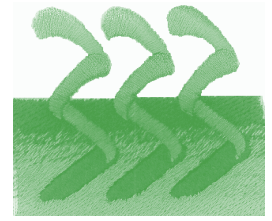


Three Rivers
Community Action, Inc.
Senior Programs



Providing services, volunteer opportunities, caregiver help, and information focusing on seniors in Goodhue, Rice & Wabasha Counties

**Inside this
Newsletter**

Contact Information	Page 2
Three Rivers programs	Page 2
News from Pat and Carla	Page 3
Upcoming Events	Page 4
Upcoming Events	Page 5
Gardening	Page 5
Ask SOPHIE	Page 6
Internet Savvy	Page 6
Here's To Your Health	Page 7
Our Caterers	Page 8
Scams to Avoid	Page 8
Getting Help in Your Home	Page 9
Recipes	Page 10
Healthy Living Hints	Page 11

FOCUS

Seniors

*

Caregivers

Spring 2011

Vol. 11, Issue 1

Coming to your area

Classes & special sessions

- ◆ Powerful Tools for Caregivers
2 ½ hrs each week for six weeks on tools and tips for staying healthy as you help out a family member.
- ◆ Financial Literacy in Retirement: a workshop to help you stay on track on a fixed income, covering hiring help and budgeting.
- ◆ Using LiveWell At Home
A great on-line tool with tips on hiring help, costs, etc.
Call Carla or Pat if you are interested in a class in your area.

**WE CELEBRATE
OUR VOLUNTEERS**

A huge Thank You goes to our Meals on Wheels volunteers. The staff at Three Rivers CAP, the communities and clients you serve appreciate your dedication and hours of service. We literally could not offer this program to clients without your help!

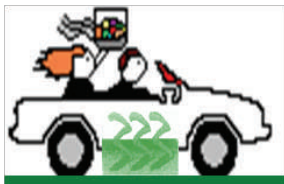
When you see volunteers, whether they are delivering a meal, helping out at church, a volunteer, driving someone to an appointment, assisting with youth clubs, please be sure to thank them.

Volunteer are always important, but during these hard economic times with multiple disaster needs in the world, funding for our programs are increasingly hard to come by. Volunteers donate both their time and vehicle gas.

If you can't volunteer, please consider a monetary donation.

May 2011

Celebrate Older Americans Month



Older Americans:
connecting the community

**Three Rivers CAP Meals-On-Wheels
Senior Advocacy * Family Caregiving**
Celebrating the older Americans
who make our towns great!

Western Goodhue County and Rice County

Carla Pearson
1-866-644-4510

carla.pearson@threeriverscap.org

Eastern Goodhue County and
Wabasha County

Patricia Kimble

1-800-277-8418, ext. 112

pat.kimble@threeriverscap.org

Three Rivers Community Action, Inc.

Mission Statement

“Three Rivers Community Action, Inc., a private non-profit corporation, works with community partners to address basic human needs of people in our service area, thereby improving the quality of life of the individual, family and community.”

Offices

1414 North Star Drive
Zumbrota, MN 55992
Phone: (507) 732-7391
Toll Free: (800) 277-8418
Fax: (507) 732-8547
TTY: MN Relay Service: (800) 627-3529
Hours: Mon – Fri, 7:30 am – 4:00 p.m.

201 South Lyndale
Faribo Town Square
Faribault, MN 55021
Phone/TTY: (507) 333-6450
Toll Free: 866-644-4510
Fax: (507) 333-6462
Hours: Mon – Fri, 8:00 am – 4:00 p.m.

611 Broadway Avenue
Wabasha, MN 55981
Phone: (800) 277-8418
Hours: Mon-Fri, 8:00 - Noon

All facilities are Handicap Accessible. Reasonable Accommodations Are Available. ADA
Our continued success in assisting our citizens to meet their basic needs can be assured through donations of time and money. To contribute, volunteer, or request an annual report, please contact the local Three Rivers Community Action office. Your assistance is needed and will be gratefully accepted.

