The Council on Aging of Greater Nashville addresses the unmet needs of older adults and caregivers through information, advocacy and education and by being a catalyst for comprehensive solutions.

Most existing health and wellness initiatives are not addressing the specific concerns of older adults. As the fastest growing segment of the population, older adults need information about how to make choices regarding their physical health and overall wellness including healthy food guidelines. This information will empower them to make choices that improve their quality of life and enable them to remain independent. In 2010, the COA Community Assessment Committee, comprised of professionals, volunteers and community leaders, determined that the areas of nutrition, exercise and wellness needed to be addressed. Thus, ReNEW (Nutrition, Exercise and Wellness) was started.

Through a generous donation from the West End Home Foundation, the committee worked to create this booklet. Committee Members who worked on the ReNEW booklet are:

Anne Gulley, Community Volunteer, Committee Chair
Elaine Blake, Community Volunteer
Stacey Bonner, Vanderbilt Family Service Coordinator
Brooke Brandon, YMCA
Moriah Carsner, Vanderbilt Coalition for Healthy Aging
Amanda Chiavini, Council on Aging
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Lynn Henderson, St. Thomas Health Services
Carrie Hudson, Community Volunteer
Steve Mathews, WholeCare Connections
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Caron Petersen, Institute for Optimal Aging
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Amy Sims, Tennessee Health Management, Inc.
Barbara Williams, Community Volunteer
Julius Witherspoon, Metro Social Services
Beth Zanolini, United Healthcare Community Plan

A special thank you to the Green Hills Senior Health Center, Tennessee Health Management Inc, West End United Methodist Church and United Healthcare Community Plan for their in-kind assistance with the ReNEW project.
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## IV. Local Resources

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**NUTRITION, EXERCISE AND WELLNESS FOR OLDER ADULTS**

5
Nutrition is, very simply, the study of how food affects the body. Food is essential to the human body for several reasons, but to sum it up—our bodies use food for energy, functional growth and development. It is also a source of pleasure—we like to eat!

People of all ages need more than 40 nutrients to stay healthy. **During the aging process, we need fewer calories—about 10% less per decade from age 50 forward—but not necessarily fewer nutrients.** Therefore, consumption of nutrient-dense food (food that packs a lot of vitamins and minerals in a serving, such as green leafy vegetables) becomes even more important, and at the same time, more challenging!

**Benefits of good nutrition as you age**
- Reduces risk of conditions such as osteoporosis, diabetes and malnutrition
- Promotes regularity and helps prevent constipation
- Protects against muscle loss through adequate protein intake

**Factors that may lead to inadequate nutrition**
- Medications may decrease appetite
- Tooth loss may make it hard to chew foods
- Eating alone is not appealing to many so they skip meals
- Decreased energy leads to decreased appetite
- Sensory changes including decreased vision, taste, and smell
- Cost of nutritious foods

**Help for malnutrition**
Many older adults have concerns about overeating and weight control. But other older adults have problems with malnutrition. Here are suggestions to help with malnutrition:

- If appetite is decreased, make sure foods that are eaten are nutrient-dense.
- If tooth loss is present, dentures may help older adults chew foods.
- Chop, steam, stew, grind, or grate hard or tough foods to make them easier to chew without sacrificing their nutritional value.
- Include foods like scrambled eggs and yogurt for protein sources since meats may be hard to chew and costly.
- Instead of eating alone, join community lunch programs, invite a friend over for a meal, or start a “dinner club.”
- Try to engage in physical activity daily such as walking or weight bearing exercise to stimulate appetite and prevent bone loss.
AN OUTLINE FOR GOOD NUTRITION

Grains
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice or pasta everyday
1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal or pasta

Vegetables/Fruits
Eat more dark-green veggies like broccoli and spinach
Eat more orange veggies like carrots and sweet potatoes
Eat a variety of fruit
Choose fresh, frozen, canned or dried fruit
Go easy on fruit juices

Milk
Go low-fat or fat-free when you choose milk, yogurt and other milk products
If you don’t or can’t consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

Meat & Beans
Choose low-fat or lean meats and poultry
Bake it, broil it or grill it
Vary your protein routine-choose more fish, beans, peas, nuts and seeds
Eat more dry beans and peas like pinto beans, kidney beans, and lentils
Balancing Calories
• Enjoy your food, but eat less of the foods that are high in sugar, fats and salt.
• 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.

SERVING SIZE—COOKING FOR ONE

Serving size is an important part of nutrition. Knowing the serving size will allow for greater control over calories. Tips for modifying food servings to single portions include:

• Divide meals into single servings using pre-portioned plates.
• Freeze fruits and vegetables – whole, raw, and in freezer bags.
• Keep bread in the freezer, pulling out just enough slices for your needs.
• Portion crackers, nuts, pretzels, dried fruit, etc. in snack size storage bags. Store in pantry or freezer.
• Freeze soup in small containers.
• Have pot luck dinners with friends or share with a neighbor or friend who is ill for volume recipes.
KNOW HOW TO READ A FOOD LABEL

Reading a food label can provide important information for healthy eating. Listed below are the key items to know when reading labels.

Check the serving size, particularly how many servings there are in the container. If there are 2 and you eat the whole container, you're eating double the calories that are on the label.

Try to minimize saturated and trans fat. These are both bad fats that clog arteries.

