

Ulster County's NACIO Award Winning

FALL 2012 SENIOR VALLEY NEWS

ULSTER COUNTY OFFICE FOR THE AGING

1003 DEVELOPMENT COURT, KINGSTON, NEW YORK 12401 (845) 340-3456

FROM THE DIRECTOR'S DESK: September was "Falls Prevention Month" and the first day of fall was on September 22, 2012. As the autumn days grow shorter, the days will also get darker and our risk for falls will increase. Leaves start to change color and the groundcover is beautiful; but again, a risk for falls. Be aware of what can cause falls. Stay falls-free by talking with your doctor about any changes that cause weakness or illness as soon as possible. At the same time, consider getting an appointment for your flu vaccine. Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Seniors are one group who are at high risk of developing serious complications like pneumonia if they get sick with the flu. And if you have certain medical conditions (including asthma, diabetes, and chronic lung disease), you are at a higher risk. If you live with or care for others who are at high risk of developing serious complications, this should also be a reason why you should get the vaccine.

Announcements:

Medicare open enrollment begins October 15 – December 7 this year. Call us for further information.

HEAP assistance is available from 9 am to 12 noon by appointment. Call 845-340-3006 for appointment

Annual Public Hearing: We are in the process of planning the Annual Public Hearing. The event will be held at the Hudson Valley Mall Community Room October 18th from 10:00 am – 11:30 am. Also, so that we can expand our outreach to those who are unable to attend, the Public Hearing will be aired live on WGHQ. You will be able to call in to the radio station regarding areas of concern. The tentative date for this event is November 5, 6, 7, 2012 from 9:00 am - 10:00 am. Either way, it is important to discover what your tax dollars can do to assist you to remain independent at home for as long as possible. Information will be provided specifically for our senior audience.

Watch for further announcements or call our office at 845-340-3456 (1-877-914-3456)
Enjoy the Fall Season and stay healthy!

Anne Cardinale,,RN,,GCNS-BC, Director UC Office for the Aging

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



YOUR PARTNERS IN HEALTH

ULSTER COUNTY CONGREGATE NUTRITION CENTERS
COME, JOIN US FOR LUNCH

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.

<u>DINING CENTER:</u>	<u>SITE MANAGER</u>	<u>PHONE</u>
Saugerties: Mon - Fri	Kate Hendrickson	246-9987
Kingston: Mon, Weds, Fri	Donna Briglia	339-4934
Rosendale: Mon - Fri	Vincene Pennacchio	658-8110
Ellenville: Mon - Fri	Carolyn Shorter	647-1605

SATELITE CENTERS:

Reservoir United Methodist Church	Second and Fourth Tuesdays	336-7112
Town of New Paltz Community Ctr.	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. Guests under age 60 will be charged \$7.67. Your contribution is voluntary and confidential and no one will be denied a meal if they cannot contribute.

Please contact the Office for the Aging for further information at: 845-340-3456

Just a Friendly Reminder

Please be sure to call the Office for the Aging at 340-3576 to cancel delivery of a meal if you are not going to be home; if the meal cancelation is due to a medical appointment, an extra meal can be provided the day before if requested.

Congregate Center members must also call Prestige Services or your local nutrition center to cancel your meal if you cannot attend the center.

Thank you for your cooperation.

ULSTER COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION/DINING PROGRAM
October 2012