FOCUS

A Senior Programs Newsletter
Spring 2011
Volume 11, Issue 1

Other Three Rivers Programs

Do you know of a grandchild, neighbor or other preschooler who could benefit from Head Start? Three Rivers Head Start is a pre-school program for 3 and 4 year olds and we are currently accepting applications for the 2011-2012 school year. Please call us for an application at 1-800-277-8418, ext. 156. There are no costs for the program, however, families must meet income guidelines to qualify. Submitted by Karina Ceja, Head Start

EAP (Energy Assistance Program) helps pay heating and electric bills. Everything is so expensive right now such as groceries, medical costs, gasoline, and prescriptions. Included in that list are home heating costs and electricity. If you think you may qualify (based on income from the last three months only; assets not included), call our main office for an application or download one from our website: www.threeriverscap.org. Apply before May 31st: Copies of your income, fuel and electricity bills must be included with signed application. Submitted by Marla Lodermeier, Energy Assistance Coordinator.

Three Rivers CAP may be able to help with:

- Meals-On-Wheels
- Energy Assistance (fuel or electricity)
- Weatherization, (furnace replacement, etc.)
- Head Start
- New home buyer education
- Caregiver support, education and assistance
- Senior support, education and assistance

GIVE TO THE MAX

As federal, state, and local funds get cut, it affects the ability of your local programs to sustain programming as well. When you think about giving to those in need, remember your local community action agency helps. A large percentage of the people we assist are low income.

News from Carla

Since the last newsletter was written, we had a major change with the Meals on Wheels program in the community of Cannon Falls. On January 3rd, the caterer changed from Semcac at the Stonehouse to the Cannon Falls Medical Center known to many as “the hospital”. Thank you to all clients, families, and volunteers for being patient with this transition. I have received quite a bit of feedback from clients since the change and it has been very positive!

I have spent the past winter months getting to know many of you through home visits and phone conversations for Meals On Wheels annual re-assessments. I have enjoyed this very much and always learn from your own shared life experiences and wisdom. I have also met many members in the community who need help navigating the systems for homecare, living wills, powers of attorney, nursing home stays for planned surgeries, food support programs, chore services, and energy assistance, to name a few. I am available to you to help problem solve situations, and provide education and advocacy to assist you in remaining as independent as possible.

If you’ve been feeling “blue” you may benefit from a visit from me as I have a passion for depression awareness. Many older adults shy away from talking about their feelings with their doctors. Know that I can assess you for depression and discuss treatment options with you in the privacy of your home.

Thank you to all of our funding partners such as Senior Linkage Line, and United Way. Individual contributions are also extremely needed and appreciated. Call our main offices and they’ll send out a donation envelope, donate online (www.threeriverscap.org) or when you use one of our services, you can make a donation.



News from Patricia

As I and my sisters get close to age 65, I am beginning to see how complicated growing older can be. By the time you receive this, my sister will have signed up for Medicare (with my help) and we will have guided a fellow teacher friend of hers through retirement, applying for social security and Medicare under a special enrollment period, and I will have met with the Social Security Office to clarify my options. After talking to several of you this past year about some of the delayed retirement options, I am hoping to learn more by using my own retirement to ask questions and understand the options better.

No, I’m not retiring yet! Not for a few years. But a few years can go fast. I’ve been in this job for eleven years and feel very privileged to get to know so many wonderful, caring residents in our three counties, Goodhue, Rice, and Wabasha.

The new classes mentioned on the front page are full of valuable information, and are fun and interesting, too. Our local Area Agency on Aging (Semaaa-a.k.a. Senior Linkage Line) also has classes in our area for managing chronic disease conditions and learning to use the Internet (*Senior Surfin*). Please let us know if you would like a class scheduled in your area.

Keeping my life in balance, I have taken up Tai Chi again, and meditation, and am looking forward to some upcoming vacations also. In May, my son, Ted, graduates from college and then we are all going back to my home town, Seattle WA for a couple of weeks. June 17th I’ll be in Sioux Falls at the wedding of a very special couple; the groom is a close friend of my son’s and spent lots of time at our home while he was growing up. Then I’m off to Fargo for a Norwegian Cultural Meeting (<http://www.fellesraad.com>) and July 4th week I’ll be at a spiritual retreat. Working with all of you helps me understand the importance of balance in one’s life.