Get enough fiber, vitamins A and C, calcium and iron.

The less cholesterol and sodium you eat, the better. The latest recommendation for sodium is less than 2300 mg per day for adults and even less for kids, depending on their age.

Try to keep these low. More sugar means more calories.

This list gives percentages that are based on recommended daily allowances based on a 2,000 calorie per day diet. For example, a label may show that a serving of the food provides 30 percent of the daily recommended amount of fiber. This means you may need another 70 percent to meet the recommended goal. Remember this is just an estimate, but it serves as a good guide.

Source: www.healthiergeneration.org
Seven Ways to Size Up Your Servings

1. 3 ounces of meat is about the size and thickness of a deck of playing cards.

2. A medium apple or peach is about the size of a tennis ball.

3. 1 ounce of cheese is about the size of 4 stacked dice.

4. 1/2 cup of ice cream is about the size of a raquetball or tennis ball.

5. 1 cup of mashed potatoes or broccoli is about the size of your fist.

6. 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.

7. 1 ounce of nuts or small candies equals one handful.
EASY AND HEALTHY BREAKFAST CHOICES

Breakfast should not be skipped. It is the most important meal of the day providing the necessary nutrients to give you energy. Here are some healthy breakfast choices:

• A bagel, English muffin, or whole wheat toast are the best bread choices. On these, you can put your favorite spreads such as jam, peanut butter, cream cheese, etc.
• Fruit-filled breakfast bars with a cup of low-fat yogurt.
• Toasted cheese sandwich with a glass of fruit juice.
• Make an egg sandwich on a bagel, English muffin, or whole wheat toast. You can even top it with low fat cheese!
• A simple bowl of dry cereal with a banana cut up on top of it with low-fat milk. (Be sure the cereal is whole grain, and not full of sugar.)
• Make scrambled eggs with low-fat cheese and leftover vegetables.

HEALTHY SNACK OPTIONS

Snacking can serve as a way to combat hunger pains in-between meals. Choosing healthy snacks can assist with nutrition while watching calories. A snack should be enough calories to feel satisfied but not enough to act like a meal.

Craving Salty?
• 5 olives (any kind)
• 1 small 50 calorie packet of pretzels
• 1 100 calorie pack of cheesy crackers
• Mini bag of popcorn (low salt variety)

Craving Sweet?
• Fat-free, sugar-free instant pudding cup
• Fiber bars with fruit
• Fig Newton cookies
• 1 100 calorie pack of jelly beans
• Low sugar or no sugar fudge bars
MAKING ETHNIC CUISINE HEALTHIERT

Whether you are eating out or cooking at home, follow these tips for healthier options from these popular ethnic cuisines:

**Mexican:**
- hold the sour cream - choose guacamole instead
- ask for less cheese - choose extra tomatoes
- limit chips (10-12) and top with salsa, not cheese dip
- order regular beans, not refried
- choose baked tortilla, not fried
- check the menu for “smart” options such as chicken taco or burrito with salsa or hot sauce, and fajitas

**Italian:**
- order whole wheat pasta when available
- top pasta with red sauce, not white sauce
- add a salad as a side rather than bread sticks
- limit bread dipped in olive oil to one piece
- be prepared to half the dish and use a “to go” box for another meal

**Chinese:**
- choose chicken or shrimp; light on the batter and sauces
- ask for light (low sodium) soy sauces
- limit egg rolls and wontons
- check out the steamed or grilled fish options
- steamed is healthier than fried (rice and vegetables)
- opt to use “take-out” boxes
## IMPORTANT NUTRIENTS FOR OLDER ADULTS

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Sources</th>
<th>Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium (bone health)</td>
<td>milk, yogurt, cheese, almonds</td>
<td>8 oz. 1 oz.</td>
</tr>
<tr>
<td>Fiber (digestion)</td>
<td>fruits and vegetables with peel and seeds, beans, nuts, cereal +5g fiber, bread +3g fiber</td>
<td>½ cup cooked 1 cup raw ½ cup 1 oz. (2 T.) ½ cup 1 slice</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>egg yolks, spinach, beans, berries</td>
<td>1 whole 1 cup ½ cup 1 cup</td>
</tr>
<tr>
<td>Iron (red blood cells)</td>
<td>cereals, enriched breads, meats, liver, beans</td>
<td>½ cup 1 slice 3 oz. ½ cup</td>
</tr>
<tr>
<td>Protein (muscle health)</td>
<td>dairy, eggs, meats, fish</td>
<td>8 oz. 1 whole 3 oz. 3 oz.</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>sweet potatoes, carrots, spinach, broccoli</td>
<td>½ cup</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>citrus fruits, strawberries, peppers, tomatoes, potatoes</td>
<td>1 cup 1 small</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>milk, yogurt, sardines</td>
<td>8 oz. 3 oz.</td>
</tr>
</tbody>
</table>
Supplements are substances you might use to add nutrients to your diet and lower your risk of some health problems. Most supplements can be found in a varied diet of healthy natural foods. This is the best way to get your vitamins. Older adults often do not get enough vitamins through diet alone; therefore a supplement may be needed.

Before starting any supplement, speak with your doctor to discuss whether the supplement will affect any medications you are currently taking.

**Vitamins and Mineral Recommendations for People over 50**

Vitamin B12 (2.4 micrograms each day)

Calcium (1200 milligrams (mg) per day but not more than 2000 mg per day.)

