



## Seniors Taking Charge of Your Health!

### Lesson 12: Bright Ideas for Bone Health

#### Getting Ready

1. Review the lesson plan and read the educator resources before each session.
2. Prepare to do chair exercises. Choose Module E with bands and any two of the participants' favorite Modules A, B, C, and D with balls (found elsewhere in this document) or Tufts/CDC Growing Stronger, Part III (a separate booklet or online at: [http://www.cdc.gov/nccdphp/dnpa/physical/growing\\_stronger/growing\\_stronger.pdf](http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf)).
3. Make copies of chair exercise guide for participants to take home (if not done so already).
4. Copy and staple the handouts that best meet the needs of your audience (one set for each participant). Consider copying the "Medication Summary" card on cardstock (2-sided).
5. Gather supplies needed for lesson, recipe, and activities.

#### General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on the handouts.
3. Examples of multivitamin/mineral, calcium, vitamin D, and combined calcium-vitamin D supplements from pharmacies or grocery stores located in your community.
4. Exercise bands or balls for chair exercises (foam will not bounce as much as air-filled, so foam balls may be a better choice). Optional: step counters to replace those that are lost or broken.
5. Optional: If time permits, then play "Bingo for Better Health." Supplies for bingo are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, night lights, and lotion or hand cream.

#### Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

#### Beginning the Session

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by going over the objectives. Let the group know that the session will be informal and that questions can be asked at any time.

#### Objectives for Participants

1. Learn the amounts of calcium and vitamin D needed for bone health.
2. Learn tips for talking with health care providers about bone health.
3. Identify ways to improve home safety to help prevent falls.
4. Identify medications that influence bone health – positively and negatively.
5. Do chair exercises, complete physical activity charts, and set new physical activity goals.

## Authors

Mary Ann Johnson, PhD, Professor, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602, 706-542-4869.

Jennifer Teems, Graduate Assistant, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602, 706-542-4869.

## Menus and Physical Activity Programs

Mindy Bell, Graduate Assistant, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602, 706-542-4869.

## Educator Resources

Before presenting the lesson, read these resources that were used to prepare this lesson:

- Bone Health and Osteoporosis: A Report of the Surgeon General, <http://www.surgeongeneral.gov/library/bonehealth/>.
- National Osteoporosis Foundation, <http://www.nof.org>.
- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, <http://www.cdc.gov/ncipc/pub-res/toolkit/toolkit.htm>.
- Live Well Age Well, Osteoporosis, <http://www.livewellagewell.info/osteoporosis.htm>.
- Live Well Age Well, Fall Prevention, <http://www.livewellagewell.info/fallprevention/htm>.
- Live Well Age Well, Medications, <http://www.livewellagewell.info/medications.htm>.

## Script

*Remember to take attendance.  
Give participants their handouts.*

## Introduction

Hello everyone! Today we will discuss bone health. But first, let's review some key messages. Can someone tell me how many servings of low-fat milk products we should get every day? *Wait for responses.* Yes! We should consume three servings daily. We should be active every day for how many minutes? Right – 30 minutes. We will see in this lesson that getting enough low-fat dairy and also enough activity is very important for our bones. Which parts of our diet are we really trying to decrease? *Wait for responses.* That's right – fat and sodium or salt. Also, remember that we should have 7 to 10 servings of fruits and vegetables daily and three servings of whole grains. What is a key component of preventing health problems or catching them early? *Wait for responses.* That's right – seeing your health care provider and getting checked. Also, washing our hands and preventing food borne illness is very important. How many seconds should we wash our hands? *Wait for responses.* Yes – at least 20 seconds.

