

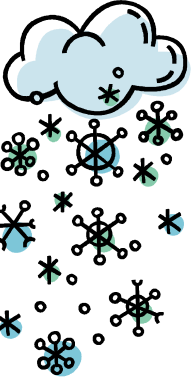


January  
&  
February  
2012

# SENIOR CITIZEN'S Skamania "SWIFT WATER" NEWSLETTER

PUBLISHED BY SKAMANIA COUNTY SENIOR SERVICES

For information regarding Senior Service programs, Call 509-427-3990



January 2: Closed

January 9: Caregiver Support Group, 10 am

January 12: Shopping Trip to Hood River, OR

January 16: Closed for Martin Luther King's Birthday

January 20: Birthday Lunch

February 13: Caregiver Support Group, 10 am

February 14: Shopping Trip to Hood River, OR

HAPPY VALENTINE'S DAY

February 17: Birthday Lunch

February 20: Closed for Washington's Birthday



## A Brush with Kindness

If you are a low income homeowner, the Habitat for Humanity "A Brush With Kindness" program can assist with minor home repairs for the outside of the house.

Volunteers can do window repair, scrape, paint, caulk, door replacement, minor siding and trim repair, landscaping (pruning/trimming, weeding), clean up, brush removal, junk removal, board replacement for porch/stair ramp and fascia replacement.

For information and an application, contact Senior Services.

## Northwest Justice Project

In March, Senior Services will team up with Northwest Justice Project to present a workshop on legal issues for seniors. Watch for the date in the next newsletter.

## POWERFUL TOOLS

The Powerful Tools Caregiver Class will be held in April & May 2012. Look for the dates in the next newsletter.



## SENIOR CITIZEN NEWSLETTER

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Skamania County  
Senior Services  
710 S.W. Rock Cr. Dr.  
PO Box 369  
Stevenson, WA 98648

### SENIOR SERVICES STATISTICS FOR OCTOBER & NOVEMBER 2011

	TOTAL
Meals served at meal site	683
Hot home delivered meals	369
Frozen home delivered meals	518
Transportation -total trips	3730

### Mission Statement

The goal of Skamania Co Senior Services is to assist individuals to live as independently as possible & to avoid inappropriate institutionalization by providing a range of health & social services to Skamania County adults.

Nutritional information provided in this newsletter generally pertains to persons without diet restrictions. Please follow your doctor's advice especially if you are taking medications.

***EAT MORE FRUITS & VEGETABLES TO PROTECT YOUR HEALTH,  
PROLONG YOUR LIFE*** *By UCLA Division of Geriatrics Health Years*

A study published in the July 2011 issue of the American Journal of Clinical Nutrition has linked a dietary pattern that is rich in vegetable and fruits to overall cardiovascular health & overall longevity.

“Basically, this study looked at total vegetable intake, total fruit intake, and cruciferous vegetable intake in two large groups of Chinese subjects and found that high intakes of total vegetables, particularly the cruciferous vegetables, were associated with a significantly reduced risk of death, particularly death due to cardiovascular disease.” explains Susan Bowerman, MS Rd, assistant director of the UCLA Center for Human Nutrition.

**The power of crucifers.** Bowerman explains that cruciferous vegetables are rich sources of compounds that produce antioxidants and anti-inflammatories in the body. These two effects are of particular importance with respect to heart disease.



**Learn to love cabbage.**

Even with all their benefits, cruciferous vegetables are difficult for some people to stomach. Bowerman acknowledges that some of these items, like broccoli and traditional cabbages, do have a strong flavor, but some, such as baby bok choy and Napa cabbage have a much milder taste. Also, how the food is prepared makes a big difference.

“Cauliflower, for example, is delicious when it’s drizzled with oil & curry powder & roasted in a hot oven until tender. “

These vegetables are well-known for their less attractive properties of producing gas and flatulence. Bowerman says that cooking the vegetables will break down some of the indigestible carbohydrates, which are the gas-causing culprits. She suggests steaming them lightly or roasting them rather than eating them raw. And you can reduce gas production if you take an over-the-counter product, such as Beano or Gas-X.

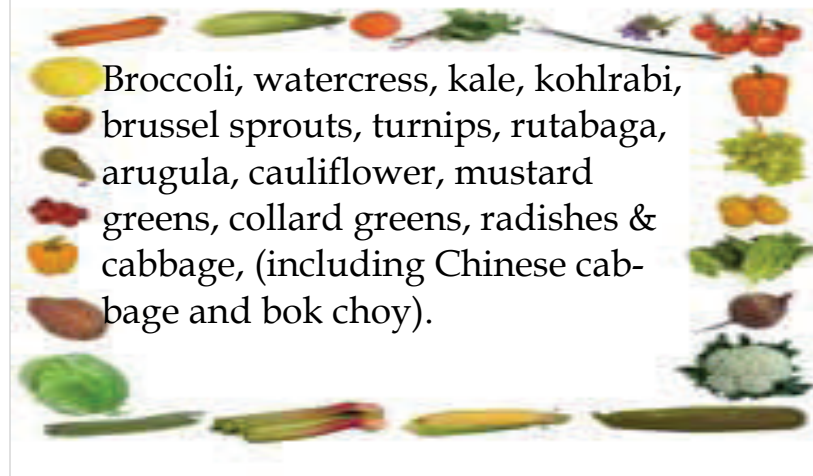
**More benefits from plant foods.**

Consuming more plant foods also means you will be getting more phytonutrients in your diet.