Vitamin D (400 International Units for people age 50 to 70 and 600 IU for those over 70)
  (Do not take more than 2000 IU each day.)

Vitamin B6 (1.7 mg for men and 1.5 mg for women each day)

*These doses also include amounts received through the food and drink you consume daily.

**Antioxidants**

These are natural substances found in food that might protect you from disease. Common sources of antioxidants include:

- Beta-carotene—dark or orange fruits and vegetables
- Vitamin C—citrus fruits, peppers, tomatoes and berries
- Vitamin E—nuts, sesame seeds, and oils (canola, olive and peanut)

Source: National Institute on Aging
STAY ON BUDGET AND EAT HEALTHY TOO

- Include some of the same foods in your weekly menu (ex. A rotisserie chicken could provide a second and third meal of a chicken casserole and chicken salad sandwiches.)
- Develop a grocery list—Don’t shop spontaneously, especially if hungry
- Cook your own foods—It is less expensive and healthier. Have potlucks and share meals with friends
- Make your own healthy snacks—fruit, raw vegetables, nuts, whole grain cereals, dried fruit, peanut butter/crackers, trail mix, and yogurt make great snacks
- Choose foods from each food group
- Prioritize nutrient-dense foods (apples, spinach, etc.)
- Shop the perimeter of the store (healthier foods are located here)
- Buy produce in-season
  - Apples, pears and citrus fruit in winter
  - Frozen fruits and vegetables in winter
  - Fresh vegetables and fruit in summer
- Limit sport juices, fruit juices, sodas, special waters
  - Buy non-fat milk such as 1% or skim milk
  - Drink water from tap
- Buy local by shopping at area farmer’s markets
- Buy in bulk and share
- Use coupons found on Internet and in Sunday newspapers

HOW TO SAVE BIG ON COST AND CALORIES

<table>
<thead>
<tr>
<th>Purchase</th>
<th>Don’t Purchase</th>
<th>Save</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 lbs apples/week</td>
<td>16 oz. bag of chips/week</td>
<td>$197/year</td>
</tr>
<tr>
<td>3 lbs oranges/week</td>
<td>½ gallon ice cream/week</td>
<td>$218/year</td>
</tr>
<tr>
<td>2 lbs bananas/week</td>
<td>2 liter sodas/week</td>
<td>$71/year</td>
</tr>
</tbody>
</table>

COUNCIL ON AGING OF GREATER NASHVILLE
Eating healthy can sometimes be very costly. Depending on time of year and supermarket chosen, prices can vary; however, these are items that are healthy and cost less.

- Beets
- Frozen Berries or Cherries
- Collard Greens
- Beans (canned or frozen)
- Canned Pumpkin
- Spinach
- Sweet Potatoes
- Tea—Green, White, Black or Oolong
- Canned Tuna
- Yogurt
- Baby Carrots (in bags)
- Apples
- Bananas

FOOD SAFETY FOR OLDER ADULTS

Because the immune system weakens and stomach acid decreases as we age, adults over the age of 65 are more susceptible to foodborne illnesses. The following 5 basic rules are recommended by food safety experts.

Practice Personal Hygiene
Wash your hands with warm running water and soap for about 20 seconds before and after handling food, using the bathroom and handling pets. It’s best if you handle foods with utensils rather than your hands.

Avoid Cross-Contamination
Bacteria can spread from one food to another food causing cross-contamination. In order to prevent this from occurring, here are a few tips:
- Separate raw meats, poultry and seafood from other foods. Juices from raw meats can spread bacteria to other foods.
- Wash your hands thoroughly after handling raw foods and before handling other food.
- Clean and sanitize counter tops, cutting boards, dishes and utensils after they have come in contact with raw meat, poultry and seafood.
Cook Foods Adequately
Cooking foods to the appropriate temperatures will kill most harmful bacteria. Use a food thermometer to ensure that foods are cooked to the recommended temperatures. All cold foods should be chilled at 40°F or lower and hot foods should be cooked to no less than 140°F. Leftovers should be re-heated to at least 165°F.

Keep Foods at Safe Temperatures
Remember to keep foods out of the “danger zone” (40°F - 140°F). By following this simple rule, you can control the growth of bacteria and help to prevent foodborne illnesses. Refrigerate foods quickly after preparation. Not all bacteria are killed during the cooking process and cold temperatures help to slow the bacteria’s growth. Thaw foods appropriately to control the growth of bacteria.
• Never thaw foods at room temperature. The safest method is to thaw foods in the refrigerator. Four to five pounds of food will take approximately 24 hours to thaw.
• Thaw foods in cold, running water. If you choose to immerse frozen foods in water, you will need to change the water every 30 minutes to keep the water cold.
• Thaw frozen foods in the microwave. Cook thawed foods immediately.
• Discard any leftover foods left at room temperature for more than 2 hours. Refrigerate all leftovers as soon as possible to prevent bacteria from growing.
• Check your refrigerator temperature regularly.