Let's review the handout titled "*Seniors Taking Charge of Your Health!*" and discuss what you eat to stay healthy. *Wait for responses.* What are some things you do to stay physically and mentally active? *Wait for responses.* What helps you be positive and cheers you up? *Wait for responses.* Good ideas! What are some check-ups we should have? *Wait for responses.* Right! Checking your feet daily is especially important for those with diabetes. Ask your doctor how often your blood pressure, blood cholesterol, blood sugar, and body weight should be checked. If you have high blood pressure, high blood cholesterol, or diabetes, then you will need these checked more often. Regular check-ups of your vision and hearing are important, too. Ask your doctor or pharmacist to review your medications to help you avoid medication problems. And always carry your list of medications with you in your purse or wallet. Today we'll learn about getting a bone mineral check-up to help keep our bones healthy.

## **Bone Health**

Today our topic is bone health and "osteoporosis". What does "osteoporosis" mean? *Wait for responses.* Osteoporosis is the most common bone disease. In this disease, bones lose calcium and other minerals. Then bones become fragile and break easily. With osteoporosis, the body's frame becomes like the frame of a house damaged by termites. Termites weaken your house like osteoporosis weakens your bones. Weak bones can break easily. Unfortunately, most people don't know they have weak bones until one of their bones breaks. For example, they might fall and break a bone, often in their hip, spine, or arm. Women who have undergone menopause are especially at risk due to the changes their bodies go through during this time.

In today's lesson, we will discuss ways you can take control of your bone health, including getting the proper nutrition, getting checked by your health care provider, preventing falls and fractures with a safe home, and knowing which medications can impact your bone health.

## **Nutrition for Healthy Bones**

Can anyone tell me which nutrients are important for healthy bones? *Wait for responses.* Right, calcium and vitamin D are very important for bone health. You can get these wonderful nutrients in food. If you do not like those foods, such as dairy foods, then you can take a supplement with these nutrients. Calcium and vitamin D can be found in milk and fatty fish such as salmon. Several foods have these nutrients added, or are "fortified" as well. For example, many breakfast cereals are fortified with calcium and some yogurt is fortified with vitamin D. Don't assume that foods have these nutrients – remember to check your labels.

The calcium and vitamin D contents of some, but not all, foods are listed on the packaging under "Nutrition Facts Panel" and for supplements are listed on the "Supplement Facts Panel."

Most older adults need supplemental calcium and vitamin D in addition to what they consume from food. These supplements help prevent falls and fractures. Recall that older adults need 1,200 mg of calcium and 1,000 IU of vitamin D daily. Combined with what you receive in your diet, you will reach this goal if you take a calcium supplement containing 200 mg to 900 mg of calcium and a vitamin D supplement containing up to 1000 IU of vitamin D.

Milk products are the richest source of calcium, so most people who do not consume the recommended three servings of milk products daily will need calcium supplements. Ask yourself, “Did I have three servings of milk products today?” If the answer is no, then you will need a calcium supplement. Nearly all older people will need vitamin D supplements. Older people have high needs for vitamin D, but typical foods and sunlight alone do not supply the amount of vitamin D needed.

### **Talk With Your Health Care Provider**

Bone healthy things you can do everyday are be physically active, eat healthy, take calcium and vitamin D supplements, take your medicines as recommended by your doctor, and fight falls by making your home safe.

The handout called “*Are You at Risk for Osteoporosis?*” has a checklist of risk factors that you should discuss with your doctor. Take a minute to see how many of these risk factors you have. *Wait for participants to complete this.* It may surprise you to see how many risk factors you have. At your next visit with your doctor, talk with him or her about everything on this list, and especially about possible side-effects of any medicines that could make you dizzy or increase your risk of falling, as well as having your vision checked and having a bone mineral density test. Talk with your doctor about any concerns you may have about falling. The chances of falling are increased in those with muscle weakness, a history of falls, problems with balance, gait or vision, and use of an assistive device, such as a cane or walker.

The next part of this handout has information about bone density tests as a part of Medicare Preventive Services. Bring this handout to your doctor the next time you visit. This will help you remember to ask questions and to remind your doctor to talk with you about your bone health.

