

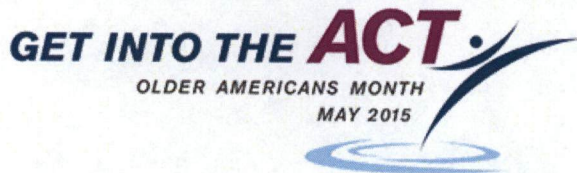


Concho Valley Area Agency on Aging

THE SILVER SOURCE



MAY 2015



VOLUME 3 , ISSUE 4

May Fun Facts

- Cinco de Mayo
May 5th
- Victory in Europe Day (V-E Day)
May 8th
- Mother's Day
May 10th
- Memorial Day
May 25th
- Older Americans Month
- National High Blood Pressure Month
- Birthstone:
Emerald

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While the Concho Valley Area Agency on Aging acts as the focal point for aging services to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

Throughout the month, the Area Agency on Aging will be conducting activities and providing tips on how to access programs, resources, and volunteer opportunities designed to maximize the independence of older adults in our community.

Discover Older Americans Month: Visit <http://acl.gov/olderamericansmonth>

Learn more: Contact Toni Roberts @ 325-223-5704 or toll-free @ 1-877-944-9666.

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SPRING

"The world's favorite season is the spring."

All things seem possible in May."

-Edwin Way Teale

WANTED!!



Long-Term Care Ombudsmen

What is a Long-term Care Ombudsman?

LTC Ombudsmen are advocates who identify, investigate and resolve individual and system level complaints that affect residents in nursing homes and assisted living facilities.

What does an Ombudsman do?



- Visit residents & meet their families.
- Help residents articulate needs.
- Investigate and resolve complaints.
- Advocate for system and legislative changes.
- Educate residents about their rights.
- Monitor conditions and care.
- Provide a voice for those who are unable to speak for themselves.

Who can be a Volunteer?

You can! Volunteers need to be over 18 years old, be able to volunteer in the Concho Valley, and be capable of completing the free internship. We provide the training and any support you might need after you become certified.

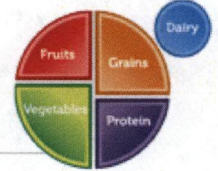
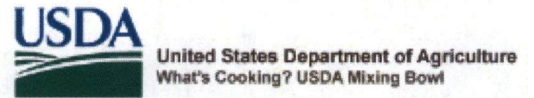
How can you get started?

Please call your local Ombudsman Program, Toll Free at 1-877-252-2412 or 325-223-5704. You can also email us at Amanda.sedeno@cvcog.org





Mango Cucumber Soup



MyPlate Food Groups

- Fruits 1 cup
- Vegetables 3/4 cup
- Dairy 1/2 cup

For more information on MyPlate Food Groups visit choosemyplate.gov

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	0.5 g	1%
Protein	11 g	
Carbohydrates	33 g	11%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	45 mg	2%

Sweet, ripe mangoes are the basis for this refreshing and quick chilled summer soup. It's a no-stove recipe that's perfect when outdoor temperatures rise.

Ingredients

- 2 ripe mangoes (divided)
- 1 English cucumber (divided)
- 2 tablespoons chopped onion
- 1 jalapeno pepper, finely diced (optional)
- Juice from one fresh lime
- 1/2 cup of water
- 2 containers plain, non-fat Greek yogurt
- 1/4 cup fresh chopped cilantro

Directions

1. Cut all but one half of mango into chunks, removing peel and pit; chill remaining half for use with garnish.
2. Slice off 1/4 of the cucumber and chill for use with garnish. Coarsely chop remaining 3/4 of the cucumber.
3. Place chopped mango, cucumber, onion, and pepper (optional) in blender or food processor with Lime juice and water. Puree until smooth.
4. Blend in yogurt. Chill until ready to serve.
5. About 15-30 minutes before serving, prepare garnish. Dice chilled mango half, removing peel and pit; dice remaining cucumber. Mix mango and cucumber dices with cilantro. Mix mango and cucumber dices with cilantro. To serve, top bowls of soup with garnish.

