

ULSTER COUNTY'S NACIO AWARD WINNING
SENIOR VALLEY NEWS
ULSTER COUNTY OFFICE FOR THE AGING
1003 DEVELOPMENT COURT, KINGSTON, NEW YORK 12401
TEL. (845) 340-3456
WINTER 2012

FROM THE DIRECTOR'S DESK:

Cold weather can be risky for anyone, but especially for older people. Almost everyone is familiar with winter hazards such as broken bones from falls on ice or breathing difficulties triggered by cold air. But the winter chill can also lead to a temperature drop inside the body that can be deadly if not found quickly and treated properly (called hypothermia). It is a special problem for older people, who often have other illnesses or take medications that can interfere with the body's ability to regulate its temperature. The most important step in treating hypothermia is to make a person warm and dry. He or she must be seen by a doctor. People who live in poorly heated homes risk getting accidental hypothermia when the weather is cold. Even mildly cool temperatures of 60° F (15.5° C) to 65° F (18.3° C) can trigger the condition. Homes can have inadequate insulation, or people with low incomes and little savings may keep temperatures in the dangerous range as they try to keep heating bills down. Contact UCOFA @ 340-3006 & ask for Christine Noble or HEAP to seek assistance with heating bills.

Some illnesses and medications also place a person at risk because they affect the way the body handles cold temperatures. Illnesses that may blunt the response to cold include:

- Slow thyroid (hypothyroidism) or other disorders of the body's hormone system
- Stroke or other disorders that cause paralysis and reduce awareness
- Severe arthritis
- Parkinson's disease or other illnesses that limit activity
- Any condition that curbs the normal flow of blood
- Memory disorders

Certain medicines also increase the risk of accidental hypothermia. They include drugs used to treat anxiety, depression, or nausea, and some over-the-counter cold remedies. Ask your doctor how your medicines affect body heat. In addition to some medications, alcoholic drinks lower the body's ability to retain heat. Please be safe and always check with your doctor; happy and blessed holidays from the staff of the Ulster County Office for the Aging.

Anne Cardinale, RN, GCNS-BC
Director, Ulster County Office For the Aging

(source: NIH, Age Page)

SENIOR DINING CENTERS

All are welcome to join us at one of our conveniently located Dining Centers in Ulster County. Please refer to the list below to find the center nearest you and to place a reservation. COME, JOIN US FOR LUNCH!!!

ULSTER COUNTY DINING CENTERS:

<u>NUTRITION CENTER:</u>	<u>SITE MANAGER</u>	<u>PHONE</u>
SAUGERTIES	Kate Hendrickson	246-9987
KINGSTON, (mid-town)	Donna Briglia	339-4934
ROSENDALE	Vincene Pennacchio	658-8110
ELLENVILLE	Carolyn Shorter	647-1605

SATELITE CENTERS:

Reservoir United Methodist Church, Ashokan	Second and Fourth Tuesdays	336-7112
Town of New Paltz Community Center	Every Thursday	255-3631
Town of Ulster Senior Center	First and Third Tuesdays	340-3576 or 389-0015

****Meals are prepared by Prestige Services, Inc. and are funded by the Ulster County Office For The Aging. Made possible by Funds provided by USAOA, NYSOFA, UCOFA, & Private Funds.**

HELP US HELP YOU!!

It is our pleasure to serve you a Home Delivered Meal or a Congregate Meal. We hope that you enjoy them. Voluntary contributions keep our dining programs available to all Ulster County senior citizens.

The suggested donation for senior meals is **\$3.00 per meal or \$15.00 per week.**

Your contribution is **voluntary and confidential and no one will be denied a meal** if they cannot contribute. Guests under age 60 will be charged \$7.42.

Please contact the Office for the Aging for further information at:

**ULSTER COUNTY OFFICE FOR THE AGING
1003 DEVELOPMENT COURT
KINGSTON, N.Y., 12401
#845-340-3456**

Depression/Anxiety and Nutrition:

Good nutrition provides the foundation for a good mood, and is an important complement to medication and behavioral therapy in the treatment of depression. Can what you eat help improve your mood or cause depression? Here are some facts that can help you understand the relationship between depression and diet.

