

# December 2010

## Nutrition InfoGram

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## Introducing CalFresh



The new name and brand for California's Supplemental Nutrition Assistance Program (SNAP) was launched on Saturday, October 23rd, at the Modern House Call for Women, an event sponsored by First Lady Maria Shriver. The Los Angeles Times published a story highlighting this exciting event. Video and transcripts of the announcement are also available. The new brand offers a great opportunity to highlight the critical nutrition benefits offered through the Food Stamp Program CalFresh!

CalFresh went through an extensive testing and surveying process, which included a variety of stakeholders, such as program participants and administrators. CalFresh is a result of the many visual images that participants and others brought to the process. These were images of 'fresh' and healthy foods that low-income Californians wanted to be able to afford. The 'Cal' component of CalFresh came from key stakeholders who wanted to build upon the positive naming structure in place for MediCal and other assistance programs.

The new name and logo - a colorful, abstract representation of the diverse food available in California reflect the facts that paper food stamps no longer exist and that the program supports nutrition, healthy living, and California agriculture.

The new brand also reflects recent program improvements. In California, rules have been changed so that you can own a reliable car and get help. Households with children don't have to exhaust all of their resources before getting help. Many counties have moved to phone interviews and on-line applications, as well as other innovative ways to apply. California is putting a new name on a program that is indeed new in many ways.

The new brand and logo will be rolled out over time, as counties and community based organizations across the state transition to CalFresh. The California Department of Social Services will inform counties of the related branding guidelines and necessary steps through an upcoming county announcement. The name change will not affect current food stamp participants' benefits and there will be no need to reapply. Californians interested in receiving nutrition assistance benefits, through what was formerly named the Food Stamp Program, can now ask for CalFresh!

## CalFresh Forum



For the last 11 years, the California Food Stamp Forum has brought together administrators, advocates and policymakers to design ways to improve the Food Stamp Program in California. With the recent launch of the new CalFresh brand, we are pleased to invite you to attend the *2011 CalFresh Forum*. This year's forum will continue the tradition of bringing together key stakeholders to discuss ways to improve the reach and impact of these vital health and nutrition benefits provided to needy Californians. Engaging workshops on topics such as Senior Participation, Verification Reform, the New Brand and more! Here are few details about the event:

**Who:** Anyone who cares about improving CalFresh

**By Whom:** Co-sponsored by CA Dept. of Social Services and CFPA

**When:** February 9, 2011 from 9:00am to 4:00pm

**Where:** The Historic Crest Theater, 1013 K Street, Sacramento, CA

**Cost:** Registration is free. Lunch provided.

Click [here](#) to register.

## University of Florida- Elderly Nutrition and Food Safety (ENAFS)



The University of Florida's Institute of Food and Agricultural Sciences has a website dedicated to elderly nutrition and food safety. They have great senior appropriate education materials and downloadable workshops. Topics include: living with diabetes, fall prevention, food borne illness, hunger and malnutrition among elders, and many more. For more information please visit their website at: <http://enafs.ifas.ufl.edu/index.html>

## Florida International University- National Resource Center on Nutrition, Physical Activity and Aging

The National Resource Center on Nutrition, Physical Activity, and Aging has developed an



Older Americans Nutrition Program Toolkit to help Older Americans Act Nutrition Programs and the Aging Network enhance programs serving older adults. While the Toolkit provides a form of technical assistance and guidance to all levels

within the Aging Network, the Toolkit will be primarily of interest to State Units on Aging. It is hoped that the Toolkit will enable states to revise their own directives as necessary based on the many fine examples that already exist in many states. Additionally, the Toolkit identifies best practices for planning new approaches, mechanisms for collaboration and partnership building, and attainable resources to improve methods of service delivery. For more information or to download the toolkit please visit their website at: <http://nutritionandaging.fiu.edu/>

## Food Insight



### Celebrate the Holidays by Maintaining Your Traditions—and Your Waistline Issue November 2010

Deck the halls and light the candles – the holidays are upon us again! Traditions are an important part of the holidays, and many involve special meals, foods, and beverages. Your holiday food traditions may not include chestnuts roasting on an open fire, but perhaps they include the Thanksgiving turkey, Grandma’s special pie and other treats that adorn our holiday tables. These time-honored traditions are special and should be celebrated...in moderation.