Notes

Serving Suggestions: Serve with a glass of 100% apple juice.
Produce For Better Health Foundation

Find more recipes at www.usda.gov/whatscooking



Centers for Medicare & Medicaid Services

Medicare Program - General Information**Medicare is a health insurance program for:**

- people age 65 or older,
- people under age 65 with certain disabilities, and
- people of all ages with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant).

Part A Hospital Insurance - Most people don't pay a premium for Part A because they or a spouse already paid for it through their payroll taxes while working. Medicare Part A (Hospital Insurance) helps cover inpatient care in hospitals, including critical access hospitals, and skilled nursing facilities (not custodial or long-term care). It also helps cover hospice care and some home health care. Beneficiaries must meet certain conditions to get these benefits.

Part B Medical Insurance - Most people pay a monthly premium for Part B. Medicare Part B (Medical Insurance) helps cover doctors' services and outpatient care. It also covers some other medical services that Part A doesn't cover, such as some of the services of physical and occupational therapists, and some home health care. Part B helps pay for these covered services and supplies when they are medically necessary.

Prescription Drug Coverage - Most people will pay a monthly premium for this coverage. Starting January 1, 2006, new Medicare prescription drug coverage will be available to everyone with Medicare. Everyone with Medicare can get this coverage that may help lower prescription drug costs and help protect against higher costs in the future. Medicare Prescription Drug Coverage is insurance. Private companies provide the coverage. Beneficiaries choose the drug plan and pay a monthly premium. Like other insurance, if a beneficiary decides not to enroll in a drug plan when they are first eligible, they may pay a penalty if they choose to join later.

For more information about Medicare, contact the Area Agency on Aging at 325-223-5704 or toll-free at 1-877-944-9666.



**The Concho Valley Council of Governments and the
Area Agency on Aging Offices will be closed**

May 25, 2015

in observance of

Memorial Day.



Everyday Fitness Ideas from the National Institute on Aging at NIH
www.nia.nih.gov/Go4Life

Fun Ideas for Being Active All Year

January: Start the new year by trying out a fitness center—many offer New Year's Resolution specials.

February: Give your heart a Valentine's Day gift with dance lessons, such as salsa, tango, or belly dancing.

March: Anything can be fun with upbeat music, including spring cleaning.

April: Work in your garden. Bending, lifting, and stretching are all great exercises.

May: Build your endurance and strength with a bike ride during National Bike Month. Remember your helmet.

June: Once your grandchildren are out of school for the summer, ask them to teach you their favorite type of physical activity.

July: Cool off with a water aerobics class.

August: Celebrate National Bowling Week the first week in August. Get friends and family together and challenge each other to a friendly tournament.

September: If you've heard about the benefits of yoga but haven't tried it yet, National Yoga Awareness Month is a great time to find special events and trial classes for beginners.

October: Take a hike to do some leaf looking. Pick apples or pumpkins. The beautiful colors are inspirational, and a brisk walk is great for your endurance!

November: Now that the leaves have fallen, rake and bag the leaves.

December: Try ice skating or building a snowman. If you have holiday shopping to do, walk the entire mall each time you're there.



Quick Tip

Being creative about your physical activity plans and regularly trying new forms of exercise prevent boredom.

VISIT

www.nia.nih.gov/Go4Life

- Read more tips.
- Print useful tools.
- Share your exercise story.
- Order a free exercise guide or DVD.



NIH National Institute on Aging

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.

May is
Older Americans
Month!

CAREGIVERS UNITED!



Sneak Peek

(after meeting)

What is Stress Busting?

-Hand Massage Therapy-

Caregivers United provides a safe, supportive community in which to walk the caregiving journey with others who understand. Our scheduled speakers educate and inform attendees on topics that are tailored to caregiver needs. Please join us!

Thursday, May 14, 2015 from 11:45 am-1:00 pm

at the

Concho Valley Area Agency on Aging

2801 W. Loop 306, Suite A

San Angelo, TX 76904



Allison Watkins

of Texas A&M AgriLife Extension Services

"April Showers Bring May Flowers!"