Wishing you all joy as we enter into our warm season!

2011 Upcoming Events

GOODHUE COUNTY

What: “*Planning for Your Financial Future*” Featuring helpful written materials, a speaker, resource booths for older adults.

Where: The Stonehouse Apartments, Cannon Falls, MN

When: May 7th, 10am-12pm

What: “*Healthy, Fit Seniors and their Caregivers Expo*” An evening of fun activities, bingo, free taco bar, information and resource booths.

Where: 4-H Building, Goodhue Co. Fairgrounds, Zumbrota, MN

When: May 11th, 4 p.m.—7:30 p.m. *Watch for details in your local newspaper

RICE COUNTY

What: *Senior Housing Tour*; Join the open houses to learn more about housing options

Where: Various Assisted Living facilities in Faribault.

When: Friday, May 13th, 1pm-4pm and Saturday, May 14th, 9am-12pm

WABASHA COUNTY

What: *Lunch and Learn*: Bring a sack lunch.

- ◆ April 18: topic is “the Driving Dilemma” delivering tips on keeping driving skills sharp and on talking with people you love and care about if you are concerned about their driving.
- ◆ May 23: topic is transportation in Wabasha County—Hiawathaland Public Transit and Faith-In-Action will explain how to use these options.
- ◆ June 20: “Let’s go fishing”- take time to de-stress and get ready for this popular sport

Where: St. Elizabeth’s Medical Center, Sister Gerina Room, Wabasha, MN

When: Every 3rd Monday of the month at noon

What: *Fresh Foods for Feasting taught by Chef Tom Skold,, Micki Nelson, Master Gardener, and Julie Jacobs, Nutritionist*

When: May 11th, June 8th, July 13th , Aug 10th, Sept 14th - call Lori at 507-288-6944 to sign up.

Where: Immanuel Lutheran Church Christian Life Center, 30 S. Wabasha St., Plainview, MN

CHECK OUT YOUR LOCAL LIBRARY FOR COMPUTER CLASSES!

FOR MORE EVENTS CONTACT YOUR LOCAL SENIOR CENTER

◆ **Faribault Senior Center**

19 Division Street West, Faribault, MN 55021-6001,
(507) 332-7357 www.faribaultseniorcenter.org

◆ **Northfield Senior Center**

1651 Jefferson Parkway, Northfield, MN 55057
507-664-3700 <http://www.northfieldseniorcenter.org/>

◆ **Pine Island Senior Center**

3rd Ave. SW (across from City Hall parking lot), Pine Island, MN

Gardening

Now is the wonderful time of year for thinking about gardening. I have found a lot of my clients live in places where there is limited space for gardening the traditional way...in a yard. Since I moved to Northfield 7 years ago, I have had difficulty finding a good place in my yard for gardening due to so much tree cover. Last summer, my kids and I counted the trees we have in our yard and we counted 17 trees! No wonder I'm having trouble finding a full-sun spot!

So...I have been gardening in containers for these past years and it works very well!

The following includes some tips to get started on your container garden.

Soil– Before or at the time when you purchase plants, prepare your soil. The biggest thing to remember when preparing soil is to keep it simple. A lot of gardeners think one needs to have several different types of soil and chemicals for a successful garden, this is not true! I add peat moss, and ground leaves to my soil and that's it! Others add bark, manure, leaf mold and all types of compost in varying stages of decay. A tip I recently learned is to water the soil and let it sit to absorb over night and then place the soil in containers. This is less messy and the soil is ready to go.

Transplanting– First of all, water plants in their temporary store containers like you would if they were already in their permanent containers. When the root balls are moist they won't tear during transplanting. Tap plants out gently, or use your thumb to push plants out from the bottom. Prune or manipulate the roots with your fingers to loosen them up for future growth. Place the plant in the pot with the top of the plant even with the soil in the pot. I like to place rocks on the bottom of the pot before I place the soil in as this assists with drainage.

Watering- Help keep the soil moist by regular watering. I put a layer of peat moss-or rocks that my kids have painted-on top to keep the moisture in the container. If the leaves start to turn yellow, you are watering them to much.