A diet high in fruits and vegetables is also nutrient-dense, so it can help control body weight. That’s important, since overweight and obesity are risk factors for heart disease.

“Also, plant foods are excellent sources of dietary fiber. Soluble fiber (found in certain plant foods, including broccoli and cauliflower) helps to lower serum cholesterol levels, which also reduces the risk for heart disease,” says Bowerman.

**CRUCIFEROUS VEGETABLES**



## THE NEW FAT RULES

“Low Fat” is out and “Healthy Fats” are in. Here’s how to make heart healthy choices.

The American Heart Association recently revised its Heart Check certification program in a way many people might find surprising; when it comes to qualifying for the red checkmark labeling, some fats are now ok. The changes reflect the evidence that monounsaturated and polyunsaturated fats are part of a heart-healthy diet.

Foods such as nuts and fish are high in these healthy fats, while low in unhealthy saturated fat, can now receive the association’s sign of approval.

Spokesperson Rachel Johnson, PHD, RD, “Adding nuts, fish and other foods that are rich sources of good fats, monounsaturated and polyunsaturated fats, enhances the program and gives more healthy options consumers can choose with the same trust factor.”

So how do you make smart choices about fats and oils, in the context of a overall healthy diet? If you remember nothing else about fats as you go to the grocery store, keep in mind this rule: Pick cooking oils that are liquid at room temperature.

Saturated fats like butter, mostly obtained from animal sources, are solid at room temperature, and are found in animal foods such as meat and dairy. Foods from plants that contain saturated fats include coconut, palm oil and palm kernel oil, often called “tropical oils” and cocoa butter.

Keeping calories in check means not overdoing it even with healthy fats. All fats and oils contain about 90 calories per tablespoon.

“During the 1990’s we became afraid of fat, which led us to overconsume refined carbohydrates,” Alice Lichenstein, director of Tufts University’s HNRCA Cardiovascular Nutrition Laboratory, concludes “In the 2010’s, the emphasis is on healthy fats and calorie balance. You can eat the ‘healthiest’ diet we can configure, but if it is eaten in excess of energy needs, the positive effects are going to be greatly diminished.”

Tufts University, Health & Nutrition Newsletter



Mary Frice- Transportation Manager for Senior Services, Doug Radliff-transit driver and Audrey Olsen-arts and crafts were laid off as part of the budget reductions. Drivers Alden Bligh retired and Natalie Callahan left to attend school full time. Senior Services would like to thank Alden, Audrey, Mary, Doug and Natalie for their years of service to seniors.

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## HOW DO I HANDLE FOOD LEFTOVERS?

Begin by handling leftovers properly. After meals, promptly refrigerate or freeze leftovers in shallow containers. Avoid having perishable foods at room temperatures for more than two hours- or above 90 degrees for one hour. By refrigerating or freezing promptly, you minimize the time food is in the danger zone of 40 to 140 degrees F, in which bacteria can quickly multiply.

The Dept of Agriculture recommends refrigerated, properly stored leftovers, be eaten within four days to minimize risk of food poisoning. If you want to save food longer, freeze it right after the initial meal. Potentially harmful bacteria typically won’t change the taste, smell or appearance of food, at least early on. Therefore, you can’t determine if food is safe to eat by smelling or tasting it.



### Senior Support Club

Donations of clean reusable clothing and household items are gladly accepted at the Senior Services office for the Senior Support Club, which helps fund many community services. You can recycle items no longer useful to you and help your community at the same time. No electronics please.

FOR INFORMATION ON SOCIAL SECURITY BENEFITS OR HOW TO APPLY for BENEFITS, Call Social Security at 1-800-772-1213 [www.ssa.gov/onlineservices](http://www.ssa.gov/onlineservices)

## DARK CHOCOLATE COMBATS UNHEALTHY CHOLESTEROL

The news just keeps getting sweeter for chocolate lovers. A new review of 10 previous studies of chocolate consumption and cholesterol reports that the cocoa found in dark chocolate is linked to significant reductions in total and LDL "bad" cholesterol.

Researchers noted that the cholesterol benefits were observed despite the saturated fat and calories contained in chocolate along with the healthy flavanols. The flavanols in dark chocolate, they added, are thought to inhibit cholesterol absorption as well as the body's receptors in LDL cholesterol.

Does this mean chocoholics can indulge without guilt? Jeff Blumberg, Tufts HNRCA Antioxidants Lab says, "The findings suggest that this indulgent treat can reasonably be included in a heart-healthy diet- in small amounts that do not increase body weight."

Tufts Health & Nutrition Letter



"The age of a woman doesn't mean a thing. The best tunes are played on the oldest fiddles."

Sigmund Z. Engel



**Skamania County Senior Services**  
Rock Creek Recreation Center  
P.O. Box 369  
Stevenson, WA 98648

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