



July 2011 Nutrition InfoGram

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A bimonthly Electronic Newsletter from the Nutrition and Health Promotion Team (NHPT) of the California Department of Aging (CDA)

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California Health Collaborative



The California Health Collaborative had implemented a new Cancer Detection Program called Every Woman Counts (EWC). This is a statewide program that provides free breast cancer and cervical cancer screening for women who meet a certain eligibility criteria. This program is particularly important for women 50 years old and older because they continue to be diagnosed with breast and cervical cancer at later stages. The California Cancer Registry reports that breast cancer is the most common cancer among women of all ethnic groups in California, which is why early detection is so important. If you are interested in scheduling a presentation at a local senior center click on the link for more information. [Cancer Detection Program: Every Woman Counts.](#)

Next Step in Care

Medication Reconciliation: Next Step in Care Guides Can Help

Many preventable hospital readmissions are the result of medication errors after seriously or chronically ill patients are discharged. Because many patients do not know all their medications or are unwilling to tell providers exactly what they do or do not take at home, their family caregivers are often the best source of information. All too often family caregivers are not included in the clinical medication review called reconciliation. As part of the United Hospital Fund's Transitions in Care Quality Improvement Collaborative (TC-QuIC), the 28 hospital, nursing home rehab program, and home care agency teams worked on involving family caregivers in this process.



Some providers found that many family caregivers were unfamiliar with the term medication reconciliation. And they did not have an easy way to explain it. Here is an analogy that may help both providers and family caregivers understand what happens in medication reconciliation and why it is so important.

Some people keep meticulous records of their financial transactions—checks, ATM withdrawals, deposits, interest, other charges. At the end of the month all they have to do is check off the items on the bank statement and compare the balance with the check record. No surprises. They match. Most of us, however, are not quite so diligent. Still, if you have been reasonably careful, reconciliation just means inserting the overlooked check or deleting the duplicate ATM withdrawal and recalculating. Your financial health is not affected.

Medication reconciliation is essentially the same process, but omissions or duplications of prescription or over-the-counter drugs and supplements can have serious implications for physical health and are not so easily detected or fixed. The basic information must be absolutely accurate and all changes recorded in real time, not at the end of the month.

The TC-QuIC teams discovered medication discrepancies that they were able to address before an error occurred. They used, among other tools, the Next Step in Care family caregiver guide [Medication Management and the Medication Management Form](#), an easy-to-use form that can be updated online. Both are free and available in English, Spanish, Russian, and Chinese. Teams also used the guide for health care providers [Preparing Family Caregivers to Manage Medications](#).

Meals on Wheels Association of America

CDA is pleased to have Meals on Wheels Association of America (MOWAA) present these two training opportunities in California. Though many California

providers are MOWAA members this training is offered to **all** California Elderly Nutrition Program providers.



MOWAA has developed a training program on **Emergency Preparedness** with a FEMA grant and has offered to provide the training to California's ENP meal providers. There will be a training in Sacramento on July 26th and on July 28th in LA -at St Vincent's – don't miss the tour of Sister Alice's kitchen at 9am.

ADDITIONALLY!

- The training in the north will extend to a second day of **Food Safety** training. This is a train the trainer class so send the staff member who will be providing your food safety training.
- This additional Food Safety training is only for the first 30 providers who register for the class.
- The grant will pay for the hotel room for those providers who travel more than 50 miles to the training. They will only pay for one room per provider but you can choose to share a room.

Read the information below and use the links in the document to register for the training. Be careful to register for the class you plan to attend - Sacramento or Los Angeles.

For information about the Sacramento training go here: [SACRAMENTO](#)

For information about the Los Angeles training go here: [LOS ANGELES](#)

Food Reflections

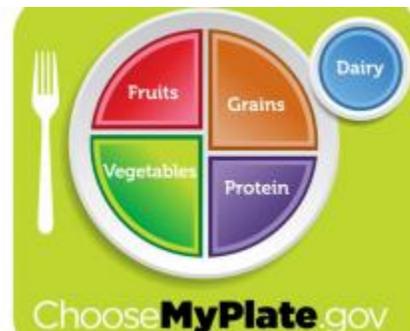
The USDA unveiled ChooseMyPlate as the new food guideline which replaces MyPyramid. The USDA's updated website states that, "MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting." MyPlate contains these key messages for consumers about choosing what's on their plate:

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.



Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

To help fully utilize this tool Alice Henneman and her team at Food Reflections have provided a special mailing that gives a visual overview and "MyPlate update" through an online slide show of the new MyPlate that replaced MyPyramid. There also is an accompanying free PowerPoint you can download. To view or download the slideshow click here: [Choose MyPlate](#)

Food Safety Educator's Network

EdNet, the National Food Safety Educator's Network, provides up-to-date information about food safety and nutrition programs and activities for educators, consumer advocates, government officials, and industry representatives. Their June 2011 issue is now available online. To view it click here [EdNet June 2011](#)

Administration on Aging



The AoA's July 2011 Newsletter is now available on their website. This month's topics of interest include:

- National Resource Center on Lesbian, Gay, Bisexual, and Transgender (LGBT) Aging Adds Resource Tools on Legal Support and Financial Planning
- As HIV Turns 30, Attention Turns to Aging Epidemic
- New Census 2010 Data on the Elderly Available at AoA Website
- AoA's July Widget Offers Tips to Prevent Heat Illness

For more information on these topics and more please click the link below.

[AoA July 2011 Newsletter](#)

Nutrition Education

Effective January 1, 2010, the State of California banned the use of oil, shortening and margarine containing artificial *Trans* Fat. The Santa Clara County Senior Nutrition Program has developed a campaign *called "Save Your Heart from Trans Fat"* in an effort to help senior participants understand the negative impacts of *Trans* Fat so that they will more readily accept menu changes and make smarter food choices at home. This Toolkit is available [HERE](#) under the Nutrition Education section.



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