Vegetables- Today there are varieties in almost every category that thrive in containers. My favorite vegetables to grow are tomatoes (ok, technically they're a fruit). I find the easiest and most durable are Romas. I place one plant per five gallon container and put them on my driveway on the south side of the house. This allows them the most sun at my house. Tomato plants require at least six hours of sunlight per day. The Small Fry variety bears one-inch fruit and does best in a long box container with a trellis. This is also nice to look at which is a bonus.

Herbs- A 12" x 48" x 8" box makes the best patio herb garden. Individual plants also do well in pots. Chives, thyme, basil, and marjoram do well in planter boxes. Mint, oregano and rosemary do well in hanging pots due to their sprawling nature. Try the following herbs in full sun with little watering: marjoram, oregano, rosemary, sage and thyme. Good luck and enjoy!

FOR MORE EVENTS CONTACT YOUR LOCAL SENIOR CENTER

- ◆ **Red Wing Senior Center**, Fairview Red Wing Professional and Community Center
1407 W. Fourth Street - Red Wing MN 55066
651.267.3599 <http://redwingareaseniors.org/>
- ◆ **Rochester Senior Center** 121 North Broadway, Rochester, MN, 55906
(507) 287-1404 <http://www.rochesterseniorcenter.org/>

Ask SOPHIE

“senior, older person, hip, informed, & empowering”

Question: I just can't seem to get anything done. I have lots of “stuff” but can't get motivated.

Answer: Clutter and stuff in our homes that we are not using can block our energy and make us feel listless. In addition, too much stuff is overwhelming and can bring on feelings of inadequacy and frustration because you never “get to it”, not to mention it can cause allergies from dust and mold!

How to start? First if you can't keep up reading the magazines and newspapers you get every month—throw out the old ones or recycle magazines. You'll never catch-up so just start fresh!

- ◆ It's broken - Well you fix it within a short time? No? Then toss it or give it away!
- ◆ Does it belong to someone else? - It is time to return it.
- ◆ Does an item have negative associations? - If so, does it have value on its own? Take anything with negative associations out of your home, give it to someone else or sell it.
- ◆ Do you use it regularly? - Or is it an item you got talked into and never really use? Give it away or sell it. Someone else might actually use it.
- ◆ Do you love it and use it regularly? - These are the items you want surrounding you.

A feeling of energy and peace in your home is of great value.

- ◆ Does your home have room for you to move about without bumping into stuff?
- ◆ Do you have room to exercise and stretch?
- ◆ Is your home dust-free and smell clean?
- ◆ Are the items in your home ones you love and bring you joy?
- ◆ Do you feel good about having others over?
- ◆ Is there a special place in your home where you can sit and pray, meditate, or read that is truly comfortable and fits your body?
- ◆ Do you know what food is in your pantry? Refrigerator? Freezer? Too much accumulated food often ends up not being used when fresh. How much food on hand do you really need? And is it the food you really want to be eating?

LIFE BALANCE is about more than just going to classes or practicing a yoga class. We need to have balance and clarity in our own homes to keep our minds focused and at peace.

Is your food and stuff what you love? What is healthy? What can be consumed and used within a reasonable time? So if you have a problem with reality—the reality of what stuff and foods are really important. Get started today clearing the clutter from your home. Our homes are our sanctuaries and deserve to be clutter-free!

Internet Savvy

Tips to know when using the Internet:

If the web address ends in

- .gov**—it is a Federal Government-sponsored site, such as Medicare or Social Security
- .edu**—it is from an educational institution such as the U of MN or Mayo Clinic
- .org**—it is from a non-commercial or non-profit, such as Three Rivers Community Action
- .com**—is used by any commercial organization

The website should clearly state who is responsible for the site and who sponsors the site. Most sites have a link to “about this site” and information on when the information was updated should be available.

Chat Rooms, also known as discussion boards, forums, listservs, are often opinions, not facts.

For reliable health information try these sites:

MedlinePlus® (<http://medlineplus.gov>) or Healthfinder® (<http://healthfinder.gov>)

Here's To Your Health...