No Added Salt &
No Concentrated Sweets Diets Available

For Information Call 340-3576

Monday	Tuesday	Wednesday	Thursday	Friday
10/3 Meatloaf w/Gravy Mashed Potato Glazed Carrots Rye Bread Apricots	10/4 Taco Casserole Mixed Vegetables Wheat Bread Fresh Fruit	10/5 Lentil Soup Ham and Swiss Sandwich Coleslaw Sherbet*	10/6 Grape Juice Fish Creole Barley Pilaf Collard Greens Rye Bread Mandarin Oranges	10/7 Apple Juice Chicken Cacciatore Noodles Zucchini Wheat Bread Peach Crisp*
10/8 Orange Juice Swedish Meatball Egg Noodles Collard Greens Corn Bread Vanilla Pudding*	10/9 Pasta Florentine Mixed Vegetables Tossed Salad Wheat Roll Fresh Fruit	10/10 Chicken Royale Sweet Potato Peas Rye Bread Fruited Jello*	10/11 Beef Goulash Noodles Cauliflower Gingered Carrots Wheat Roll Applesauce Spice Cake	10/12 Breaded Baked Fish Beets Lima Beans Wheat Bread Tropical Fruit
10/15 Apple Juice Pepper Steak Strips, Peppers and Onions Rice Oriental Vegetables Rye Bread Oatmeal Cookies*	10/16 Italian Baked Chicken Sweet Potato w/Gravy Brussel Sprouts Wheat Bread Fruited Yogurt*	10/17 Spaghetti and Meatballs/ Sauce Green Beans Tossed Salad Garlic Bread Fresh Fruit	10/18 Grape Juice Split Pea Soup Turkey Pastrami Sandwich Coleslaw Butterscotch Pudding *	10/19 Sheppard Pie Spinach Yellow Squash Wheat Bread Mandarin Oranges
10/22 Orange Juice Baked Fish w/ Creole Sauce Parslied Boiled Potato Succotash Wheat Bread Italian Ice*	10/23 Apple Juice Pork Fried Rice Oriental Vegetables Rye Bread Peaches	10/24 Cranberry Juice Turkey Sandwich w/ Gravy Mashed Potato Waxed Beans Wheat Bread Lemon Bar*	10/25 Macaroni And Cheese Zucchini & Tomato Carrots Banana Bread Fruited Jello*	10/26 Chili w/ Rice Tossed Salad Corn Bread Fresh Fruit
10/29 Grape Juice Chicken w/ Orange Sauce Red Bliss Potato Waxed Beans Wheat Bread Pear Slices	10/30 Chunky Tomato Soup Tuna on a Bed of Lettuce Three Bean salad Soft Roll Sugar Cookies*	10/31 Halloween Cider Peek-a -Boo Stew Brussel Sprouts Biscuit Donuts*		Menu Subject to Change *-Menu Substitutions May be Made According to Diet

-Meals Prepared By Prestige Services, Inc

Apple Fruit Nutrition Facts

Delicious and crunchy apple fruit is one of the most popular fruits, favorite of health conscious, fitness lovers who believe in the concept “health is wealth.” This wonderful fruit is packed with rich phyto-nutrients that in the true senses indispensable for optimal health. The antioxidants in apple have much health promoting [and disease](#) prevention properties; thus truly justifying the adage, “*an apple a day keeps the doctor away.*”

Scientific name: **Malus domestica**.

Apples are obtained from the medium-sized tree belonging to the *Rosaceae* family. The apple tree is originated in the mineral-rich mountain ranges of Kazakhstan, and now being cultivated in many parts of the world.

Apple fruit features oval or pear shape; and the outer skin has different colors depending upon the cultivar type. Internally, the juicy pulp has been off-white to cream in color and has to mix of mild sweet and tart taste. Its seeds are inedible because of their bitter taste.

Hundreds of varieties of apples are either eaten as table fruits or as dessert fruit grown in the US and worldwide. Some of the apples are sought-after in cooking and baking too.

Health benefits of apple

- Delicious and crunchy apple fruit is notable for its impressive list of phyto-nutrients, and antioxidants. Studies suggest that its components are essential for normal growth, development and overall well-being.
- Apples are low in calories; 100 g of fresh fruit slices provide only 50 calories. They, however, contain no saturated fats or cholesterol. Nonetheless, the fruit is rich in dietary fiber, which helps prevent absorption of dietary-LDL or bad cholesterol in the gut. The fiber also saves the colon mucous membrane from exposure to toxic substances by binding to cancer-causing chemicals inside the colon.
- Apples are rich in antioxidant phyto-nutrients *flavonoids* and *polyphenolics*. The total measured anti-oxidant strength (**ORAC value**) of 100 g apple fruit is 5900 TE. Some of the important flavonoids in apples are **quercetin**, **epicatechin**, and **procyanidin B2**. Additionally, they are also good in **tartaric acid** that gives tart flavor to them. Altogether, these compounds help the body protect from deleterious effects of free radicals.
- Apple fruit contains good quantities of *vitamin-C* and *beta-carotene*. Vitamin C is a powerful natural antioxidant. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body.
- Further, apple fruit is a good source of B-complex vitamins such as riboflavin, thiamin, and pyridoxine (vitamin B-6). Together these vitamins help as co-factors for enzymes in [metabolism](#) as well as in various synthetic functions inside the body.
- Apple also contains a small amount of minerals like potassium, phosphorus, and calcium. Potassium is an important component of cell and body fluids helps controlling heart rate and blood pressure; thus, counters the bad influences of sodium.

