



Chef Charles Says...

A newsletter for congregate meal participants for the month of September

**Please read carefully.
We have new information in
this section.**

September 22nd is the first day of fall and Fall Prevention Awareness Day. To learn more about activities in Iowa go to: <http://www.idph.state.ia.us/FallPrevention/>

The site also has fall statistics by county. You may want to look up your county before teaching the lesson.

The newsletter also focuses on eggs. Eggs are easy protein food to prepare. This is especially true for people living alone. The recipe is a single serving of scrambled eggs in the microwave. Tasting would be difficult but demonstrating the technique, using the congregate meal site microwave, would encourage participants to try the idea at home.

The food safety topic has a food poison 'word'--salmonellosis. If you have trouble pronouncing the word, go to this site, type in the word and listen to the pronunciation.

<http://www.cooldictionary.com/pronounce.mpl>

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program, or SNAP (Supplemental Nutrition Assistance Program) as it is now called. In Iowa the program is called Food Assistance. As an instructor for Chef Charles, you can help those at your meal site understand that the SNAP program can make a big difference in their food budget. Older adults may not want to talk about this program, so a good strategy is to suggest that they share the information with others. To help you discuss the use of Food Assistance with your participants, we have created a feature article in the newsletter. Please share with your participants.

The information in the Chef Charles newsletter may cause participants to ask questions about specific health conditions such as diabetes or medications. It is not the intent of Chef Charles to answer specific health questions. As a Chef Charles instructor, it is important that you direct any personal health questions to **health professionals**.

We encourage you to use the questions at the end of the instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the questions at the beginning of your Chef Charles meeting and then again at the end. This will reinforce key points and identify if the participants know the answers.



Be Active

Props:

- A stable chair for each participant

Fall Prevention Awareness Day

The first day of fall, September 22, is Fall Prevention Awareness Day. Did you know?

- One of three adults over 65 fall each year.
- Among older adults, falls make it hard to live independently and increase the risk of early death. Try these simple exercises to reduce your risk of falling.

Side Leg Raise

1. Stand behind a table or chair, with feet at shoulder width.
2. Hold onto the table or chair for balance.
3. Lift your right leg to the side about 12 inches (or as far as is comfortable) while keeping your back and both legs straight. Hold for several seconds.
4. Repeat with your left leg and continue until you've done 10 with each leg.

Hip Flexion

1. Stand behind a chair or table and hold on for balance.
2. Bend one knee slowly toward your chest.
3. Hold for 1 second and then lower slowly.
4. Repeat with the other leg and continue until you have done 12 lifts with each leg.

Heel to Toe

1. Walk while placing the heel of one foot just in front of the toe of the other.
2. Hold onto to a table or counter while trying this.

Activity

The newsletter has three exercises you can practice with the participants. Suggest to the group that they place the newsletter on their kitchen table to remind them to perform the exercises each day until it is a habit. Ask the group for ideas on how they could turn these simple exercises into daily habits. For example, do them while watching TV.

Get the News

Props:

- Multiple vitamin with vitamin D

Vitamin D is Effective in Preventing Fractures in Elderly

A recent study reports that taking a daily vitamin D supplement is effective in preventing fractures in the elderly. Researchers reviewed data from more than 31,000 older adults and compared the amount of vitamin D supplements taken and any fractures they may have experienced. Taking between 800 IUs and 2,000 IUs of



vitamin D per day significantly reduced the risk of most fractures, including hip, wrist and forearm in both men and women age 65 and older. The research indicated there is no benefit in taking vitamin D supplements in doses below 800 IUs per day for fracture prevention. Existing recommendations are that adults between 51 and 70 take 600 vitamin D IUs per day, and adults over 70 take 800 IUs per day. Vitamin D continues to be a very interesting supplement. Before starting to take additional supplements including vitamin D, it is best to consult with your health professional.

New England Journal of Medicine, July, 2012.

Activity

After doing exercises, have the group sit on their chair and rest while you share this article.