Avoid Food from Unsafe Sources
Because seniors are at a higher risk for foodborne illnesses, seniors are advised to not eat certain foods, such as:
• Raw fish and seafood, including oysters, clams, mussels and scallops.
• Raw or unpasteurized milk or cheese.
• Soft cheeses such as feta, Brie, Camembert, blue-veined and Mexican-style cheeses made from unpasteurized milk.
• Raw or lightly cooked eggs or egg products used in salad dressings, cookie or cake batter, sauces and beverages, such as eggnog.
• Raw meat or poultry.
• Raw sprouts (alfalfa, clover, bean and radish).
• Unpasteurized or untreated fruit or vegetable juices.
Food Storage Tips

• Keep food in a dry, cool spot – a dark area, if possible.
• Open food boxes and other re-sealable containers carefully so that you can close them tightly after each use.
• Wrap perishable foods, such as cookies and crackers, in plastic bags and keep them in sealed containers.
• Empty open packages of sugar, dried fruits, and nuts into screw-top jars or air-tight canisters for protection from pests.
• Inspect all food for signs of spoilage before use.
• Throw out canned goods that become swollen, dented, or corroded.
• Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.

To find out more information regarding foodborne illness and food safety for seniors, the Food and Drug Administration Hotline can answer questions about the safe handling of seafood, fruits and vegetables. You can reach them by calling: 1-888-SAFEFOOD.

Additional information can be found at the Food and Drug Administration website: www.fda.gov/Food/ResourcesForYou/Consumers/Seniors/ucm182679.htm.

## COOKING WITH HERBS

Use these herbs and spices to enhance the flavor of food and decrease the sodium content:

<table>
<thead>
<tr>
<th>Food</th>
<th>Herb/Spice Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>garlic, yellow onion, black pepper, tarragon, parsley, thyme, lemon, bay leaf, vinegar</td>
</tr>
<tr>
<td>Beef</td>
<td>rosemary, garlic, onion, black pepper, tarragon, oregano</td>
</tr>
<tr>
<td>Chicken</td>
<td>olive oil, lemon, black pepper, onion, garlic, ginger, rosemary, orange</td>
</tr>
<tr>
<td>Fish</td>
<td>allspice, basil, curry, dillweed, garlic, chives, cayenne, ginger, lemon, lime, mint, onion, honey, orange, oregano, paprika, parsley, sage, tarragon, rosemary, thyme</td>
</tr>
<tr>
<td>Pork</td>
<td>apple cider, brown sugar, cloves, garlic, ginger, molasses, onion, saffron, sage, tarragon, red wine vinegar, thyme</td>
</tr>
<tr>
<td>Vegetables</td>
<td>olive oil, rosemary, onions, thyme, nutmeg, parsley, cinnamon, flavored vinegars, lemon, basil, chives</td>
</tr>
</tbody>
</table>

### Tips for Cooking with Herbs
- Dried herbs stored in the freezer will keep much longer.
- To use fresh herbs in a recipe that calls for dried, triple the amount specified.
- Herbs and spices should be kept in a cool, dry place away from the sun and stove.
- To supply a salty taste, try dehydrated onion flakes or onion powder, lemon juice, garlic flakes or powder, celery seeds, parsley, or hot pepper sauce.
- When using a salt substitute, shake on gently, because a little goes a long way.
- Steam, microwave, or sauté vegetables in broth or flavored vinegars. Enhance the flavor with lemon juice, herbs, and spices.

Source: A Taste of the Good Life from the Heart of Tennessee, St. Thomas Hospital Cookbook, Nashville, TN, 2002
The Herbal Palate Cookbook, Maggie Oster, Sal Gilbertie, 1996
Meals below are suited for 1-2 people with an additional section for potluck dinners. Recipes can be halved and leftovers frozen for future meals. Recipes were chosen to be cost conscious, healthy, and prepared with readily available ingredients.

### Salad/Soups

**Easy Tomato Soup**  
1 can cream of tomato soup  
2 cups buttermilk

Blend, heat and top with diced avocado and grated parmesan cheese. Serve with crackers or one half of a toasted cheese sandwich.  
Serves: 4 – 1 cup portions

**Potato Soup**  
3-4 potatoes, diced  
1-½ Tbs. butter  
1-1 ¼ cups milk  
1 tsp. salt  
½ tsp. minced onion  
1-½ tsp. parsley flakes

Put potatoes and onion in pan – barely cover with water. Add salt, cover tightly and heat to boiling. Reduce heat to simmer for 10 minutes. Mash potatoes in liquid; add margarine and enough milk for desired thickness.  
Serves: 4 – 1 cup portions.

**Pistachio Salad**  
3 oz. pistachio pudding mix  
8 oz. frozen whipped topping, thawed  
1 small can crushed pineapple  
1 cup miniature marshmallows  
½ cup chopped pecans (optional)

Mix pistachio pudding mix with juice drained from pineapple. Add pineapple; mix well. Add marshmallows, stirring in. Fold in whipped topping and mix well. Refrigerate.  
Serves: 4 cups (Freeze in individual servings)
Spinach Salad
8 oz. fresh spinach, torn into bite size pieces
4 mushrooms, sliced
4 green onions, sliced
1 (11 oz.) can mandarin oranges, drained
6 Tbs. grated fat-free Parmesan cheese
2 Tbs. slivered almonds
¼ cup fat-free Italian salad dressing

Combine spinach, mushrooms, green onions, mandarin oranges, cheese and almonds in a salad bowl and mix well. Drizzle with the salad dressing, tossing to coat.
Yield: 6 servings (Source: A Taste of the Good Life from the Heart of Tennessee, Saint Thomas Cookbook)

