

Caring for YOUR Nutrition

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Are you a family caregiver? You may not think of yourself that way, but if you spend time tending to the needs or concerns of a person with an ongoing illness, injury or disability you are considered a caregiver.

Approximately 85% of people with dementia and chronic illness are cared for exclusively in their own homes. On average, their loved ones provide 12 hours of assistance a day. 1 That can be difficult to juggle with work and other responsibilities, and it often takes an economic and physical toll. As a result, caregivers often report significant stress, depression, anxiety and fatigue.

Caregiving also can take its toll on caregiver nutrition. Limited time to cook or shop may result in reaching for sweets or picking up fast food, which don't need a lot of preparation or advance planning. Nutrients that can fall short include protein and fluids, as well as fiber, vitamins and minerals from fruits and vegetables that may not be present in convenience items.

That leaves the caregiver at risk of malnutrition, and, in turn, more susceptible to the physical effects of stress. The good news is that eating a healthful diet can reduce the negative effects of stress. So, while caregivers are often rightfully focused on making sure they provide healthy meals for those they care for, it is very important for caregivers to keep their own nutrition and hydration at the top of their priority list.

How can you do this to your full list of items on your "to do" list? A good way to start a new habit is to take the first few steps first. Begin with drinking beverages at each meal and 2-3 times between meals. Examples of healthy drinks include: water, milk, juice (for those fruits/vegetables you may be missing), or non-sweetened drinks. Next, focus on protein, a key nutrient that builds strength and provides important minerals. Ways you can add protein to your day include:

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| At meals, eat your protein first | Choose Greek yogurt | Pair peanut butter or yogurt with fruit |
| Snack on cheese | Have a protein shake | |
| Replace cereal with eggs | Eat low/no fat dairy products | Try a variety of plant proteins like nuts, peanut butter, beans and tofu |
| Top your food with chopped almonds | Include a high-protein food like fish, chicken, beef, eggs with every meal | Drink a liquid supplement like Ensure or Glucerna |

To find more ideas for high protein foods, increasing fluids and other ways to prevent malnutrition, review this National Institute on Aging resource, consult your healthcare provider, contact a dietitian, or go to reliable websites like the Academy of Nutrition and Dietetics, US Department of Agriculture and the National Council on Aging.

To find out more about these topics go to the American Society for Parenteral and Enteral Nutrition or DefeatMalnutrition today.



Involved Aging: News and Announcements

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It's Never Too Early, Until It's Too Late!

Kate Nance, Adult Protective Services

Utah Advance Health Care Directive (Pursuant to Utah Code Section 75-2a-117, effective 2009)

Part I: Allows you to name another person to make health care decisions for you when you cannot make decisions or speak for yourself.
Part II: Allows you to record your wishes about health care in writing.
Part III: Tells you how to revoke or change this directive.
Part IV: Makes your directive legal.

Remember, a health care directive is not a Do Not Resuscitate (or POLST) order.

Provider Order for Life-Sustaining Treatment (POLST) Utah Life with Dignity Order Bureau of Health Facility Licensing and Certification, Utah Department of Health State of Utah Rule R632-31 v3.1 February 2016 (<http://health.utah.gov/hflca/forms.php>)

Give Yourself Peace of Mind with an Advance Health Care Directive

Life is full of surprises. Some are wonderful, like an unexpected phone call from a long-lost friend. Other surprises though, like a sudden illness or a pandemic, can be cause for worry. One way to ease these worries is to make sure we are prepared for what comes our way. Having an advance health care directive is a great way to make sure you are prepared for illness or incapacity.

A health care directive is a document that allows you to nominate an agent to make health

care decisions on your behalf in the event you are unable to make them for yourself.

There are many benefits to having a health care directive, including:

- ✓ **Choosing your decision maker and specifying what decisions they can make for you;**
- ✓ **Expressing your wishes for end-of-life care; and**
- ✓ **Avoiding a guardianship proceeding.**

Make sure you select someone you trust as your agent, and discuss your wishes and preferences with them in advance. Also, be sure to give a copy of your directive to your healthcare providers so they are aware of your wishes. You are free to revoke or change your directive at any time if your preferences change.

You can get started on your healthcare directive by visiting <https://ucoa.utah.edu/directives/> for a copy of the health care directive form as well as additional information on filling it out.

Give yourself peace of mind, and complete your advance health care directive today.

Come and Join the Fun!

At AAA-Five County, we offer a wide variety of volunteer opportunities. We do our best to place volunteers in the role that is the best fit for them, and we strive to make each of our volunteers feel valued and important. We always want our volunteers to know how important they are to our team and to feel that the work they are doing is important to them as individuals as well. We think we do a good job at this, but don't take our word for it. Here's what a few of our volunteers have to say!

Volunteerism has always been a family tradition that lasted a lifetime. My parents were involved in our Community and I remember being eight years old and handing out pamphlets on the street corner. There is nothing more gratifying than helping others on our planet. When I moved to Cedar City I was immediately impressed with the Arts culture and opportunities and while attending an Orchestra of Southern Utah performance at the Heritage Center, I was invited to sit with three fantastic ladies who introduced me to the Area Agency on Aging-Five County-Senior Companion Volunteer Program. I joined the Organization and became the companion of four beautiful clients, aged 54 to 86, who taught me so much about determination, courage and gratitude; as well as revealing their own personal passions and graceful secrets for living day-to-day. Volunteerism is two-fold – being thankful for new friendships and garnering self-fulfillment and joy. It has been life changing and enlightening! Come and Join the Fun!

~Andie

I have lived in Utah's Dixie for over 17 years now. Came from Bay Area CA. Since I been in Utah I have volunteered as a 1) Elementary school coach for many years, 2) volunteering on AYSO Soccer board member and a coach as a team player. 3) hired at Dixie State now called Dixie State University as a house manager in drama and concerts etc. 4) off and on with the RSVP as volunteering. And now again RSVP. I love and care for people, and my heart is overwhelmed with JOY when I have opportunities to volunteer.

~Jay, "Caring for one's good health one at a time!"



My name is Norita. My husband, Scott and I are active at the Enterprise Senior Center. I truly feel after age 60, when I first got involved, that if you can get involved in the Sr Center Activities it is very important. If our Centers aren't used we could lose them!! You might not need it right now but down the road you will and it's really nice to have a Center in our town! I am now 75, and serve as a Volunteer and Board member. Thankfully I still don't need the services offered but enjoy helping others less fortunate. I have taken the Stepping On Classes and teach them in our Center. I was quite surprised how helpful these classes are and how much we can learn from our friends we meet!! Three of us took the Tai Chi classes and taught several classes in Enterprise. Both Stepping On and Tai Chi focus on balance and being aware of having more awareness in surroundings!! In teaching others it strengthens us!! A win/win situation!! Plus making lifetime friends is fun!! Keeping busy is so good for our age group!! So get out of your comfort zone and come join us at the Senior Center!!

~Norita

If you are interested in experiencing for your self the perks of being a part of our team, contact us at 435-673-3548 and ask about our volunteer opportunities or visit our website for more: <https://www.areaagencyonagingfivecounty.org/get-involved>.