americans to make their eye health a priority and educates them about steps they can take to protect their vision:

Get a dilated eye exam. Getting a dilated eye exam is the only way to catch eye diseases early, because with many, there are no warning signs.

Live a healthy lifestyle, including eating healthy foods, maintaining a healthy weight, managing chronic conditions, and not smoking.

- Being overweight or obese increases your risk of developing diabetes and other systemic conditions, this can lead to vision loss, such as diabetic eye disease or glaucoma.
- You've heard carrots are good for your eyes, but eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens, is important for keeping your eyes healthy too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.
- Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataracts, and optic nerve damage, all of which can lead to blindness.
- Managing chronic conditions. Many conditions, such as diabetes, hypertension, and multiple sclerosis, can greatly impact vision, resulting in inflammation of the optic nerve, diabetic retinopathy, glaucoma, and even blindness. Managing these conditions with the help of your health care provider can often prevent these eye problems from occurring.

Know your family history. Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease, since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease yourself.

Use protective eye wear. Did you know that each day, about 2,000 U.S. workers have a job-related eye injury that requires medical treatment? Or that every 13 minutes, an ER in the United States treats a sports-related eye injury? Protecting your eyes with the right eyewear can prevent those injuries from happening—that includes safety glasses, goggles, safety shields, and eye guards that are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores

Wear sunglasses. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet (UV) rays. Some of the sun's effects on the eyes include:

- Cataracts, a clouding of the eye's lens that can blur vision. An estimated 20% of cases are caused by extended UV exposure.
- Macular degeneration, resulting from damage to the retina that destroys central vision. Macular degeneration is the leading cause of blindness in the United States.
- Pterygium, a tissue growth over the white part of the surface of the eye that can alter the curve of the eyeball, causing astigmatism.

When purchasing sunglasses, look for ones that block out 99 to 100% of both UVA and UVB radiation, so you can keep your vision sharp and eyes healthy. A hat offers great protection, too!

Celebrate Healthy Vision Month by taking these steps today! You'll help ensure your eyes are healthy and that you're seeing well for a lifetime. And don't forget to spread the word to your family, friends, and colleagues.

From the National Eye Institute



August is National Water Quality Month in the United States

Water sustains all life. Entire ecosystems depend on it for their survival.

The United Nations has declared 2005-2015 an International Decade for Action "Water for Life" in order to emphasize the importance of water quality as it relates to sanitation, human rights, geography, urbanization and sustainability.

It has identified eutrophication, or the incidence of high-nutrient concentrations - phosphorus and nitrogen - as the most widespread water quality problem globally. The way people manage wastewater from cities, farms and industrial sites contributes to this phenomenon, which contributes to water pollution everywhere.

Emphasizing how interlinked water systems are, the Audubon Society points to the dangers of runoff from agriculture, forestry, construction and people's personal yards:

"Each individual household may not produce enough pollution to force a beach closing or cause a fish kill, but the combined output of all the homes in a community can be severe. And, consider that about half of the U.S. population lives within 50 miles of a coastline where runoff flows quickly to the ocean. This is why watershed protection — attention not only to the body of water but the area that drains into it — is important."

The Environmental Protection Agency, which reports that 40 percent of the nation's waterways suffer water quality problems, has a detailed watershed database, which allows users to locate which watershed they live in and learn about how polluted it is and what actions they can take to protect their regional water quality.

10 Ways You Can Protect Our Water!

- 1. Don't use antibacterial soaps or cleaning products.** Most of these contain trichlosan, a registered pesticide that has been found to harm aquatic life. The American Medical Association warns that our use of antibacterial agents may lead to "superbugs" that will be antibiotic resistant. Regular soap and water kills germs just as effectively.
- 2. Never flush unwanted or out-of-date medicines down the toilet or the drain.** Find out if your county or city has a site or program to collect unwanted pharmaceuticals. If not, remove all labels and wrap the products up before disposing in the garbage. If possible, pour water or vinegar in the bottle to destroy pills and make them inaccessible to children.
- 3. Don't put anything except water down storm drains.** These drains carry storm water to our local waterways, including San Francisco Bay, the Delta, and the Pacific Ocean. Used motor oil, detergents, lawn fertilizers, pesticides, and other contaminants get carried by stormwater to local waterways and cause unnecessary harm.
- 4. Fix leaks that drip from your car and put down a liner in your driveway to collect oil and other materials.** These leaks and drips contribute to stormwater pollution.
- 5. Avoid using pesticides or chemical fertilizers.** They pose a serious threat to your health and safety and they pollute both ground and surface water.

6. Choose non-toxic household products whenever possible. The best way to keep from polluting is to use products that are not dangerous to the environment in the first place. For some suggestions of such alternatives, go to www.homesafe-home.org.

7. Pick up after your pets. Like other contaminants, pet waste can run down the storm drains, spreading bacteria.

8. Don't pave your property. The more pavement there is, the more rain water will simply run off down the storm drains, picking up pollutants on the way and causing flooding. Allowing water to soak into the ground can prevent flooding, recharge groundwater supplies, and dilute contaminants. Planting native plants that do not require much water also helps save our precious supplies.

9. Spread the word and be a water advocate. Talk to your neighbors about how they can help too, and work with your local elected officials to ensure that pesticides, antibacterials, and other toxic chemicals are not used at schools, local parks, and other public areas. Attend your local water district meeting and tell your political leaders and water agencies to support local, state, and national policies that conserve water and stop pollution.

10. Keep informed. Make sure you receive your annual drinking water quality report from your water provider (also known as a Consumer Confidence Report). If you pay a water bill directly, you should receive it automatically by July of each year.

And Speaking of Water,

Everyone is encouraged to drink at least eight 8 ounce glass a day-regardless of age or activity. Now depending on your health, your physician might recommend you to increase your fluid intake and that might be tough to accomplish through just drinking water, so here are some other choice for hydration you can try:

- 100% fruit or vegetable juices
- Fruits
- Tea
- Decaf coffee
- Natural flavored waters

Bottom line is, drink enough water/fluids to keep from dehydration. Sometimes certain medications that you're on might require you to increase your fluid intake, check with your doctor or pharmacist. Now obviously if you're exercising you need to drink more to replace what your body gets rid of.



Tips for Preventing Heat-Related Illness

The best defense is prevention. Here are some prevention tips:

1. Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
2. Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
3. Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
4. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off. Wear lightweight, light-colored, loose-fitting clothing.
5. NEVER leave anyone in a closed, parked vehicle.

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children
- People aged 65 or older

- People who have a mental illness
- Those who are physically ill, especially with heart disease or high blood pressure

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first “tip” (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).

This information provided by:



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives, Protecting People™



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July 17, 2014

TO: Nutrition Project Council Members and Senior Dining Managers

FROM: Beth Eilenfeldt, Nutrition Program Coordinator

RE: **Nutrition Project Council Meetings, 2015**

The following dates have been scheduled for NPC meetings in the year of 2015. They will still be held at the Work Force Development Center building but sometimes the room we are meeting in changes so please be sure to check that on your agenda the months we are meeting.

Thank you.

JANUARY 27

APRIL 28

JULY 28

OCTOBER 27