Entrees

Quick Lemon Dijon Chicken
2 skinless, boneless chicken breast halves – cut into 2” pieces
¼ lime, juiced
½ lemon, juiced
Creole seasoning to taste
4 Tbs. Dijon mustard
Freshly ground black pepper

Place chicken in a skillet over medium heat. Pour in lime and lemon juices, and stir in Dijon mustard, black pepper, and Creole seasoning. Cook turning chicken occasionally, until the chicken pieces are done, about 15 minutes.
Serves: 2

Chicken A La King
½ cup quartered mushrooms
¼ cup butter or margarine
¾ tsp. chicken bouillon granules
½ tsp. salt
¼ cup water

¼ cup chopped green pepper
¼ cup all purpose flour
¼ tsp. black pepper
¾ cup milk
1 cup cubed cooked chicken

In a skillet, sauté mushrooms and green peppers in butter until crisp-tender. Add in flour, bouillon, pepper and salt; stir until smooth. Gradually add milk and water. Bring to a boil; cook and stir 1-2 minutes or until thickened. Stir in chicken and cook until heated through.
Serves: 2
**Beef Noodle Casserole**

- 1 pound lean ground beef
- 1/2 tsp. black pepper
- 1/4 tsp. thyme
- 2 Tbs. tomato catsup
- 8 oz. (dry) egg noodles

Boil egg noodles; cook until almost tender. Drain noodles and set aside. Brown beef in skillet; drain. Add all of the remaining ingredients to beef mixture and stir. Add noodles on top of the beef mixture. Cover and cook on medium heat 10 minutes. Add cheddar cheese on top of the noodles. Cover until cheese melts. Serve hot.

Serves: 4

**Tuna Noodle Casserole**

- 1 can (10-3/4 oz.) condensed cream of mushroom soup
- 2 tablespoons chopped pimientos (optional)
- 2 cans (about 5 oz. each) tuna, drained
- 2 Tbs. butter, melted
- 1 cup sweet garden peas
- 2 Tbs. plain dry bread crumbs
- 1/4 of a 12-oz. package medium egg noodles (about 2 cups), cooked and drained

Heat the oven to 400 degrees. Stir the soup, milk, pimientos, peas, tuna and noodles in a 1-1/2 quart casserole. Stir the bread crumbs and butter in a small bowl. Bake the tuna mixture for 20 minutes or until hot and bubbling. Stir the tuna mixture. Sprinkle with the bread crumb mixture.

Bake for 5 minutes or until the bread crumb mixture is golden brown.

Serves: 4 (Source: Campbell’s Kitchen)

**Side Dishes**

**Squash Casserole**

- 6-8 yellow squash, sliced
- 1/2 Tbs. sugar
- 1/2 cup skim or 1% milk
- 2 eggs, beaten
- 1 Tbs. each of chopped onion and green bell pepper
- 1 Tbs. margarine or butter
- 1/2 cup shredded cheddar cheese

Cook squash, onions, and peppers together until done. Add the rest of the ingredients, except the egg and mix well. Fold in the beaten eggs and bake in a 325 degree oven for approximately 30-45 minutes. You can also top it with melted butter and cracker crumbs, if desired.

Serves: 4 servings (Source: Patty Poe – MTSU Professor)
Honey Glazed Carrots

¾ cup honey
1 Tbs. margarine
1 large can or 1 pound carrots, sliced thin and cooked until tender

In a medium skillet, heat the honey and butter. Add carrots and simmer 10 minutes or until heated thoroughly.
Serves: 4 servings

Smashed New Potatoes

¾ pound small red new potatoes with skin, quartered
1-½ Tbs. fat-free sour cream or plain Greek yogurt
¼ tsp. salt
3 Tbs. fat-free half and half
1-½ Tbs. unsalted butter
2 Tbs. skim milk

Place potatoes in saucepan and cover with cold water. Bring to a boil. Reduce heat to a gentle boil and cook 15 minutes, or until potatoes are tender. Drain and return to pan. Mash potatoes until broken up. Fold in half and half, sour cream, butter, salt, and enough milk to reach desired consistency.
Serves: 3-4

Easy Baked Apples

2 medium-size baking apples
½ tsp. lemon juice
¼ cup. honey

Core apples; peel top third of each. Place apples in a shallow baking dish; add water to cover the bottom of dish. Combine honey and lemon juice, filling the center of the apples with mixture. Spread mixture over peeled portion of apples. Bake at 350 degrees for 45 minutes or until tender, basting occasionally with pan juices.
Serves: 2

Poached Pears

2 fresh pears, peeled and cored
1 Tbs. sugar
1-½ cups cranberry juice
½ tsp. vanilla

Place all ingredients in saucepan; bring to a boil; cover, reduce heat, and simmer 30 minutes. Eat cold or warm.
Serves: 2
Black Beans and Rice
0.5 onion, chopped
1.5 tsp. garlic powder
1 (16 oz.) can black beans, drained and rinsed

½ red bell pepper, chopped
1-½ tsp. olive oil
1 pouch boil-in-a-bag rice, cooked

Saute the onion, red pepper and garlic powder in the olive oil in a saucepan. Stir in the beans. Cook for 5 minutes or until heated through, stirring occasionally. Serve over the rice.
Serves: 4 servings

Easy Rosemary Potatoes
4 medium potatoes, sliced
Salt to taste
½ tsp. garlic powder