According to the National Heart, Lung and Blood Institute, the typical American gains an average of two pounds between Thanksgiving and New Year’s. This may not sound like a lot of extra baggage, but Americans generally fail to lose this weight, which can translate to a 10-pound weight gain in five years from the holidays alone.

When it comes to the holidays, many of us could use some tips on how to indulge our senses without overindulging on calories. Dr. Brian Wansink of Cornell University reports that the typical American unknowingly consumes 90 percent of their daily calorie needs BEFORE the big holiday meal. Here are some helpful strategies for enjoying all that the holidays have to offer while still maintaining a healthful weight.

#### Eat Sensibly When You Celebrate

All holiday parties, whether it is the office party serving heavy hors d’oeuvres or the family sit-down meal, provide tempting opportunities to overindulge. The best way to enjoy yourself is to have a plan, and be mindful of what you are eating and drinking while enjoying traditional indulgences without guilt.

**Drinks:** You can enjoy your favorite beverages during the holidays—in moderation. But, it is best to vary your choices to manage calories. Allow yourself a special drink during the festivities. Wine and light beers are lower-calorie than many other alcoholic cocktails. If it’s hard to pass up that holiday cocktail or Dad’s special eggnog, simply adjust the portion size. Try adding

drinking water or low-, or no-calorie beverages between cocktails or simply sipping slowly on holiday favorites to make it last longer.

**Buffets:** Buffet tables abound at many holiday gatherings. Before you blindly reach for all of the tempting treats, try these tips:

**Emphasize color:** Make sure to eat colorful fruits and vegetables (red, orange, and dark green).

**Stand away from the buffet table:** It will be harder for you to get to the food, and will decrease the likelihood that you will continually graze while at the table.

**Socialize:** Mixing and mingling will cause you to be engaged with people, not your plate.

**Enjoy a salad first:** Eating vegetables and fruits (go light on the dressing) fills you up before you get to the entrée and side dishes. Take little tasting helpings (one or two bites) of favorite dishes so you can enjoy them all. Go easy on dressings, gravies, and sauces.

**Scrumptious Sweets:** Choose the one dessert you like best at this time of the year and take time to savor this favorite with every bite. Share a small dessert plate with a friend, relative, or coworker. Go for lower-calorie choices like fruit, low-fat pudding and angel food cake.

### Don't Forget Physical Activity

The holidays can be a hectic time, so you may think exercising will have to wait until the New Year. There are ways to incorporate physical activity into your holiday schedule. When you are running errands or buying presents at the mall, park your car farther away from the entrance and walk the rest of the way. And take the stairs instead of the elevator to burn calories. Are you rolling up your sleeves to clean your house for the holiday shindig? Remember, cleaning counts as physical activity (and so does dancing at the party!). Consider a family or group walk for charity or even caroling in your neighborhood following your holiday dinner.

Whenever possible, try not to neglect your regular activity or exercise schedule. Physical activity can help relieve any stress you may feel around this time of year and, to maintain a healthy weight, balance the calories you consume with the calories you burn. You might want to join the President's Council on Fitness and take the Challenge to keep you on track.

Above all, the holidays are a time to celebrate with family and friends and enjoy traditions. Remember to celebrate the season. If things don't quite go as

planned, it's OK. The next day, or really any day of the year, is the perfect time to make a serious commitment to healthful eating and active living. *Cheers!*

## **Medication Management**

The Medication Management Program is very important since 90 percent of older adults take medication on a daily basis and 46 percent take five or more medications a day. Of the older adults taking medications 54 percent have more than one doctor prescribing medication and 35 percent use more than one pharmacy (Safran, 2005). To help older persons stay healthy and independent education addressing the problem of adverse drug reactions is needed. Preventable adverse drug reactions result in 62 percent of hospital admissions (McDonnell, 2002). Catching medication management problems early and correcting them can help prevent hospital admission, decrease medication costs and improve proper use of medications.

### **Programs:**

The following are free services that are available for medication management. Services vary by area or maybe for a limited time.