Some of you might have had a heel bone density test at a senior center or a health fair. A heel bone density test is done by putting your bare foot in a machine that tests the bones in your heel. If you have had this test, then be sure to take the information to your doctor. Since this is a screening test, and not a diagnostic test, your doctor will order more bone density tests for you if needed.

### **Make Your Home Safer**

Another important way to help prevent falls is to make your home safer. About half of all falls happen at home. Go to the three pages of handouts that start with “*Home Fall Prevention Checklist for Older Adults*” and let’s review them together. After reviewing these handouts, you might find that your home needs some repairs. If you need help making repairs, consider contacting your family, friends, church, and senior center to identify reliable help for home repairs. *Spend several minutes to carefully review each item on the handouts with the participants. Strongly encourage participants to use the handouts at home and improve their home safety.*

## **Bone Health, Falls and Fractures, and Medication**

Medicines can impact bone health in many ways. We are going to review medicines that increase your risk for falling, medicines that speed up bone loss, and medicines that slow down bone loss. Let's carefully review together the handout called "*Medicine and Bone Health.*" *Review handout with participants using the added details below.*

Some medicines can cause dizziness and increase the risk of falling – these are listed on your handout. Ask your doctor and/or pharmacist whether or not any of your medicines might cause you to feel dizzy, drowsy, or to lose your balance. If so, then find out from them what you should do about medicines that might make you dizzy. Be sure to make no changes in your medicine unless told to do so by your doctor.

Medicines that speed up bone loss are in the group known as glucocorticoids, which are also called steroids or corticosteroids. Examples include prednisone, cortisone, dexamethasone, and cortisol. Other medicines can harm bones when used in high doses and/or for a long time. These include antacids with aluminum, thyroid hormones, laxatives, some diuretics (water pills), and heparin (which is a blood thinner given through your veins). Some of these interfere with bone health by disrupting calcium in the body. Ask your health care provider or pharmacist if any of your medicines might speed up bone loss. If so, then ask whether or not there is anything that should be done about this.

There are also medicines that can slow bone loss and are beneficial for overall bone health. These work properly when consuming adequate calcium and vitamin D from foods and/or supplements. Talk to your doctor to see if you might benefit from medicines such as these. They include Fosamax, Actonel, Boniva, Calcitonin, and estrogen or hormone replacement therapy. Ask your doctor how much calcium and vitamin D as dietary supplements you should take with these medicines, because they will work best along with calcium and vitamin D. This handout also has several other tips on how to fight falls and fractures by being physically active, eating healthy, having vision checked, and home safety. *Review this section with the participants.*

Next, look at the "*Medication Questions for My Doctor and My Pharmacist*" and "*Medication Summary*" card. Bring copies of these to your doctor and your pharmacist the next time you visit them.

The handout titled "*Medication Questions for My Doctor and My Pharmacist*" lists many questions you should ask about your medicines. Before your next appointment with your doctor or pharmacist, let them know ahead of time that you need extra time with them to review your medicines. Don't be shy about asking questions. Your medicines can greatly affect your health, for better or worse, so it is important that your questions and concerns are answered. It is important to go to only one pharmacy so that your pharmacist can help make sure that your medicines work safely together.

## OPTIONAL ACTIVITY

*If your schedule permits, review the “Medication Summary” card with participants and have volunteers available to help participants fill out this card.*

Look at the “Medication Summary” card. *Review this card with participants so they know the kind of information they need to gather to complete this card.* When you complete this card, be sure to include prescription medicines, over-the-counter medicines, vitamin and mineral supplements, and herbal supplements. You can fill this out now or take it home with you.