1 Tbs. olive oil
1 tsp. crushed rosemary

Cut the potatoes into 3/8” slices. Cut the slices into small strips. Rinse in cold water. Drain and pat dry. Combine olive oil, rosemary, salt, and garlic powder in a large bowl and mix well. Add the potatoes, tossing to coat. Arrange the potatoes on an ungreased baking sheet. Bake at 425 degrees for 40 minutes or until the potatoes are brown and tender.
Serves: 4 servings

Desserts

Baked Cinnamon Apples
1 (28 oz.) jar fried apples
1 tsp. ground cinnamon

1 (3 oz.) package cherry gelatin

Spoon the un-drained apples into an 8x8” baking dish sprayed with nonstick cooking spray. Combine the gelatin and cinnamon in a bowl and mix well. Sprinkle over the apples. Bake at 350 degrees for 20 minutes.
Serves: 8 servings

Gingersnap Baked Pears
1 (16 oz.) can unsweetened pear halves, drained
2 Tbs. sugar

12 reduced-fat gingersnaps, finely crushed
2 Tbs. reduced-fat margarine, melted

Arrange the pears cut side up in a 9x9” baking dish. Combine the cookie crumbs, sugar, and margarine in a bowl and mix well. Sprinkle over the pears. Bake at 300 degrees for 20 minutes. Spoon the pears into individual dessert bowls. Serve warm.
Serves: 4 servings (Source: Once Upon A Recipe, YMCA Cookbook)
Vanilla Berry Parfaits
2 (8 oz.) containers vanilla yogurt 1 (10 oz.) package frozen mixed berries
2 Tbs. crushed graham crackers 1/8 tsp. ground nutmeg

Cover the bottoms of two small glasses with a layer of yogurt. Cover with a layer of berries. Repeat until both glasses are full, ending with a fruit layer. Sprinkle with graham crackers and nutmeg.
Serves: 2 (Source: Allrecipes.com/By: Rebecca)

Banana Pudding
1 large box banana or vanilla instant pudding 1-½ cup skim milk
4 oz. plain Greek yogurt ½ (4 oz) small tub whipped topping

Mix and layer with sliced bananas and vanilla wafers.
Serves: 6 – ½ cup servings

Potluck

Crunchy Salad
1 head Napa cabbage 1 head Romaine lettuce
1 red bell pepper, chopped 1 package Ramen (chicken) noodles
1 cup slivered almonds

Dressing:
1/3 cup canola oil 1/3 cup sugar
2/3 cup red wine vinegar Garlic powder and pepper

Wash greens and dry. Tear lettuce into bite size pieces. Chop pepper. Mix and refrigerate.
Saute Ramen noodles and almonds in butter until light brown. Add chicken flavor packet from noodles and toss with salad before servings. Mix and refrigerate the dressing; pour over the salad just before servings.
Serves: 12

Chicken Pot Pie
2 ready-made pie crusts 2 cans white chunk chicken, drained
1 can cream of chicken soup 1 can cream of celery soup
1 can mixed vegetables 1 small can whole kernel corn
1 cup rice, cooked

Line a 9” dish with one of the crusts. Mix all of the ingredients together and place in the dish on crust. Top with the second crust. Bake at 375 degrees for 40 minutes.
Serves: 8
Corn Casserole
1 (14 oz.) can cream corn 1 (14 oz.) can whole kernel corn
1 (8 oz.) container sour cream 1 stick butter or margarine (melted)
1 box cornbread mix 4 oz. cheddar cheese, shredded

Mix all the ingredients except the cheese. Pour into a greased 13x9” casserole dish. Sprinkle cheese on the top and bake at 350 degrees for 40 minutes.
Serves: 12-15

Lemonade Pie
1 (6 oz.) can frozen lemonade 1 can sweetened condensed milk
1 small (8 oz.) carton whipped topping

Blend the lemonade and milk until smooth; fold in the whipped topping. Pour into a 9” graham cracker crust. Freeze overnight before serving.
Serves: 8

Fruit Cobbler
1 cup sugar (or sugar substitute) 1 box yellow or butter flavored cake mix
½ cup reduced fat margarine 4 cups fresh or frozen blueberries, cherries, apples, or peaches

Place fruit in 13x9” dish. Sprinkle with sugar (or sugar substitute). Sprinkle cake mix over the fruit. Cut pats of margarine and place on top; bake at 350 for 50-60 minutes or until golden brown.
Serves: 8-10

Lily’s Favorite Oreo Delight
1 package Oreo cookies 1 (8 oz.) package cream cheese, softened
2 (3 oz.) boxes vanilla instant pudding mix 8 oz. whipped topping

Make pudding according to direction on the box. Mix pudding, cream cheese and whipped topping. Crush cookies. In a 13x9” casserole dish, place a layer of cookies and then a layer of the pudding mixture. Repeat layers and refrigerate.
Serves: 12-15 (Source: Rachel Beaty Crickmar – Recipes from the Flock)
Dinner in a Foil Packet:
Serves 4
Adjust the oven rack to its lowest position and heat oven to 400 degrees.

Pick and prepare a protein.
1 ¼ to 1 ½ pounds of one of the following:
• pork tenderloin, sliced crosswise into ½ inch pieces
• boneless, skinless, chicken breasts, in ½-inch slices
• extra-large (21 to 25 count) peeled, deveined shrimp or “dry” sea scallops;
• center-cut salmon filets

Pick and mix a flavoring combo.