Selection and Storage


Fresh apples are readily available in the stores all around the season. Choose fresh, bright, firm textured apples with rich flavor. Avoid fruits with pressure marks over their surface as they indicate underlying mottled of pulp.

Fresh apples can be kept at room temperature for few days and stored inside the refrigerator for two to three weeks. Wash them in clean running cold water before use to remove any surface dust and pesticide/fungicide residues.

ULSTER COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION/DINING PROGRAM
November 2012

No Added Salt &
No Concentrated Sweets Diets Available

For Information Call 340-3576

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change *-Menu Substitutions May be Made According to Diet			11/1 Salisbury Steak w/ Gravy Mashed Potato Acorn Squash Wheat Bread Fresh Fruit	11/2 Stuffed Shells w/ Sauce Carrots Chickpea Salad Garlic Bread Ice Cream*
11/5 Beef Fajitas w/ Onions and Peppers Spinach Pineapple	11/6 Apple Juice Turkey Burger Stewed Tomatoes Wheat Roll Fruit Cocktail Cake*	11/7 Grape Juice White Bean Chicken Chili Rice Wheat Bread Fresh Fruit	11/8 Braised Pork Loin Mashed Potato w/ Gravy Red Cabbage Wheat Bread Orange Creamsicle	11/9 Eggplant Parmesan w/ Sauce Tossed Salad Yellow Squash Wheat Roll Brownie*
11/12 Grape Juice Sausage W/ Peppers and Onions California Vegetables Bun Vanilla Ice Cream*	11/13 Pot Roast w/ Gravy Scalloped Potato Mixed Vegetables Rye Bread Fresh Fruit	11/14 Hearty Vegetable Soup Egg Salad on Lettuce Beet Salad Whole Grain Roll Apricot Crisp*	Thanksgiving Dinner 11/15 Cranberry Juice Roast Turkey Breast Mashed Potato Gravy/Stuffing Peas and Pearl Onions Dinner Roll Pumpkin Pie*	11/16 Meatloaf w/ Gravy Sweet Potato Green Beans Wheat Bread Lorne Doones*
11/19 Orange Juice Swedish Meatball Egg Noodles Collard Greens Corn Bread Vanilla Pudding*	11/20 Pasta Florentine Mixed Vegetables Tossed Salad Wheat Roll Fresh Fruit	11/21 Chicken Royale Sweet Potato Peas Pumpkin Bread Fruited Jello*	11/22 Closed Thanksgiving Holiday	11/23 Closed Thanksgiving Holiday
11/26 Apple Juice BBQ Spare Ribs Rice Mixed Vegetables Rye Bread Oatmeal Cookies*	11/27 Italian Baked Chicken Sweet Potato w/ Gravy Brussel Sprouts Wheat Bread Fruited Yogurt*	11/28 Grape Juice Split Pea Soup Turkey Pastrami Sandwich Coleslaw Butterscotch Pudding *	11/29 Spaghetti and Meatballs/ Sauce Green Beans Tossed Salad Garlic Bread Fresh Fruit	11/30 Sheppard Pie Spinach Yellow Squash Wheat Bread Mandarin Oranges

-Meals Prepared By Prestige Services, Inc.