Say to the group: September 22 is the first day of fall, and it is Fall Prevention Awareness Day as well. The exercises we did help us improve our balance and reduce our risk of falling. Why are all of us afraid of falling? (*Answer: breaking a bone like hip, wrist and losing our independence*)

It is a reasonable concern. In addition to exercising, another way of reducing fractures when you fall is taking a vitamin D supplement. The bottom line of this article is the amount of vitamin D you need to take to protect yourself against bone fractures—between 800 and 2000 mg of vitamin D. Taking less does not provide the protection. Read the supplement label carefully to identify how much vitamin D you are taking. How much vitamin D is in this multiple vitamin? Most have less than 800 mg of vitamin D. You will need to take a supplement to reach the 800-2000 mg. It is also wise to talk to your health professional about supplements like vitamin D before you begin taking a new one. Does anyone know how much vitamin D is in their supplement, if they take one?

Pick a Better...

Props:

- Deep bowl filled with water
- A few fresh eggs (some older if possible)

Egg

Eggs make a valuable contribution to a healthy, balanced diet providing protein, vitamin A, riboflavin, and other vitamins and minerals. The yolk contains all the fat, saturated fat, and cholesterol in an egg.

Eggs are an excellent source of high-quality protein and are far less expensive than most other animal-protein foods. Although eggs contain a significant amount of cholesterol, most people do not need not to exclude them from the diet.

Keep eggs in the original carton in the coldest part of your refrigerator and not in the egg keeper in the door of the refrigerator. Throw away any eggs that are cracked, broken, or leaking because they may be carrying bacteria.



Activity

Ask the group: Do you know how to test an egg for freshness? To determine the freshness of an egg fill a deep bowl with water and lower the egg into the water. A very fresh egg will immediately sink to the bottom and lie flat on its side. This is because the air cell within the egg is very small. The egg should also feel quite heavy. As the egg starts to lose its freshness, more air enters the egg, and it will begin to float and stand upright. If the egg fully floats in the water and does not touch the bottom of the bowl at all, it should be thrown away, as it will most likely be bad.

When you cook for one or two people, eggs are a good meal any time of day. It may take a little longer for you to use a dozen eggs. So, the test is one way to make sure you are using fresh eggs. What is another way you would know if an egg is fresh? (*Answer: sell by date on carton; mark the carton with pen or marker when you purchase them.*)

Food Safety

Props:

- Egg used in previous demonstration

A Common Bacteria Found In Fresh Eggs Is Salmonella

At What is salmonellosis?

It is an illness that happens when you consume bacteria called salmonella.

What causes salmonellosis?

Eggs as well as other foods can be infected with salmonella. Even uncracked eggs can be contaminated. Contaminated eggs usually look and smell normal.

What are the symptoms?

Symptoms include diarrhea, fever, and abdominal cramps that develop within 12 to 72 hours. The illness usually lasts 4 to 7 days.

How is salmonellosis diagnosed and treated?

A diagnosis is based on a physical exam and reviewing a list of food you have recently eaten. A stool culture and blood tests may be done to confirm the diagnosis. You treat salmonellosis by managing any symptoms until they pass. Dehydration caused by diarrhea is common.

How can you prevent salmonellosis?

Do not eat raw or undercooked eggs. Use only recipes that completely cook the egg. The yolk should be solid when finished.

Wash your hands before handling any food and between handling different food items.

While all people can become sick from eating raw eggs, older adults are at greater risk to have more severe food borne illness.



Activity

Hold up one of the eggs you used in the demonstration.

Ask the group: Do you know why we never eat raw eggs?

(Answer: salmonellosis)

What are some foods that may use raw eggs? *(Answer: sunny side up eggs)* To make sure to control any bacteria in eggs, cook until the yolk is solid.

Chef Charles Asks the Questions

Props:

- House slippers
- Light bulb
- Paint brush
- Eye glasses

I have heard of safety proofing a house for grandchildren. Are there safety tips that I need to follow in my house to reduce my risk of a fall?

Try these:

- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers. **House slippers**
- It is safest to have uniform lighting in a room. Add lighting to dark areas. **Light bulb**
- Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use light color paint on dark wood. **Paint brush**
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling. **Eye glasses**

Activity

Say to the group: Fall proofing your house is as important as child proofing the house for grandchildren. The newsletter has four ideas.