The role of nutrition

You can use nutrition to help. Consider these suggestions:

- Try eating frequent small meals and snacks until appetite improves
- Eat meals and snacks containing protein (meat, poultry, fish, cheese, eggs, legumes, and nuts) and carbohydrate (milk, fruit, bread, cereal, pasta, potatoes, and rice) at regular intervals each day
- Choose comforting foods as a way of self-nurturing
- Use a daily multivitamin if you are unable to eat adequately from all food groups
- Drink nutritional supplements, such as Ensure[®], as a temporary source of nutrients, if food seems unappealing

Following are sources of some nutrients:

Folate

Folate may help to improve mood by preventing an excess of homocysteine from forming in the body. This is important because homocysteine prevents blood and other nutrients from reaching the brain, and interferes with the production of serotonin, dopamine, and norepinephrine—all regulators of mood, sleep, and appetite. Folate is found in:

- Liver
- Mushrooms
- Green, leafy vegetables
- Lean beef
- Potatoes
- Whole-wheat bread
- Citrus fruits
- Peanuts
- Dried beans
- Wheat germ
- Peas
- Strawberries

Omega-3 fatty acids

Omega-3 fatty acids might increase the volume of gray matter in the parts of the brain responsible for regulating emotions. Omega-3 fatty acids are found in:

- Salmon
- Herring
- Anchovies
- Tuna
- Flaxseed
- Canola oil
- Soy nuts
- Walnuts
- Butternuts (similar to walnuts)

Vitamin D

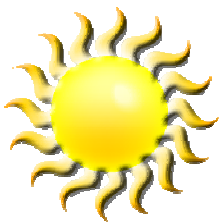
Vitamin D aids in the production of serotonin.

Vitamin D is found in:

- Fish-liver oils
- Fortified milk
- Herring
- Salmon
- Canned sardines
- Fortified orange juice
- Fortified cereal

Reference:

www.rd411.com: Depression , Anxiety, and Nutrition, Good Food Good Mood, Diet for Depression



Food to Fight Colds and Flu: 7 Great Healing Foods

By: Lynn Grieger, R.D., C.D.E.

Are you protected against the cold and flu season? Even if you've had a flu shot, you need to wash your hands religiously and take vitamin C or echinacea for extra insurance. Remember that what you eat may help prevent or treat those common wintertime illnesses. Try these delicious ideas; they taste great, and just may make you feel better, too.

1. Chicken soup has to be at the top of the list. Hot chicken soup helps clear clogged airways, and the nourishing broth will give you more energy. Add plenty of vegetables, including onion and garlic, for extra healing power.

2. Hot and spicy food. Some folks swear by garlic, hot peppers or hot sauce to help break up congestion. Cook ethnic foods that contain these ingredients, or simply add hot sauce to foods for extra zip.

3. Garlic. This fragrant bulb seems to help reduce symptoms of colds and flu. Add garlic liberally to your favorite foods, or even chew a raw clove or two.

4. Fluids. Stay hydrated with plenty of liquids. Instead of coffee, soda or sweetened beverages, drink plenty of water and pure fruit juices. Hot beverages work better for some people; try tea, hot water mixed with lemon or even hot lemonade. 5. Citrus fruits. Reach for citrus fruits to increase your vitamin C intake. Drink orange juice for breakfast, snack on half a grapefruit, or add tangerine slices to a lunchtime salad. Increased vitamin C is especially important if you smoke, as smoking increases both your risks for colds and your body's need for this protective vitamin.

6. Vitamin C sources. Citrus fruits aren't the only foods high in vitamin C. Include potatoes, green peppers, strawberries and pineapple in your daily cold-fighting food arsenal.

7. Ginger. Many people find liberal use of fresh ginger root helps treat colds and the flu. Try making a ginger tea: Pour a cup of boiling water over 2 tablespoons freshly grated ginger; let steep 5-10 minutes.

Remember that if our typical daily routine includes skipped meals, lots of caffeine for "energy" and a steady diet of high-fat, high-sugar junk foods, we're setting ourselves up for illness. Make sure to eat plenty of whole grains, fruit, vegetables and low-fat protein to keep your immune system in top shape. Think of nutritious foods as part of your cold-and-flu-season armor, and you'll be ready to do battle whenever illness strikes.

WEBSITES OF INTEREST

American Dietetic Association Food and Drug Administration, Administration on Aging

www.eatright.org

www.fda.gov

[Http://www.aoa.gov](http://www.aoa.gov)

National Institute on Aging

<http://www.nih.gov/nia>

Just a Friendly Reminder

If you are not going to be home, please be sure to call
The Office for the Aging to cancel delivery of your meal at
340-3576

**If you are canceling for Medical Appointments, only:
An extra meal is available the day before by request.**

Congregate Center members must also call

Prestige Services at 336-7112

or your local nutrition center to cancel your meal if you cannot attend the
center.

Thank you for your cooperation.