Interesting Sweet Potato Facts

- Sweet potatoes are high in Beta Carotene and vitamins E and C.
- Sweet potatoes are a good source of fiber when eaten with the skin on.
Sweet potatoes offer other nutrients such as potassium, iron and vitamin B-6
- Sweet potatoes can be:

Baked - Steamed - Boiled - Microwaved - Fried - Juiced - Pureed - Eaten Raw
- Sweet potatoes are roots, compared to regular potatoes which are tubers (underground stems).
- Our first president, George Washington grew sweet potatoes on his farmland in Mount Vernon, Virginia.
- George Washington Carver, a famous scientist, developed 118 products from sweet potatoes including glue for postage stamps and starch for sizing cotton fabrics.
- North Carolina is the leading producer of sweet potatoes in the United States, producing around 40% of the national supply. Most of the production is concentrated east of Interstate 95.
- Sweet potatoes are the official vegetable for North Carolina.
- Sweet potatoes are an excellent way to eat healthy! They are fat-free and cholesterol-free.
- Sweet potatoes have unique health benefits! They are loaded with vitamins A, C and E - antioxidants that can help prevent heart disease and cancer, bolster the immune system and even slow aging by promoting good vision and healthy skin. They have been recently reclassified as an "antidiabetic" food. They are anti-inflammatory and can protect against emphysema.
- Sweet potatoes are high in Beta Carotene. They are an excellent source of copper, manganese, potassium, iron and vitamin B-6.
- Sweet potatoes are a superfood and they taste great! They are excellent accompaniments to poultry, pork, beef, lamb or seafood. They can also be substituted in virtually any recipe that calls for apples, squash or white potatoes.



ULSTER COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION/DINING PROGRAM
December 2012

No Added Salt &
No Concentrated Sweet Diets Available

For Information Call 340-3576

Monday	Tuesday	Wednesday	Thursday	Friday
12/3 Orange Juice Baked Fish w/ Creole Sauce Parslied Boiled Potato Succotash Wheat Bread Italian Ice*	12/4 Macaroni And Cheese Zucchini & Tomato Carrots Banana Bread Fruited Jello*	12/5 Cranberry Juice Turkey Sandwich w/ Gravy Mashed Potato Waxed Beans Wheat Bread Lemon Bar*	12/6 Apple Juice Pork Fried Rice Oriental Vegetables Rye Bread Peaches	12/7 Chili w/ Rice Tossed Salad Corn Bread Fresh Fruit
12/10 Grape Juice Chicken w/ Orange Sauce Red Bliss Potato Waxed Beans Wheat Bread Pear Slices	12/11 Chunky Tomato Soup Tuna on a Bed of Lettuce Three Bean Salad Soft Roll Sugar Cookies*	12/12 Holiday Dinner Grape Juice Cranberry Glazed Chicken Mashed Potato Stuffing, French Style Green Beans w/ Almonds Dinner Roll Carrot Cake*	12/13 Apple Juice Beef Stew Brussel Sprouts Biscuit Donuts*	12/14 Stuffed Shells w/ Sauce Carrots Chickpea Salad Garlic Bread Ice Cream*
12/17 Beef Fajitas w/ Onions and Peppers Spinach Pineapple	12/18 Braised Pork Loin Mashed Potato w/ Gravy Red Cabbage Wheat Bread Brownie*	12/19 Grape Juice White Bean Chicken Chili Rice Wheat Bread Orange Creamsicle*	12/20 Apple Juice Turkey Burger Stewed Tomatoes Wheat Roll Fruit Cocktail Cake*	12/21 Eggplant Parmesan w/ Sauce Tossed Salad Yellow Squash Wheat Roll Fresh Fruit
12/24 Grape Juice Sausage W/ Peppers and Onions California Vegetables Bun Vanilla Ice Cream*	12/25 Closed Christmas Holiday	12/26 Hearty Vegetable Soup Egg Salad on Lettuce Beet Salad Whole Grain Roll Apricot Crisp*	12/27 Country Style Baked Chicken Rice Spinach Banana Bread Fruit Cocktail	12/28 Meatloaf w/Gravy Sweet Potato Green Beans Wheat Bread Lorne Doones*
				Menu Subject to Change *-Menu Substitutions May be Made According to Diet

-Meals Prepared By Prestige Services, Inc.