### Menu and Recipe

Let’s look at a sample menu and recipe for us to enjoy. *Ask participants to refer to the handout titled “Sample Menu #12.”* This menu has 1,800 calories and includes the healthy eating principles we’ve talked about recently. It has at least seven servings of fruits and vegetables, at least three servings of whole grains, and three servings of low-fat milk products. There are many colors in this menu, including dark green, orange, and bright colored berries that add a variety of flavors and nutrients to our meals and snacks. The menu has sensible serving sizes to help control how much we eat. It has lean sources of protein, such as poultry and low-fat meat, along with healthy fats in the nuts, peanut butter, and fish.

The sample menu contains many foods that are low in sodium and uses seasonings, such as spice blends, herbs, and small amounts of canola or olive oil, to add flavor to foods. Has anyone tried a spice blend instead of using salt? *Wait for answers and ask participants to comment on the flavors.* Fat and saturated fat are kept low by using soft margarine and 1% milk. You can go even lower in fat by choosing skim milk. I hope these ideas will help in your own meal planning.

Have you tried any of the recipes yet? *Wait for responses.* I hope you’ve enjoyed them. Today’s recipe uses low-fat cheese and yogurt to give us calcium. This tasty broccoli casserole also uses reduced-sodium and reduced-fat soup to help keep our heart healthy. The broccoli counts toward our goal to consume colorful vegetables. *If the recipe is prepared for taste-testing, then be sure to tell participants what is in the recipe in case anyone is allergic to the ingredients.*

These menus show us healthy food choices and meal patterns. Be sure to follow specific dietary recommendations or restrictions from your physician, registered dietitian, or other health care professional. For example, people taking blood thinners, such as coumadin or warfarin, may be told to limit their intake of dark green vegetables. So, just replace them with another non-starchy vegetable.

### Be Physically Active Everyday!

Now we will do some physical activities. Why should people of all ages be physically active? *Wait for answers.* Physical activity improves the health of our bones, joints, heart, and muscles.

Being physically active also improves balance, strength, and flexibility, which may help prevent falls, so we can fight falls with physical activity.

Regular physical activity also helps prevent and manage many chronic problems, including diabetes, high blood pressure, excess weight gain, heart disease, and some types of cancer. Physical activity lowers the risk of depression and anxiety and improves our sense of well-being and self-esteem. To help us get all these wonderful benefits, let's finish our time together with some fun chair exercises. I hope you will practice these exercises at home, here at the senior center, or other place you feel comfortable doing them. They can really make a difference in your strength and flexibility, and can help to make everyday tasks easier. I hope you will continue to write down in your calendars all of the activities that you do each day. Sometimes it helps to be active around the same time everyday until it becomes a habit. Make physical activity a regular part of everyday!

*Begin the exercise session with a five to ten minute warm-up. Then, begin Exercise Module E (bands) combined with any two of participants' favorite balls modules. You can also use Tufts/CDC Growing Stronger, Part III.*

**NOTE:** *For groups using step counters: Has anyone increased their number of steps since our last meeting? Wait for responses and ask participants how they increased their steps. Even if you have not increased your number of steps, maintaining your current step count and staying consistent is a healthy goal. Continue recording your steps in your Physical Activity Chart or your regular calendar so you can see your progress and set new goals for walking and other activities.*

Congratulations to everyone who has reached the goal of doing 30 minutes of moderate physical activity everyday! If you are still working toward this goal, then keep up the good work. I know you will get there soon. Remember that there are even greater benefits to being more physically active each day by increasing either the time or intensity of your activities as you feel able and ready.

### **Activity: "Bingo for Better Health"**

*Optional: If time permits, then gather the group together to play "Bingo for Better Health." The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medicine labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.*

## Seniors Taking Charge of Your Health! (Lesson 12)

---

### Eat Healthy

What are some foods you eat to help you stay healthy?

Today we will talk about how getting the right amounts of vitamin D and calcium can improve your bone health.

---



### Be Active

What are some activities you do to stay physically and mentally active?

Today, our activity will be chair exercises to improve our health.

---



### Be Positive

What are some things that cheer you up and help you enjoy life?