You are invited to get some hands on training on how to plant while relieving stress by getting your hands dirty. You will learn how planting is a form of Therapy and how the loved one you are taking care of can benefit from this. This can benefit someone recovering from illness, people with behavioral difficulties and people with mental health illness, such as depression and dementia.

The Beehive of San Angelo will be sponsoring lunch for those in attendance. Angels Care Home Health will provide dessert and beverages. Texas A&M AgriLife will sponsor supplies needed. Seating is limited to 40 persons, so please RSVP by May 12, 2015.

For more information or to register contact Betty Galvan at 325-223-5704

325-223-5704 or toll free 1-877-944-9666.

Register online at http://www.cvcog.org/cvcog/aaa_caregiver_program.html

Funded in part by the Texas Department of Aging and Disability Services





What foods are in the Grains Group?



Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. **Examples of whole grains include** whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. **Some examples of refined grain products are** white flour, de-germed cornmeal, white bread, and white rice.

Most refined grains are *enriched*. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word "enriched" is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

How many grain foods are needed daily?

The amount of grains you need to eat depends on your age, sex, and level of physical activity. Most Americans consume enough grains, but few are whole grains. **At least half of all the grains eaten should be whole grains.**

What counts as an ounce equivalent of grains?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the Grains Group.

Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a health diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Nutrients:

- Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.
- The B vitamins thiamin, riboflavin, and niacin play a key role in metabolism—they help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system. Many refined grains are enriched with these B vitamins.
- Folate (folic acid), another B vitamin, helps the body form red blood cells. Women of childbearing

continued on page 8

Continued Grains...

age who may become pregnant should consume adequate folate from foods, and in addition 400 mcg of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.

- Iron is used to carry oxygen in the blood. Many teenage girls and women in their childbearing years have iron-deficiency anemia. They should eat foods high in heme-iron (meats) or eat other iron containing foods along with foods rich in vitamin C, which can improve absorption of non-heme iron. Whole and enriched refined grain products are major sources of non-heme iron in American diets.
- Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.

Health Benefits

- Consuming whole grains as part of a healthy diet may reduce the risk of heart disease.
- Consuming foods containing fiber, such as whole grains, as part of a healthy diet, may reduce constipation.
- Eating whole grains may help with weight management.
- Eating grain products fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.

Tips to help you eat whole grains

At meals:

- To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to substitute the whole-grain product for the refined one, rather than adding the whole-grain product.
- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
- Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.

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Continued from page 8.....

Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

As snacks:

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try 100% whole-grain snack crackers.
- Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.

What to look for on the food label:

Choose foods that name one of the following whole-grain ingredients first on the label's ingredient list:

Whole grain ingredients:

- | | |
|----------------------|-------------------------|
| • brown rice | • whole-grain corn |
| • buckwheat | • whole-grain sorghum |
| • bulgur | • whole-grain triticale |
| • millet | • whole oats |
| • oatmeal | • whole rye |
| • quinoa | • whole wheat |
| • rolled oats | • wild rice |
| • whole-grain barley | |

- Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not whole-grain products.
- Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
- Use the Nutrition Facts label and choose whole grain products with a higher % Daily Value (% DV) for fiber. Many, but not all, whole grain products are good or excellent sources of fiber.
- Read the food label's ingredient list. Look for terms that indicate added sugars (such as sucrose, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses, or raw sugar) that add extra calories. Choose foods with fewer added sugars.
- Most sodium in the food supply comes from packaged foods. Similar packaged foods can vary widely in sodium content, including breads. Use the Nutrition Facts label to choose foods with a lower % DV for sodium. Foods with less than 140 mg sodium per serving can be labeled as low sodium foods. Claims such as "low in sodium" or "very low in sodium" on the front of the food label can help you identify foods that contain less salt (or sodium).

To learn more about healthy eating tips, visit <http://www.choosemyplate.gov>



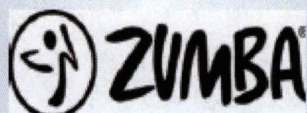
Free Class!