Read the tip and hold up the item suggested. Using an item helps participants to remember the tip. If the group is finding this helpful, ask if they have any examples of other ways of fall proofing a house. Some possible ideas:

- Hang lightweight curtains or shades to reduce glare.
- Walk around your home, inside and out, with a friend or family member to find potential hazards.
- Have a health professional review your medications to see if it could make you sleepy or dizzy.
- Get up slowly after you sit or lie down.

Chef Charles Says **Get Your Plate In Shape***

Cut back the empty calories from added sugars in the food you choose.

Props:

- Sweet pastry
- Sugar
- Teaspoon
- Two plates

Sugars are found naturally in fruits and milk products but the majority of sugars in typical American diets are sugars added to foods during processing, preparation, or at the table. Examples include soda, desserts, sugar-sweetened fruit drinks and candy. We



have many sweet temptations. How would you avoid eating too much added sugar each day and what difference would it make?

If you add an additional 200 calories each day by eating a donut and you do not adjust your activity level, it can lead to a weight gain of as much as 17 pounds in one year. Being careful about eating sugary snacks will make a difference.

The American Heart Association (AHA) provides specific guidelines for added sugar; no more than 100 calories a day from added sugar for most women and no more than 150 calories a day for most men. That's about 6 teaspoons for women and 9 for men.

*The Academy for Nutrition and Dietetics 2012 National Nutrition Month theme

Activity

Hold up pastry and say "What a treat. A donut to go with my coffee." This pastry has around 200 calories. If I eat one of these every day with my coffee and I do not exercise more or eliminate the 200 calories from other foods, I could gain as much as 17 pounds in one year. Does that surprise you? Do you believe it? What are the recommendations for added sugar? The AHA suggests no more than 6 teaspoons a day for women and 9 teaspoons a day for men be added. Many foods like fruit already have sugar. That is not what we would count in the recommendation. We would count sugar added to a cookie or cup of tea. Do you eat any foods that are high in sugar that you are willing to eat less of next week?

Snacks

Teaching Points:

- Make sure to coat cup with cooking spray or it will be hard to clean
- Measure the cup before adding the ingredients. Just fill the cup with water, pour into a measuring cup to see how many ounces it holds. 12 ounces would equal 1 ½ cups.
- Cups found in your kitchen can be different sizes.
- Add a little chopped onion or green pepper for variety.

Egg Scrambler

2 Eggs
2 Tablespoons low-fat milk
2 Tablespoons shredded Cheddar cheese
(Optional)
Salt and pepper

Coat 12 ounce microwave-safe coffee mug with cooking spray. Add eggs and milk; beat until blended. Microwave on high 45 seconds; stir. Microwave until eggs are almost set, 30-45 seconds longer. Top with cheese if desired. Season with salt and pepper.

Nutrition analysis without cheese: 139 calories; 9 grams fat; 137 mg sodium; 2 grams carbohydrates; 12 grams protein; 186 mg potassium; 52 mcg folate

Remember eggs are good any time of day.



Instructors' Guide September 2012



Did You Learn Any New Ideas?

1. The first day of fall is September 22. It has been designated as _____.
2. What range of vitamin D supplements reduces the risk of fractured bones?
3. What common bacteria is found in fresh eggs?
4. AHA suggests limiting added sugar to _____ for men and _____ for women.
5. The average Food Assistance benefit for a single older adult in Iowa is?

Your Answers

Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name _____

Congregate Meal Site (Please list all the sites for which you are ordering the newsletter. _____

Address _____

City, State and Zip _____

Phone Number _____

Month	# Newsletters	# Incentives
Sept., 2012	_____ Congregate Meal Site Participants	The incentive for July-September is a Chef Charles sun visor. Visors are all gone so other incentives may be substituted. Please indicate how many are needed. _____

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Your Answers

Fall Prevention Awareness Day
800-2000 IU
Salmonellosis
9 tsp. for Men 6 tsp. for Women
\$113

Chef Charles Says...

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