Activity and a healthy diet can positively influence our mood.

---



### Get Checked

What are some check-ups we need?

Today we will talk about having a check-up called a bone density test.

---



## Are You at Risk for Osteoporosis?

The more items you check, the higher your risk for osteoporosis:

1. \_\_\_\_\_ Are age 50 or older
2. \_\_\_\_\_ Are a woman (men also get osteoporosis)
3. \_\_\_\_\_ Have a family history of broken bones
4. \_\_\_\_\_ Have a personal history of broken bones or falls
5. \_\_\_\_\_ Are small-boned
6. \_\_\_\_\_ Are white or Asian (all ethnic/racial groups are at risk)
7. \_\_\_\_\_ Have low body weight (less than about 127 pounds)
8. \_\_\_\_\_ Smoke or drink a lot of alcohol
9. \_\_\_\_\_ Do not eat enough calcium and vitamin D from foods and supplements
10. \_\_\_\_\_ Are not physically active



## Bone Density Tests, Medicare

Medicare covers bone density tests to determine your risk for a fracture (broken bone). People are at risk for fractures because of osteoporosis, a disease that weakens the bones. In general, the lower your bone density, the higher your risk is for a fracture. This test helps you and your doctor choose the best ways to keep your bones strong.

Medicare covers bone density tests for people with Medicare who are at risk:

1. Women over 65, especially those not taking estrogen.
2. Men and women whose x-rays show previous spine fractures.
3. Men and women taking prednisone or steroid-type drugs or who are planning to begin such treatment.
4. Men and women diagnosed with primary hyperparathyroidism.
5. Men and women being treated for osteoporosis to see if the therapy is working.

### Your costs in the Medicare plan?

Deductibles and co-pays may apply. Medicare will only reimburse for this test if ordered by your treating health care provider.

From: Medicare, <http://www.medicare.gov/Health/osteoporosis.asp>  
National Osteoporosis Foundation, <http://www.nof.org>, Phone: 202-223-2226

Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602  
Division of Aging Services, Georgia Department of Human Resources, Atlanta, GA 30303

December 2007

# Home Fall Prevention Checklist for Older Adults

**From: Centers for Disease Control and Prevention**

<http://www.cdc.gov/ncipc/pub-res/toolkit/CheckListForSafety.htm>

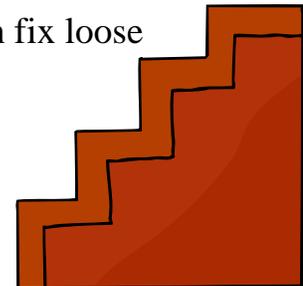
Each year, thousands of older Americans fall at home, causing serious injuries and even death. This checklist will help you make your home safer and prevent falls. So use this checklist at home to make your home safer. Let's see how many problems we need to fix in our homes by reviewing this checklist together. The more times you circle "yes," then the more things you need to fix in your home.

## **FLOORS: Look at the floor in each room.**

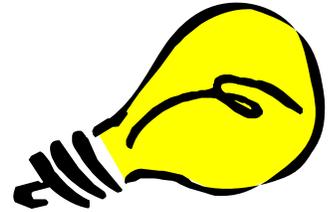
1. **Yes No** When you walk through a room, do you have to walk around furniture? If yes, then ask someone to move the furniture so your path is clear.
2. **Yes No** Do you have throw rugs on the floor? If yes, then remove rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
3. **Yes No** Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor? If yes, then pick up things that are on the floor. Always keep objects off the floor.
4. **Yes No** Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)? If yes, then coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

## **STAIRS AND STEPS: Look at stairs you use inside and outside your home.**

5. **Yes No** Are there papers, shoes, books, or other objects on the stairs? If yes, then pick up things on the stairs. Always keep objects off stairs.
6. **Yes No** Are some steps broken or uneven? If yes, then fix loose or uneven steps.
7. **Yes No** Are you missing a light over the stairway? If yes, then have an electrician put in an overhead light at the top and bottom of the stairs.