YOUR PARTNERS IN HEALTH

***We would like to thank the Health Alliance of the Hudson Valley for
sponsoring this newsletter.***

**ULSTER COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION/DINING PROGRAM**

No Added Salt &
& No Concentrated Sweet Diets Available

January 2012

For Information
Call-340-3576

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed 1/2 New Year's Day	Lemon 1/3 Shoyu Chicken Sweet Potato Broccoli Whole Wheat Bread Fresh Fruit	New Year's 1/4 Dinner Fruit Juice Roast Stuffed Pork w/ Gravy Red Bliss Potato Green Beans Dinner Roll Coconut Crème Pie*	Stuffed 1/5 Peppers Spirals w/ Sauce Tossed Salad w/Vegetables Italian Roll Vanilla Pudding*	Tuna Noodle 1/6 Casserole Peas Stewed Tomato Rye Bread Fruited Jell-o*
Shake and 1/9 Bake Chicken Sweet Potato Brussel Sprouts Whole Wheat Bread Pineapple Tidbits	Salisbury 1/10 Steak w/ Gravy Mashed Potato Glazed Carrot Coins Rye Bread Chocolate Chip Cookie*	Breaded 1/11 Baked Fish Beets French Cut Green Beans Whole Wheat Bread Graham Cracker Surprise*	Fruit Juice 1/12 Pork Stir Fry Rice Oriental Vegetables Multigrain Roll Apricots	Fruit Juice 1/13 Swiss and Spinach Quiche Mixed Vegetable Banana Bread Fresh Fruit
Meatloaf 1/16 Mashed Potato w/ Gravy Broccoli Wheat Bread Fruit Cocktail	Fruit Juice 1/17 Turkey Tetrazini Brussel Sprouts Multigrain Roll Butterscotch Pudding*	Pot Roast 1/18 w/ Gravy Boiled Potato Red cabbage Whole Wheat Bread Vanilla Fruited Yogurt	Ginger 1/19 Barbecue Chicken Green beans Yellow Squash Rye Bread Fresh Fruit	Fruit Juice 1/20 Fish w/Lemon Butter Sauce Rice Pilaf Butternut Squash Whole Wheat Bread Pineapple Upside Down Cake*
Fruit Juice 1/23 Spaghetti w/ Meatballs & Tomato Sauce Spinach Garlic Bread Ruby Applesauce	Ham and 1/24 Scalloped Potato Casserole Lima Beans Carrots Whole Wheat Bread Lorne Doones	Savory Baked 1/25 Chicken Sweet Potato Broccoli White bread Fruited Jell-o*	Fruit Juice 1/26 Pepper Steak Rice Mixed Vegetables Rye Bread Fresh fruit	Macaroni 1/27 And Cheese Stewed Tomato Zucchini Dinner Roll Chocolate Pudding*
Chicken 1/30 Supreme Beets Succotash Whole Wheat Bread Bread Pudding*	Fruit Juice 1/31 Beef Stew Noodles Yellow Squash Biscuit Fresh Fruit			Menu Subject to Change *-Menu Substitutions May be Made According to Diet


Meals Made By Prestige Services, Inc., and are funded by the Ulster County Office For The Aging. Made possible by funds provided by USAOA, NYSOFA, UCOFA, and Private Funds.

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No Concentrated Sweet Diets Available