Have you ever misplaced your keys? Dumb question, right? Everyone has misplaced their keys! In the next few newsletters, I plan to focus on information pertaining to memory loss.

Forgetfulness is a common human trait that is experienced by every person. Although these episodes are an inconvenience, they are nothing to be concerned about. As we age, the brain does lose some of its functions, but less than 15% of people experience a cognitive decline to the point of being concerned. When a person starts to notice that forgetfulness is increasing and it has become disruptive to one's life, this is called Mild Cognitive Impairment. Usually a person with this diagnosis is able to function well in life and is able to pass cognitive tests with flying colors. The stage after this is one to be concerned about-early signs of Alzheimer's Disease or other forms of dementia. The best example I have used over the years to differentiate between Alzheimer's Disease and other dementia's is this: A person with dementia knows that a fork is used to eat. A person with Alzheimer's Disease doesn't-this person may use the fork to comb her hair without knowing it's incorrect. The following symptoms are for early stages of Alzheimer's Disease:

Always present:

Impairment of recent memory

One or more sometimes present:

Difficulty with reasoning

Disorientation

Difficulty with language

Poor concentration

Difficulty with spatial relations

Poor judgment

Non-cognitive or behavioral changes:

Personality changes

Delusional thinking

Changes in sexuality

Diminished coordination

Loss in sense of smell

If you or someone you know is experiencing any of these symptoms, it's best to make an appointment with your doctor. We are also available to meet with you and your family for education, future planning, problem solving, and emotional support.

**For more
information
visit**

alz.org | alzheimer's  association



**Meals-On-Wheels
Gift Certificates
available for
Mother and/or
Father's day**



Our Caterers

Goodhue County

Cannon Falls

Cannon Falls Medical Center

Goodhue

Doc Sawyers

Pine Island

Pine Haven Care Center

Wanamingo

Semcac Senior Dining

Zumbrota

Semcac Senior Dining

Rice County

Faribault

District One Hospital

Morristown

Semcac and District One

Wabasha County

Kellogg

Semcac Senior Dining

Mazeppa

Pine Haven Care Center

Wabasha

Semcac Senior Dining

Top Scams Frequently Mentioned That Target Seniors

- ◆ Sweepstakes and lottery Scams-if you get a letter in the mail telling you to deposit a check and wire back a portion of the money-don't do it. Never wire money to someone you don't know. You should never have to send anyone money to claim a winning lottery ticket or sweepstakes.
- ◆ Healthcare Scams-If anyone contacts you by phone or email and asks you to verify your Medicare number, healthcare insurance information, credit card numbers, etc., or to buy healthcare products you haven't asked for, never do it! Medicare will never call to ask for sensitive personal financial information. If you suspect fraud call your local police or the Office of Inspector General at 800-HHS-TIPS.
- ◆ Bereavement Scams-Some scammers go through obituaries to target persons who are vulnerable and grieving. They may claim the deceased person owes money or they are a debt collector. If you are unsure and know nothing about the contact, ask for written verification. Consider asking for assistance from a trusted family member if you recently lost a loved one and are inexperienced in managing finances.
- ◆ Deceptive Products and Professionals Scams- If someone knocks at your door with an offer or service (roofing your house, fixing your windows, etc.) and it seems too good to be true, it probably is. Find professionals you can trust by getting referrals from friends and neighbors who have used the person before and/or checking out the professional through the Better Business Bureau's Directory of Accredited Businesses.
- ◆ Telemarketing Scams-Never give out personal and/or financial information over the phone when you do not know who is calling you. Call them back. Also do not succumb to high pressure tactics. Take a day or so to think about whether you really need that product or service they are trying to get you to buy. Sign up (or have someone you trust help you) for the "Do No Call" registry at www.donotcall.gov. It won't stop all calls, but does help.
- ◆ Investment and Work at Home Opportunities Scams-They promise easy money and often target older adults who are looking to supplement their income. Never invest up front. If it is too good to be true...don't believe!

Volunteers

We are hosting Volunteer Recognition Events in your community this spring and summer to express our appreciation of your services in delivering Meals-On-Wheels. You will be receiving an invitation and more information soon. Pine Island's recognition will be in the fall at the Pine Island Senior Center.