8. **Yes No** Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)? If yes, then have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.
9. **Yes No** Has the stairway light bulb burned out? If yes, then have a friend or family member change the light bulb.
10. **Yes No** Is the carpet on the steps loose or torn? If yes, then make sure the carpet is firmly attached to every step, or remove carpet and attach non-slip rubber treads to the stairs.
11. **Yes No** Are the handrails loose or broken? Is there a handrail on only one side of the stairs? If yes, then fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.



**KITCHEN: Look at your kitchen and eating area.**

12. **Yes No** Are the things you use often on high shelves? If yes, then move items in your cabinets. Keep things you use often on the lower shelves (about waist level).
13. **Yes No** Is your step stool unsteady? If yes, and if you must use a step stool, then get one with a bar to hold on to. Never use a chair as a step stool.

**BATHROOMS: Look at all your bathrooms.**

14. **Yes No** Is the tub or shower floor slippery? If yes, then put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
15. **Yes No** Do you need some support when you get in and out of the tub or up from the toilet? If yes, then have a carpenter put grab bars inside the tub and next to the toilet.

**BEDROOMS: Look at all your bedrooms.**

16. **Yes No** Is the light near the bed hard to reach? If yes, then place a lamp close to the bed where it's easy to reach.
17. **Yes No** Is the path from your bed to the bathroom dark? If yes, then put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

## Other Things You Can Do To Prevent Falls

18. \_\_\_\_ **Exercise regularly.** Exercise makes you stronger and improves your balance and coordination. Practice the chair exercises we learned at home.
19. \_\_\_\_ Have your doctor or pharmacist **look at all the medicines you take**, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
20. \_\_\_\_ Have your **vision checked** at least once a year by an eye doctor. Poor vision can increase your risk of falling.
21. \_\_\_\_ **Get up slowly** after you sit or lie down.
22. \_\_\_\_ **Wear shoes** both inside and outside the house. Avoid going barefoot or wearing slippers.
23. \_\_\_\_ **Wear shoes that give good support** and have thin non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.
24. \_\_\_\_ **Improve the lighting** in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
25. \_\_\_\_ It's safest to have **uniform lighting** in a room. Add lighting to dark areas.
26. \_\_\_\_ Hang lightweight curtains or shades to **reduce glare**.
27. \_\_\_\_ **Paint a contrasting color** on the top edge of all steps so you can see the stairs better. For example, use a light color paint on dark wood.



## Other Safety Tips

28. \_\_\_\_ Keep emergency numbers in large print near each phone.
29. \_\_\_\_ Put a phone near the floor in case you fall and can't get up.
30. \_\_\_\_ Wear an alarm device that will bring help if you fall and can't get up.

From: Centers for Disease Control and Prevention  
<http://www.cdc.gov/ncipc/pub-res/toolkit/CheckListForSafety.htm>

# Medicine and Bone Health

## **Medicines that can increase falls (might increase dizziness)**

- Blood pressure medicine
- Heart medicine
- Diuretics (water pills)
- Muscle relaxers, tranquilizers
- Strong pain medicine



## **Medicines that contribute to bone loss**

- Glucocorticoids (also called steroids), corticosteroids, prednisone, cortisone, dexamethasone, cortisol

## **Medicines that can help to improve bone health**

- Fosamax, Actonel, Boniva, Calcitonin (Miacalcin)
- Hormone or estrogen replacement therapy
- These medicines should be taken along with calcium and vitamin D supplements, so ask your doctor about this



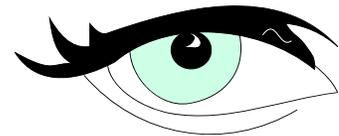
## **To Fight Falls and Fractures, Also:**

