

HEALTHY HEADLINERS

Healthy Eating for the Older Adult

Andrea Kennedy RD CDE



There is no denying that our bodies change as we get older. At different stages of life our nutrition requirements change. What about when we reach our golden years? Not only does our nutrition requirements change, but our social situations do as well. You may be used to preparing a meal for a family and then learning to adjust to cooking for one or two. Sometimes, it's just hard to put a lot of effort into preparing a meal when it's just yourself to feed. To address these concerns, I have some information on what nutrients older adults may be interested in looking out for. I also have some tips on how to get closer to meeting these nutrition requirements when the desire to cook becomes a challenge.

Bone Health

- Calcium and vitamin D are the nutrients that are essential to bone health. Calcium not only helps to build and maintain our bone structure, but it also allows our blood to clot, our muscles to contract, and our heart to beat. The levels of calcium in our blood have to be in a tight range as we lose calcium through our skin, hair, nails and more, our bodies need to replace it. Our bodies cannot make calcium on its own so if we do not get enough in our diet, it will get it from our bones. It's ok if this happens now and then but if it happens consistently, it can lead to low bone density and high risk of broken bones. Where does vitamin D fit into all of this? Vitamin D helps our body to absorb calcium so these two nutrients pair well with each other.
- For those above the age of 50, 1200 mg of calcium and at least 1000 IU of vitamin D is needed each day. We can get this from foods and if necessary, from supplements. How do you know if you are getting enough? Check this website out <https://osteoporosis.ca/bone-health-osteoporosis/calcium-calculator/#page-1>. You can also ask your health care provider or dietitian for more information.
- Tips to increase calcium in your diet:
 - Add milk, milk alternatives (fortified with calcium and vitamin D) to prepare cream soups or sauces or hot cereals
 - Sprinkle cheese on sandwiches, vegetables, or salads
 - Check out this website <https://osteoporosis.ca/bone-health-osteoporosis/nutrition/calcium-requirements/> for a list of foods which are good sources of calcium

Preserving Muscle Mass

- Even as young as the age of 30, we begin to lose muscle mass. The rate at which that happens depends on a variety of things, physical activity and nutrition intake being two important factors. This loss of muscle mass with age, called sarcopenia, can contribute to frailty, problems with mobility and increased risk of falls. When it comes to nutrition, protein is the nutrient that is of main concern and getting enough is important to help maintain and build muscle. Protein comes from meat, fish, poultry, milk, yogurt (especially Greek yogurt), nuts, seeds, eggs, tofu, and pulses such as chickpeas, lentils and beans. Having a source of this nutrient with every meal (about ¼ of your plate) helps get you on your way to meeting your requirements. Still not sure? Meet with a Registered Dietitian to find out!

When Cooking Becomes a Chore

- Prepare food when you have the most energy
- Make extra servings so you have leftovers
- Keep a list of favourite recipes with only a few ingredients that are quick to make. You can find a few examples of simple recipes at this website: <https://www.care.com/c/en-au/stories/5445/18-quick-and-easy-meals-for-older-adults/>.
- Participate in cooking classes to get some inspiration of what new meals to try or to gain a little more confidence in the kitchen
- Buy bagged salads or pre-chopped vegetables
- Share a potluck dinner with friends
- Exchange recipes with others
- Keep beans, canned or frozen fruits and vegetables on hand to add to your meals when not feeling like doing a whole lot of prep work. If using canned, rinse under water for 30 seconds to reduce sugar or salt content.



If It Sounds Too Good to be True, It Probably is Too Good to be True

Cathy Cook

With the emergence of social media, the internet and all that goes along with this I am finding it more and more difficult to sort the good from the bad. I'm talking about the increasing problem of fraud and scams. It seems that a new scheme is hatched almost daily. So how do we defend ourselves? They say knowledge is power so I think knowing more about existing scams will help. I did a bit of research and want to share what I have found.

The following was taken from a web article *from Ottawacitizen.com/news/local-news/5-of-the-most-popular-scams-to-watch-out-for*.



Immigration Scam

You may receive a phone call from someone who identifies you by name. They claim they are with Immigration, Refugees and Citizenship Canada, and in some situations, they even fake the caller I.D. to make it look legitimate. They will claim that you have not correctly completed and submitted certain immigration documents. You will be told to pay a large financial penalty to the government.