Getting help in your home.

Do you need nursing care to stay in your home?

Could you use help with spring-cleaning? Bathing? Companionship? Spring chores?

The best way to be able to stay in your home and not have to move somewhere you don't want to is to get the help you need to keep you healthy and your home safe from falls and injury.

Not sure if you need help or not?

Call your local Public Health office. They each provide a free Long Term Care Consultation. The purpose of these assessments is to determine what you need for you to stay independent and in your own home longer.

If your primary concern is with **memory loss** – call the Alzheimer's Association at (507) 289-3950 or their helpline at 1-800-232-0851.

If you have concerns about **vision loss**, call the State Services for the Blind at (507)285-7282

If you have concerns about a **hearing loss**, call the Center on Hearing Loss at (507) 285-7295.

If you have **multiple needs** call your local Senior Advocate/Caregiver Coache; for Rice and Western Goodhue Counties, Call Carla at 1-866-644-4510 or for Eastern Goodhue and Wabasha Counties call Pat at 1-800-277-8418, etc. 112.

Call **Senior Linkage Line** at 800-333-2433

Homecare Agencies offering aides, nurses, homemaking and/or chore service:

Accra Care PCA Choice Services (651) 388-1010

Alliance Home Health And Residential Services (507) 252-9737

Comfort Home Health Care (CHHC) (507) 281-2332 or (800) 204-2332

CNS Managed Health Care (507) 289-2411

Fairview Red Wing Home Care and Hospice (651) 385-3410 or (888) 485-3410

Heartland Homecare and Hospice (507) 292-1170

Hiawatha Home Care, (651) 388-2223

Home Instead Senior Care (507) 285-1700

Pine Island Home Services, a Living at Home/Block Nurse Program (507) 356-2999

Prairie River Home Care (507) 252-9844 or (800) 711-0509

New Horizons Home Care and Nursing Services (507) 281-3029 or (800) 658-2471

Saint Elizabeth's Home Health Care (651) 565-5577

Sencil United Home Healthcare Choices, Inc. (651) 388-0466

Visiting Angels Senior home Care in Red Wing (800) 365-4189

Spectrum Community Health, Inc. (651) 627-9177 or (507) 282-8052 or (800) 605-1622

Public Health: Public Health offers home health care services, often at reduced prices.

Rice County (507) 332-6111

Wabasha County (651) 565-5200

Goodhue County Public Health (507) 385-6100

Volunteer based services for occasional help in the home and/or transportation:

Faith in Action, Central Goodhue County (507) 824-3290

Faith in Action, Plainview (507) 534-1244

Faith in Action, Red Wing Area, (651) 385-3290

Pine Island Home Services (507) 356-2999

Shepherd's Center of Cannon Valley (507) 263-2136

Recipes for 1-2 people

Baked Fish with Brown Rice

Spray some oil (or lightly coat pan with oil), put in defrosted fish filet.

Top with a coating of Mayonnaise and shredded cheese. Bake until done (depending upon the thickness of the filet, 20-30 minutes at 350 degrees.

Meanwhile put 1/2 cup or so of short-grained, sweet, brown rice in a saucepan. Cover with twice the amount of water or broth. Bring to a boil and then turn down to simmer for 15-20 minutes.

Steam some vegetables or add a salad and you have a nutritious delicious meal!

Portabella delights

Take a sausage or two (already cooked, such as chicken tomato sausage) and chop by hand or in your mini food processor.* Mix with the leftover brown rice from the night before.

Brush two portabella mushrooms with a little olive oil. Broil until just softened (5-10 min)

Top with brown rice and sausage mix, top with mozzarella or your favorite cheese. Heat in oven, microwave, or broiler until cheese is melted. Yum- a meal in itself!

Easy bread pudding

- ◆ Take a small 2- cup ovenproof Pyrex or similar baking vessel. Lightly spray or butter the inside.
- ◆ Place 2 slices of your favorite bread (can be stale) in the bottom.
- ◆ Beat 2 eggs with 3/4 cup milk, some vanilla, some cinnamon sugar and/or maple syrup.