February 2012

For Information
Call 340-3576

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change *-Menu Substitutions May be Made According to Diet		Stuffed Shells 2/1 Waxed Beans Tossed Salad w/ Vegetables Garlic Bread Oatmeal Cookie*	Hot Turkey 2/2 Sandwich w/ Gravy Sweet Potato Broccoli/Cauliflower Mix Rye Bread Ice Cream*	Fruit Juice 2/3 Pasta Primavera w/ White sauce Green Beans Multi-grain Roll Mandarin Oranges
Sausage w/ 2/6 Peppers and Onions Oven Brown Potato Spinach Rye Bread Apricots	Sheppard's 2/7 Pie Italian Green Beans Tossed Salad w/Vegetables Whole Wheat Roll Fruit Compote	Golden Breaded 2/8 Fish Sweet Potato Creamed Corn Whole Wheat Bread Applesauce Cake*	Fruit Juice 2/9 White Bean Chili Rice Mixed Vegetables Corn Bread Fresh Fruit	Eggplant 2/10 Parmesan w/ Sauce Spiral Noodles Spinach Garlic Bread Fruited Jell-o*
Beef Pot pie 2/13 Collard Greens Whole Wheat Roll Fresh Fruit	Valentine's Day 2/14 Fruit Juice Cranberry Glazed Chicken Sweet Potato Broccoli Dinner Roll Strawberry Shortcake*	Pork Chop 2/15 Roasted Red Bliss Potato Green Beans Whole Wheat Bread Cran/apple Cup	Stuffed 2/16 Peppers Spirals w/ Sauce Tossed Salad w/Vegetables Italian Roll Vanilla Pudding*	Tuna 2/17 Noodle Casserole Peas Stewed Tomato Rye Bread Fruited Jell-o*
Closed 2/20 President's Day	Salisbury 2/21 Steak w/ Gravy Mashed Potato Glazed Carrot Coins Rye Bread Chocolate Chip Cookie*	Breaded 2/22 Baked Fish Beets French Cut Green Beans Whole Wheat Bread Graham Cracker Surprise*	Fruit Juice 2/23 Pork Stir Fry Rice Oriental Vegetables Mult-Grain Bread Apricots	Fruit Juice 2/24 Swiss and Spinach Quiche Mixed Vegetable Banana Bread Fresh Fruit
Meatloaf 2/27 Mashed Potato w/ Gravy Broccoli Wheat Bread Fruit Cocktail	Fruit Juice 2/28 Turkey Tetrazini Brussel Sprouts Multigrain Roll Butterscotch Pudding*	Pot Roast 2/29 w/ Gravy Boiled Potato Red cabbage Whole Wheat Bread Vanilla Fruited Yogurt		

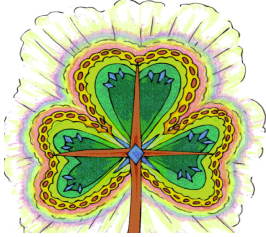
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March 2012

For Information
Call 340-3576

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Menu Subject to Change *-Menu Substitutions May be Made According to Diet		Ginger 3/1 Barbecue Chicken Green beans Yellow Squash Rye Bread Fresh Fruit	Fruit Juice 3/2 Fish w/n Butter Sauce Rice Pilaf Butternut Squash Whole Wheat Bread Pineapple Upside Down Cake*
Fruit Juice 3/5 Spaghetti w/ Meatballs & Tomato Sauce Spinach Garlic Bread Ruby Applesauce	Ham and 3/6 Scalloped Potato Casserole Lima Beans Carrots Whole Wheat Bread Lorne Doones	Savory Baked 3/7 Chicken Sweet Potato Broccoli White bread Fruited Jell-o*	Fruit Juice 3/8 Pepper Steak Rice Mixed Vegetables Rye Bread Fresh fruit	Macaroni 3/9 And Cheese Stewed Tomato Zucchini Dinner Roll Chocolate Pudding*
Chicken 3/12 Supreme Beets Succotash Whole Wheat Bread Bread Pudding*	Fruit Juice 3/13 Beef Stew Noodles Yellow Squash Biscuit Fresh Fruit	Stuffed Shells 3/14 Waxed Beans Tossed Salad w/ Vegetables Garlic Bread Oatmeal Cookie*	<u>St. Patrick's Day Dinner</u> 3/15 Fruit Juice Corned Beef & Boiled Potato w/Cabbage & Carrots Rye Bread Wendy's Cake*	Fruit Juice 3/16 Pasta Primavera w/ White sauce Green Beans Multi-grain Roll Mandarin Oranges
Sausage w/ 3/19 Peppers and Onions Oven Brown Potato Spinach Rye Bread Apricots	Sheppard's 3/20 Pie Italian Green Beans Tossed Salad w/Vegetables Whole Wheat Roll Fruit Compote	Golden 3/21 Breaded Fish Sweet Potato Creamed Corn Whole Wheat Bread Applesauce Cake*	Fruit Juice 3/22 White Bean Chili Rice Mixed Vegetables Corn Bread Fresh Fruit	Eggplant 3/23 Parmesan w/ Sauce Spiral Noodles Spinach Garlic Bread Fruited Jell-o*
Fruit Juice 3/26 Brunswick Stew Brussel Sprouts Warm Biscuit Pineapple Chunks	Fruit Juice 3/27 Chicken Royale Sweet Potato Peas Whole Wheat Roll Ice Cream*	Ham Steak 3/28 w/ Gingered Fruit Sauce Cheddar Mashed Potato Lima Beans Rye Bread Sliced Peaches	Fruit Juice 3/29 Turkey Burger w/ Peppers and Onions Beets Wheat Roll Apple Compote	Chunky 3/30 Tomato Soup Tuna Sandwich Three Bean Salad Fresh Fruit

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