<table>
<thead>
<tr>
<th>Lemon Dill</th>
<th>Barbecue</th>
<th>Italian</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup extra-virgin olive oil</td>
<td>4 garlic cloves, minced</td>
<td>¼ cup extra-virgin olive oil</td>
</tr>
<tr>
<td>4 garlic cloves, minced</td>
<td>4 large green onions, thinly sliced</td>
<td>4 garlic cloves, minced</td>
</tr>
<tr>
<td>4 large green onions, thinly sliced</td>
<td>½ cup of your favorite barbecue sauce</td>
<td>1 cup crushed canned tomatoes</td>
</tr>
<tr>
<td>¼ cup chopped fresh dill</td>
<td></td>
<td>1 tsp ground black pepper</td>
</tr>
<tr>
<td>1 tsp lemon zest</td>
<td></td>
<td>¼ cup capers</td>
</tr>
<tr>
<td>1 tsp ground black pepper</td>
<td></td>
<td>1 tsp ground black pepper</td>
</tr>
</tbody>
</table>

Pick and prepare a vegetable.
1 pound of the following: (or, 1/3 pound of 3 different vegetables, ½ pound of 2 different vegetables)
• Asparagus, cut into 1-inch lengths
• Bell peppers (2 large - 1 red, 1 yellow) stemmed, cored, and cut into ¼ inch thick strips
• Bok choy, halved, cored, and thinly sliced
• Sliced mushrooms
• Bean sprouts
• Zucchini or yellow squash, trimmed and thinly sliced
• Eggplant, trimmed and thinly sliced
• Sugar snap or snow peas
• Cherry or grape tomatoes
• Fennel, trimmed, halved, cored and thinly sliced
Directions:
Mix protein, flavoring and vegetable(s) in a bowl. Tear off 4 12”x8” sheets of heavy-duty foil; divide mixture among them, arranging protein atop the vegetables, each in a single layer. For each packet, bring long sides of foil together and fold over about ½ -inch; crimp to seal. Repeat folding and crimping, lengthwise, twice more. Fold ends twice to seal. Set packets on a rimmed baking sheet. Bake for 30 – 45 minutes. Let packets stand for 3 minutes.

Example “Dinner in a Foil Bag” Meal:

Chicken in Foil
2-6 oz. skinned chicken breast halves
¼ cup sliced onion
½ tomato, sliced
1 medium-size baking potato, sliced
garlic powder
salt

Cut two 15x12” pieces of heavy duty aluminum foil; place a chicken breast in the center of each. Top with onion and remaining ingredients. Wrap well; place on baking sheet. Bake at 350 degrees for one hour. Serve immediately. Serves: 2 (Sarah Welborn - MTSU Dietetic Student)
Emergencies can happen at any time, such as unexpected illness, snow, flood, power loss and water loss. Be prepared by following these tips:

**Water:** Water is essential in an emergency. Most people drink at least 2 quarts, or 1 half gallon, of water every day. Additional water will be needed for food preparation and hygiene. Store at least one gallon of drinkable water per person, per day.

**Food:** Use perishable items first. These are foods from your refrigerator, freezer, pantry, garden, etc…

**Keep on Hand:**
- Dried meats, such as beef jerky or beef sticks.
- Canned fish and meat. Canned tuna, ham, sandwich spreads and beans.
- Canned fruits, such as canned pears, peaches, and applesauce.
- Whole grain crackers.
- Nuts. (Good source of protein, fiber and healthy fats.)
- Granola bars.
- Dry Cereals.
- Juice Boxes. 100% fruit juice is recommended. Single-serving sizes do not need to be refrigerated and prevent the need for refrigeration after opening.
- Gatorade or PowerAde.

A manual can opener is recommended, along with disposable plates and utensils.

Don’t forget about pets! Keep a non-perishable food supply for all of your pets, as well.

Why is Physical Activity and Exercise Important?

Our bodies are designed for physical work and movement. Many of the things we used to enjoy and do with ease we stop doing as we get older. Have you noticed that you sometimes find yourself breathless and tired after even a little exertion? Maybe climbing steps or keeping up with grandchildren leaves you exhausted. It is a fact that as people become less active they lose muscle strength. Calcium is lost from bones (making them more fracture-prone), and with disuse we become more unsteady, making falls more likely. As we age our joints get stiffer, often weight gain happens, and we have less energy. How do we prevent or minimize these aging changes? We hear it all the time: we need to keep moving. Part of staying well is staying active to the very best of one’s capability. The old adage, “use it or lose it” really is true!

As an added benefit, it has been shown that exercise and physical fitness help to prevent and treat a number of chronic diseases, diseases that are more common as we age - like arthritis, high blood pressure, heart disease and diabetes. Exercise can even help with depression! Regular exercise can moderate and sometimes reverse these conditions. Get the point? Staying active become even more important as we get older. Staying fit is an essential part of a total wellness plan that can help you maintain or improve your independence.

So here we go! In this section we will refer to an accompanying book available free from the National Institute on Aging. Instructions for receiving a free copy of the book are included within this section.

Of course your activity plan must be tailored to your particular abilities and slowly but surely increased to build your endurance, whatever your fitness level. Focus on your own progress, rather than what someone else maybe able to do. Before starting a new exercise program, it’s a good idea to talk to your doctor especially if you are not accustomed to energetic physical activity or have significant health problems.