Bake at 350 degrees for about 1 hour or until knife comes out clean. Put plate underneath it to catch any drips.

I recently got two of the best tools for my kitchen and for fixing small meals:

- ◆ **A mini-food processor** - chopping nuts, chopping up sausage, mixing herbs with onions are among its many uses!
- ◆ **And my new emersion blender** — mixes sauces, hot chocolate, gravy, cheese sauces and who knows what else!



Healthy Living Hints from Tina

The newly released 2010 Dietary Guidelines for Americans offers a practical roadmap to help you make changes in your eating plan to improve your health. The Dietary Guidelines encourage Americans to eat more:

- Whole grains: Increase whole grains by choosing whole grain breads and cereals, brown rice and whole wheat pasta. Make at least half your grain servings whole grains.
- Vegetables: Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Most adults need 2 ½ cups of vegetables per day.
- Fruits: Add fruit to meals and snacks—fresh, frozen or canned—to get about 2 cups each day.
- Low-fat or fat free milk, yogurt and cheese or fortified soy beverages: Include 3 cups per day for calcium, vitamin D, protein and potassium. Lactose-free milk is also an option.
- Vegetable oils such as canola, corn, olive, peanut and soybean: These are high in mono-unsaturated and polyunsaturated fats. Use in moderate amounts in place of solid fats.
- Seafood: Include a variety of seafood more often in place of some meat and poultry.

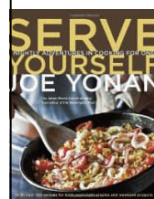
For those of us over age 50, there is also a recommendation for no more than 1500 mg/day sodium. Since this accounts for over 50% of the U.S. population, we realize we are consuming too much sodium and we can benefit from reducing sodium in foods we consume. Some ideas include limiting canned soups and canned foods high in sodium, keeping away from sodium-rich frozen dinners, and avoiding processed foods. By choosing frozen or fresh vegetables instead of canned vegetables, or by preparing home-cooked meals without added soups and salt, we can begin to take steps toward a heart-friendly sodium intake each day.

Contributed by:

Christina Gapp, RD LD

tinagapp@gmail.com

Consultant Dietitian for Meals on Wheels
Three Rivers Community Action, Inc.



Serve Yourself: Nightly Adventures in Cooking for One by Joe Yonan —

A great new cookbook on how to appreciate cooking good food—just for yourself! Recipes can easily be doubled to serve two people.

Sacred Passage—How to provide Fearless Compassionate Care fro the Dying by Margaret Coberly, PhD, RN. This is one of the more moving, meaningful and useful books I have read. A nurse, Ms. Coberly covers what to expect during the dying process, how to meet changing needs and techniques for promoting a peaceful environment for the dying and their loved ones.



Wayne Pacelle, president and CEO of The Humane Society, USA, leads readers on a sobering, and ultimately uplifting journey, in his new book, **“The Bond: Our Kinship with Animals, Our Call to Defend Them.”** The book concludes with an incisive look at how the status-quo can be overcome with the creation of a new **humane economy built on celebration, stewardship, and compassion for animals.** UC Davis Veterinary Medicine’s Center for Companion Animal Health’s (<http://www.vetmed.ucdavis.edu/CCAB/elderly.htm>) Companion Animal Behavior Program has wonderful information on the rewards and benefits humans receive from animal companions as we age. Check it out!

BOOKS

Three Rivers Community Action, Inc.

Senior Programs

1414 North Star Drive

Zumbrota, MN 55992

1-800-277-8418

RETURN SERVICE REQUESTED

Help us keep our mailing list current.

Please notify us if you:

have a change of address;

are receiving more than one copy;

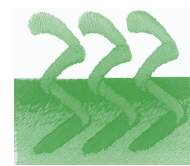
would like to be removed from our list.

If you would like to receive this

newsletter by email, call the number above.



*Three Rivers
Community Action, Inc.
Senior Programs*



Upcoming Events

Scams to Avoid

Hiring Help in the Home

Gardening

Healthy Living Hints

Recipes

Spring 2011

Vol. 11 Issue 1