'Pack Your Bags' is a program offered by CVS/Pharmacy. The program is offered to any senior sites that are within five miles of a CVS pharmacy. A company pharmacist will schedule a visit to review seniors' medications for possible drug/drug interaction problems and discuss proper storage of medications.

To schedule a pharmacist's visit please contact Adriana Scarcella at [AMScarcella@cvs.com](mailto:AMScarcella@cvs.com) or call her at (401)770-6784.

Medical Use Safety Training (MUST) for seniors is a online resource. MUST is a national awareness campaign that was developed by the National Information and Education (NCPIE) coalition. It is a resource that is designed to promote the safe use of medicine by improving medicine use knowledge, attitudes and skills to avoid medication errors. This website has fact sheets, power points, articles and worksheets. It can be presented in community based programs or used as an on line resource for seniors and family caregivers.

MUST is available at [www.Mustforseniors.org](http://www.Mustforseniors.org)

Better Choices, Better Health (BCBH) is an online self-care program that works to help seniors with chronic disease self management. The program is a six week on line version of Stanford's Chronic Disease Self-Management Program. It will explore the appropriate use of medications as a part of a workshop. Interactive sessions are posted every week for six weeks. The participants set their own goals and develop a step-by step action plan.

Access the program [www.SelfManage.org](http://www.SelfManage.org)

Wellness for Californians 50+ is Preventive Health Care for Adults (PHCA) and is available in Humboldt, Kern, Kings and Madera Counties. Individual assessment services are provided by a public health nurse (PHN) who identifies health risk behaviors and develops individualized health plans that outline changes for appropriate disease prevention.

Information is available at [www.cdph.ca.gov](http://www.cdph.ca.gov)

### **Title IIID Health Promotion and Disease Prevention**

Fall Prevention for Older Adults Through Tai Chi: Moving for Better Balance  
Instructor Training Workshop

Facilitated by Robert Nations, an experienced Tai Chi “Moving for Better Balance” trainer and Tai Chi practitioner, the Instructor training Workshop will provide community instructors the opportunity to learn techniques and gain practical knowledge to teach an evidence based Tai Chi fall prevention program to older adults within their communities. Following the successful completion of the workshop, participants will become certified as Tai Chi “Moving for Better Balance” instructors by the Oregon Research Institute.

**Dates:** January 22-23, 2011

**Time:** 9:30 am – 4:30 pm

Participation on both days of instruction is required

**Location:**

Mission Oaks Community Center  
4701 Gibbons Drive,  
Carmichael, CA 95608

**Cost:** FREE (Participants will be on their own for lunch)

Registration is available through <http://tcinstructorworkshop.eventbrite.com> before Friday, January 7, 2011. Registration is limited

For questions, contact: Rachel Zerbo, Fall Prevention Project Manager at (916) 552-9854 or [rachel.zerbo@cdph.ca.gov](mailto:rachel.zerbo@cdph.ca.gov)

## Holiday Recipe

### Pumpkin Pie Dip

This pumpkin dip is a holiday favorite! We love pumpkin pie, so we decided to create a creamy dip that tastes just like it. Serve this recipe as an appetizer or dessert because it tastes great dipped with sliced apples, pears or salty whole grain pretzels. It's definitely a crowd pleaser that is easy to make, loaded with vitamin A, low in saturated fat and tastes amazing.

#### Ingredients

6 ounces, low fat cream cheese, room temperature  
1/3 cup, reduced fat Greek yogurt  
15 ounces (1 can) roasted pumpkin, no sugar added  
2 1/2 teaspoons cinnamon, ground  
1 teaspoon all spice, ground  
1 teaspoons cloves, ground  
1/8 teaspoon, nutmeg, ground (a pinch!)  
3 tablespoons agave nectar  
2 tablespoons brown sugar  
1/8 teaspoon sea salt



#### Directions

1. In a food processor, place cream cheese and Greek yogurt and blend until smooth.
2. Add remaining ingredients in the food processor and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving with sliced fruit or salty whole grain pretzels.

Serving: 2 Tablespoons

Nutrition information: Calories: 35 | Total Fat: 1g | Cholesterol: 5mg |  
Carbohydrates: 5g

Recipe courtesy of Stacy Antine MS, RD at HeathBarn USA

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