Caregiver Skills Training Day

Free Healthy Snacks!

Presents



The Caregiver Program of the Area Agency on Aging is taking you to Zumba® Class to relieve your stress!

For: All Caregivers and Seniors

When: May 22, 2015

Time: 11 AM-1 PM

Where: Jubilee Fitness

4001 Sunset Dr. #1130

San Angelo TX. 76904

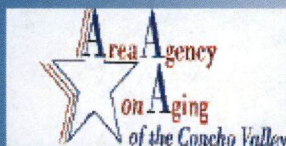


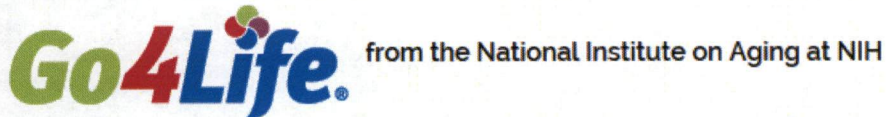
Entrance door located outside of mall Facing Loop 306 between Dillards and Sears.

Zumba Instructors will tailor class to individual needs and help bring down stress levels. Come check out the unique personalities and enthusiasm of the Instructors and let's have a Blast!

For more information or to register contact Betty Galvan at 325-223-5704 or toll free 1-877-944-9666.

Register online at http://www.cvcog.org/cvcog/aaa_caregiver_program.html





Exercise and Type 2 Diabetes

Your chance of getting type 2 diabetes—which used to be called adult-onset diabetes—is higher if you:

- are over age 45, overweight or obese, or inactive
- have high blood pressure or high cholesterol
- have a mother, father, brother, or sister with the disease
- are Hispanic/Latino, African American, American Indian, Alaska Native, Pacific Islander, or Native Hawaiian

There's good news, though! You can take small steps to prevent or delay the onset of type 2 diabetes by reaching and maintaining a healthy weight, moving more, and making smart food choices. Set small goals to start. Add a little more activity until you reach at least 30 minutes a day, 5 days a week.

Easy steps to be more active

- Put away the remote control — get up to change the TV channel. Stretch during commercial breaks.
- Walk around when you talk on the phone.
- Take more steps by parking the car farther away from stores, movie theaters, or your office.
- Get off the bus one stop early and walk the rest of the way, if it is safe.

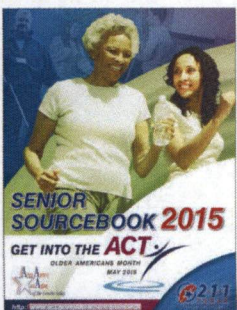
Get your friends and family involved

- Show the younger people in your life the dances you enjoy.
- Teach your grandchildren how to plant and take care of a garden.
- Play catch or tennis or another sport you enjoy.
- Don't forget your best friend. Take a brisk walk with your dog.

Learn more about preventing and managing diabetes from the National Diabetes Education Program.

Quick Tip

Be sure to warm up for a few minutes before you exercise to get your body ready for activity. Shrug your shoulders, tap your toes, swing your arms, or move in place.



Senior Sourcebook 2015 is here! If you didn't receive a copy in the Standard Times May 3rd edition, contact 2-1-1 Texas or the Area Agency on Aging for a Sourcebook.

Dial 2-1-1 or call 1-325-223-5704 or toll-free at 1-877-944-9666.



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Fax: 325-223-8233

WE ARE ON THE WEB!

www.cvcog.org/cvcog/aaa.html

Funded in part by the
Texas Department of Aging
and Disability Services

Join our newsletter email distribution list TODAY! Please email Terry Lockhart @ terry.lockhart@cvcog.org or call (325)223-5704



The Number to Call, When You Don't Know Who To Call

2-1-1 Texas, a program of the Texas Health and Human Services Commission, is committed to helping Texas citizens connect with the services they need.



Our Mission is to be this area's visible leader and advocate in facilitating those supportive services and opportunities that enable all older citizens to be able to live dignified, independent and productive lives.