**Be physically active everyday, at least 30 minutes daily**

**Eat healthy and use supplements wisely everyday**

- Calcium- and vitamin D-rich foods (milk, fortified orange juice)
- Most older people need calcium supplements and nearly all older people need vitamin D supplements
- Protein-rich foods (lean meats, poultry and fish, 5 to 6 ounces daily)
- Fruits and vegetables (7 to 10 servings daily, a serving is usually ½ cup)
- Whole grains (3 servings daily, a serving is 1 slice bread, ¾ to 1 cup cereal)

**Have your vision checked at least once each year**



**Fight falls with a safe home**

- Remove things you might trip over ! Secure rugs
- Keep things within easy reach ! Install grab bars in the bathroom
- Use non-slip mats in the bathroom ! Improve home lighting
- Use handrails and lights in stairwells ! Wear skid-resistant shoes

## Medication Questions for My Doctor and My Pharmacist

1. \_\_\_ Which medicines can cause dizziness or falling? What should I do if a medicine makes me dizzy?
2. \_\_\_ What are the names of my medicines (brand and generic names)?
2. \_\_\_ Should I use a generic form? Is there a cheaper alternative?
3. \_\_\_ What's the strength? (For example, milligrams, abbreviated as mg)
4. \_\_\_ What's this medicine for?
5. \_\_\_ How long will it take this medicine to work after I take it?
6. \_\_\_ How much should I take for one dose?
7. \_\_\_ When should I take it? How many times per day? At what times?
8. \_\_\_ Should I take it on an empty stomach?
9. \_\_\_ Should I avoid any foods or other medicines when I take it?
10. \_\_\_ Should I avoid alcoholic beverages when taking this medicine?
11. \_\_\_ How does this medicine affect my blood glucose (sugar) level?
12. \_\_\_ Do I need to avoid driving when I take this medicine?
13. \_\_\_ What side effects might happen with this medicine?
14. \_\_\_ What should I do if I have side effects?
15. \_\_\_ What should I do if I miss a dose?
16. \_\_\_ How should this medicine be stored?
17. \_\_\_ How long will this supply last? What about refills?

### Remember

18. \_\_\_ Use only one pharmacist for all my medicines.
19. \_\_\_ Use a pill organizer with boxes for each day.
20. \_\_\_ Keep my Medication Summary card in my purse or wallet.
21. \_\_\_ Check dates and throw out expired medicines.
22. \_\_\_ Keep all medicines out of sight and reach of children.



From American Diabetes Association (<http://www.diabetes.org/uedocuments/24-medicines.pdf>)

Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602  
Division of Aging Services, Georgia Department of Human Resources, Atlanta, GA 30303  
December 2007

## Sample Menu #12

### **Breakfast**

Oatmeal, cooked, ½ cup (add pears, frozen yogurt, and nuts on top)  
Pears, diced, canned in juice or water, drained, ½ cup  
Frozen yogurt, low-fat, ½ cup  
Pecans or walnuts, unsalted, chopped, 2 tablespoons

### **Snack**

Part-skim mozzarella cheese stick, 1 ounce  
Whole wheat crackers (such as Triscuit®), low-sodium variety, 5 squares

### **Lunch**

Tuna salad sandwich, ½ sandwich, made with 2 ounces tuna, canned in water (low-sodium variety preferred), 1 slice whole wheat bread, 1 tablespoon reduced-fat mayonnaise, 1 small stalk chopped celery, ¼ cup chopped onion  
Sweet potato, baked, ½ large, with 1 teaspoon soft tub margarine and cinnamon  
Juice, vitamin C-fortified, ½ cup

### **Snack**

Blueberry yogurt smoothie (blend all ingredients), made with ½ cup frozen blueberries, ½ cup low-fat blueberry or vanilla yogurt, ½ cup low-fat milk, and ice cubes as needed for a thinner texture