5 Ways Nutrition Can Prevent Cold & Flu (And Treat Them!) by Janet Seiber, RD, LDN

Would you prevent the [cold](#) or [flu](#) if possible? Unfortunately there is no full proof way to prevent the cold or flu, but you can arm yourself with a hydrated body and a healthy immune system with proper diet and exercise. These are two key factors in prevention and treatment of cold and [flu viruses](#). Flu vaccination, [hand hygiene](#) and adequate sleep also are very important.

Here are 5 ways to prevent the cold and flu with nutrition:

1. **Hydration** – The outdoor air is drier in cold weather, and our heated homes are dry. Staying hydrated in the winter keeps mucous membranes soft and moist, preventing tiny cracks that allow viruses and bacteria to enter. Is [eight glasses a day enough water](#) to keep hydrated? One simple rule of thumb is this: divide your weight in pounds by two. That's the minimum number of ounces your body needs. If you exercise, take your weight and multiply by 2/3 to get the number of ounces. Everyone's specific fluid needs may differ.
2. **Plant-based foods** – A diet rich in vegetables, fruit and whole-grains is high in antioxidants and phytonutrients. Antioxidants are known to reduce the risk of stroke and enhance immune defense, which lowers the risk of cancer and infection. Phytonutrients are linked to increased immunity and faster healing. Aim for seven servings of fruits and vegetables and at least three servings of whole grains per day. Nutrient-packed choices include broccoli, red onion, blueberries, grapes, oats, barley and tea.
3. **Probiotics** – Recent research shows probiotics (dietary supplement) boosting the immune system. The theory is healthy bacteria found in probiotics keep the gut and intestinal tract low in disease-causing germs. Yogurt with live active cultures and kefir are good food sources of probiotics. Over-the-counter supplements also are available. Some studies were based on a 7-ounce serving of yogurt with live cultures.
4. **Exercise** – Moderate physical activity is a powerful immunity booster. A 30 to 60 minute walk most days per week is considered moderate exercise. Too much or not enough exercise actually can weaken immune systems. Try dancing, walking, stationary biking, indoor swimming or other activity to move more in the winter months.
5. **Vitamins and Minerals** - Many supplements claim to reduce colds and viruses, but few studies substantiate claims. A literature review on vitamin C supplementation found no difference in cold rates for those who took 200 mg daily and those who took none. One exception was people who exercised outside in the winter. They benefited from the vitamin C supplement and reduced risk of catching a cold by 50%. The best supplement option is a multivitamin/mineral once per day with 100% of the recommended daily values of vitamins A, B6, B12, C and D, and minerals chromium, copper, folic acid, selenium, calcium and zinc.

The average American gets 2 – 3 colds per year. If you come down with the dreaded cold or flu how can you use your diet to possibly help with the [symptoms](#)? Here are 5 ways to treat the cold and flu with nutrition.

1. **Hydration** - Stay hydrated with plenty of warm, soothing liquids such as tea, cocoa, broths, soup and the like. Drink something every hour while awake if possible.
2. **Avoid calorie restriction** - Don't feel like you have to have low calorie or low fat versions of foods and beverages. You need calories during times of illness and diet foods and beverages may not give you enough to fight an illness. Protein provides the building blocks for our immune system. Carbohydrates and fat are good sources of energy and calories. Try liquids, then advance to a bland diet when ill.
3. **Zinc** – At the first sign of a cold, zinc may prevent or decrease duration of a cold. It also may help when used soon after a possible virus exposure. Zinc lozenges release ions that prevent the virus from maturing and attaching to airways. Take it once or twice per day for only a week at a time. Long-term zinc supplementation may decrease immunity.
4. **Chicken Soup** – Grandma really did know best. One study found that eating chicken soup while sick decreased the duration and severity of cold and flu symptoms.
5. **Honey** – Research has linked honey to treating cough as well as Dextromethorphan (DM) cough medication. The study used buckwheat honey because of its antioxidant content. Test the theory by adding a dollop of honey to hot tea while nursing an illness. Remember do not give honey to children under 12 months of age.