What to Know:

No one from Immigration, Refugees and Citizenship Canada will be calling to collect fines. Any time a payment is required, it is to be made through a bank or online at the federal department's website. The Government of Canada would not ask for payment through pre-paid credit cards, iTunes gift cards, or money transfer services. When in doubt call Immigration, Refugees and Citizenship Canada at 1-888-242-2100.

The Emergency/Grandparent Scam

It starts with research, through the usual social media sites.

Seniors with grandchildren are usually the target. They will be called sometimes early in the morning or late at night. At these times the victim is more likely to be disoriented. The scammer claims they are the victim's grandchild and that they are in trouble and need money. A variation to this is that they may claim to be the grandchild's attorney, friend, etc. Sometimes they claim they are in jail and need bail money. Other times they claim they're stuck in a foreign country and need money to get home or they have just been released from hospital and they need money to pay for treatment. Often, they claim they need the money immediately and suggest the grandparent not tell the child's parents.

What to Know

Depending on the amount of info found through social media research the scammers knowledge of personal details may be extensive. Under no circumstances should the grandparent send money. Contact the grandchild's parents to verify the story.

The Service Scam

Almost always involves a fake customer service representative. Sometimes the fake representative will call a person's home claiming their computer has been hacked. They may claim to be from Microsoft or some other technology company and tell the victim they've detected strange activity on their home network. They will then demand remote access to the victim's computer and essentially take control of the machine.

Other times, while visiting a website the victim may get a pop-up that tells them their computer is infected and to call the 800-number provided.

Another example of a service scam is a phone call at home from someone who claims they are with the victim's bank, offering a lower credit card interest rate. They usually ask for personal information such as Social Insurance Number and Driver's Licence number.

What to Know

No company will call their users to tell them their computer is infected with a virus. Giving a fraudster remote access to your computer could allow them to install real viruses and malware, steal personal information, gain access to private or financial data or even lock down your computer and ask for ransom.

As for financial scams, only your bank can offer lower interest rates on credit cards. If suspicious hang up and call your bank directly.

The Inheritance Scam

A fraudster will reach out and ask the victim if they are aware that a relative (even naming the relative) has a large sum of cash in a bank. The bank is usually located overseas. The fraudster may pose as a lawyer, government representative, banker or foreign government official.

What to Know

While the fraudsters want the victim to believe there is a pile of cash waiting, there actually is no money. Sometimes they are after personal information or in some cases they tell victims that a fee is required before the victim receives the money.

So, what can I do if I suspect I have been scammed or would like to report a potential scam? Below is a list of Agencies that may be able to help:

1. Local Police Department
2. Government of Canada Canadian Anti-Fraud Centre (run by the RCMP) - 1-888-495-8501

This Centre collects information for:

- Mass Marketing Fraud (telemarketing)
- Advance Fee Fraud
- Internet Fraud
- Identification Theft



They have a lot of resource material on this site.

Remember: If It Sounds Too Good To Be True.....



Programs

Indoor Walking Program

Take a break and walk the "Lake"!!

Walking takes place every
Tuesday/Thursday 1:30 – 2:30 pm.
We walk at the Hall located at the
Schreiber Recreation Complex.
We will plot your progress on a
map of Lake Superior so you can
challenge yourself to go farther.

BLOOD PRESSURE CLINICS

Schreiber - Collingwood Court

**1st Wednesday of every month
From 11:15 – 12:00 noon**

**January 8, 2020
February 5, 2020
March 4, 2020**

CHRONIC PAIN SELF-MANAGEMENT – 6 WEEKS

Date: Monday January 13, 2020

Time: 6:30 pm

Location: Terrace Bay Recreation Centre Conference Room

**INTERESTED OR HAVE QUESTIONS:
Contact Cathy Cook at the North Shore Family Health Team**

Phone 824-2934 ext. 230

Email cmcook.nsfht@gmail.com

Call today to register!!



Allied Health Professionals

Nurse Practitioner – Sue Fairservice

Registered Practical Nurse – Chelsea Cole

Registered Dietitian- Andrea Kennedy

Registered Social Worker – Keri MacFarlane

Administration Staff

Administrator – Mary Lynn Dingwell

Administrative Clerk – Cathy Cook

Christmas Schedule

The J. E. Stokes Medical Centre and Aguasabon Medical Clinic will be closed at noon December 20, 2019 and will re-open January 6, 2020

From All of Us at the North Shore Family Health Team, J. E. Stokes Medical Centre, and Aguasabon Medical Clinic we wish you and your family a Very Joyous Christmas and Happy New Year!!