### **Evening meal**

Pork chop, trimmed of visible fat, grilled or baked, 3 ounces  
Cheesy Broccoli Bake (recipe provided)  
Butterbeans, canned, rinsed and drained, ½ cup  
Biscuit, 1 small (lower-fat refrigerated variety if not homemade, or using the “Better-For-You Buttermilk Biscuits” recipe), with 1 teaspoon soft tub margarine



### **Snack**

Whole grain, ready-to-eat unsweetened cereal (such as bran flakes), ¾ cup  
Milk, 1%, ½ cup

\*Remember to drink plenty of fluids throughout the day! Water, tea, coffee, small amounts of juice, and other liquids all can help to keep you hydrated.

## Cheesy Broccoli Bake

**Serves 6**

### **Ingredients:**

- 1 (10 ounce) box frozen chopped broccoli, thawed
- 1½ cups cooked brown rice
- 1 cup reduced-fat cheddar cheese, cubed or shredded
- 1 (10 ¾ ounce) can reduced-sodium cream of chicken soup (such as Campbell's Healthy Request)
- ½ cup (4 ounce) plain non-fat yogurt
- ¼ cup bread crumbs + ¼ cup crushed cornflakes or cracker crumbs
- 1½ tablespoons soft tub margarine, melted



### **Directions:**

1. Preheat oven to 350°F.
2. In a medium bowl, mix together the broccoli, rice, cheese, undiluted soup, and yogurt.
3. Press the mixture lightly into a small (about 1-quart) baking dish.
4. For the topping, mix together the bread crumbs and cornflakes and sprinkle on top of the broccoli mixture; drizzle the melted margarine on top.
5. Bake in the oven for approximately 30 minutes, or until heated through and golden on top.
6. Serve warm; save any leftovers to have as part of a healthy lunch.



#### **Estimated Nutrition Facts per serving:**

**220** calories  
**7 g** total fat  
**3.5 g** saturated fat  
**29 g** carbohydrate  
**12 g** protein  
**4 g** fiber

## Nutrient Analyses of Sample Menus

Day/ Nutrient	Calories	Total Fat (g)	Sat. Fat (g)	Total Carb. (g)	Protein (g)	Fiber (g)
Sample 1	1805	52	15	257	89	28
Sample 2	1751	56	17	228	95	34
Sample 3	1774	50	12	240	96	27
Sample 4	1831	60	15	240	93	34
Sample 5	1725	52	13	228	101	26
Sample 6	1773	58	15	234	88	27
Sample 7	1744	61	18	221	94	32
Sample 8	1763	53	13	235	99	30
Sample 9	1757	51	17	232	101	30
Sample 10	1768	56	15	227	101	26
Sample 11	1810	68	19	223	92	27
<b>Sample 12</b>	<b>1750</b>	<b>50</b>	<b>14</b>	<b>242</b>	<b>100</b>	<b>31</b>
Average	1771	56	15	235	96	29



Most of the sample menus provide nutrients in the ranges of:

- 1750 to 1850 calories
- 25% to 35% of total calories from fat
- 7% to 10% of total calories from saturated fat
- 50% to 60% of total calories from carbohydrate
- 20% to 25% of total calories from protein
- 25 to 35 grams of fiber

Nutrient analysis estimates were completed using Diet Analysis Plus, Version 6.1, from ESHA Research, 2004. Nutrient values for individual foods can vary depending on brand, type of processing, method of preparation, and other factors. Be sure to read the Nutrition Facts panel of food labels if you'd like to know exactly how much of specific nutrients are in the foods you buy.



Name of prescription medicine	What it is for	Doctor who prescribed	How and when to take	How much to take/dosage/strength	Color/Shape
Name of non-prescription medicine (include OTC, vitamins, minerals, herbs, and home remedies)	What it is for	Doctor who prescribed	How and when to take	How much to take/dosage/strength	Color/Shape

For more copies, go to <http://noahnet.myweb.uga.edu/plansmm.html>.