Recent recommendations tell us that 30 minutes a day of reasonably intense physical exercise at least 5 days a week is a useful guideline to work toward. It has been shown that the 30 minutes can be divided into 10-minute intervals at different times during the day with good benefit. Alternatively, a vigorous aerobic workout of at least 20 minutes along with strengthening and flexibility exercises three times a week might be your goal. (New Exercise Guidelines for Seniors, http://seniorfitnesssite.com/new-exercise-guidelines-for-seniors.html.) If you want to lose weight or find that 30 minutes a day is easy for you, try longer or more frequent exercise periods.

Here are some suggestions and resources for starting a safe and healthy fitness program appropriate for any individual or group.
What makes a good exercise program?
A complete exercise program needs to include some of each of the following:

- **Aerobic exercise of moderate intensity.** Aerobic exercise is an activity that increases heart and breathing rate and maintains this for a period of time. Aerobic activity is good for heart, lungs and, when done regularly, improves overall physical endurance.

- **Muscle strengthening exercise** using bands or weights. Muscle strengthening can help maintain strong bones and joints so you can do the things you want to do, and they help prevent osteoporosis.

- **Balance practice** helps to prevent embarrassing and painful falls that can result in fractures and disability. Yoga is a good option for balance and flexibility.

- **Staying flexible.** Stretching exercises keep joints flexible, preventing or relieving stiffness, and help sustain balance and those quick reactions necessary to prevent falls. Best of all, stretching is a pain reliever for arthritic joints and spine.

A good source of exercise information is provided free by the The National Institute on Aging. To order the booklet, Exercise & Physical Activity: Your Daily Guide and CD, Go4Life, Everyday Exercises, referenced in this section, call or write to:

**The National Institute on Aging Information Center**

P.O. Box 8057  
Gaithersburg, MD 20898-8057  
Phone: 800-222-2225 (toll free) or 800-222-4225 (TTY/toll free)  
Website: www.nia.nih.gov

**Getting Up From The Floor**

It is a good idea to practice a safe way to get up from the floor. If you do not have a chair nearby, scooting yourself to the wall is another way to get support as you get up.

**Start Slowly**

Progress slowly, paying attention to how your body feels. If an exercise is new you may feel a “comfortable discomfort” while doing it and some muscle soreness and stiffness the next day(s). This is normal and healthy. However, if you feel pain during the exercise, or if that pain is severe the next day or persistent, back off and do the exercise less vigorously and/or check your form.

**Staying Hydrated**

Remember to drink water before, during and after exercise. Seniors become easily dehydrated sometimes even when they do not feel thirsty and extra fluid is lost when we exercise.
How do I get started with an exercise program?

So you’re convinced; you’re ready to start! How do you figure out the workout plan that is best for you and how do you keep it going? Here are some suggestions:

• Make it interesting! What do you enjoy? What do you already do that is aerobic? Perhaps you garden, or walk in your neighborhood. Maybe you push your grandchild’s stroller to the park every day. Could you walk around the block a few extra times or take the long way home to extend your exercise time? Including activities that fit your interests and lifestyle will make it easier for you to continue. Add music or an audio book on CD while you walk or use the exercise bike. Walk up and down the stairs a few extra times a day to strengthen your legs and push you to deep breath. You get the idea …..

• Make a realistic plan, write it down and tell your family and friends what you plan to do so they will encourage and support your goal.

• Make it a priority! For many, that’s the hardest part. Put it at the TOP of your “to do” list, not the bottom and make sure others understand how important it is to you.

• Start slowly and build steadily from whatever fitness point you begin. Too often, enthusiastic new exercisers overdo at their first attempts and then feel such muscle soreness and fatigue they give up. Use the recommended guidelines and ask for help from a trainer or physical therapist if you feel unsure about what you can reasonably do.

• Many people stick to an exercise plan better if they do it with others. You might join an already existing group at a senior center, place of worship, recreation center or local YMCA. Or you might join with a friend or two and start your own group. You can remind and encourage each other!

• SilverSneakers is an exercise plan designed for seniors. It is provided at area YMCAs and other facilities. Check with your Medicare Advantage Plan for more information.

• Most groups need a leader and/or a plan for communication. You may be the organizer; you might create a calling tree if your group grows; or you might look for a more experienced fitness person at a senior center, exercise center, even your local congregation to be your leader.

• Be consistent. Find a regular schedule that works with your responsibilities and lifestyle then stick to it.

• Have a modified exercise plan for times you travel or your schedule changes.

• Keep an exercise diary to track your schedule and progress.

How hard are you working?

Check your exertion level. If talking is easy, you are doing easy to moderate exercise for you. Talking is difficult during vigorous exercise and one source says, “if you can sing, it’s too easy!”

For more information on exercise and physical activity, visit the website for the National Institute on Aging: www.NIHSeniorHealth.gov
LET'S START A WALKING GROUP

Why walk?
Walking is the simplest and least expensive of all activities for burning calories and tuning up your heart and lungs. Walking regularly can make you feel better and give you more energy too. Maybe it’s the fresh air! A walking program prevents calcium loss in bones, helps with balance and endurance and because it’s an aerobic activity (an activity that increases heart and breathing rate and maintains this for a period of time), walking can help prevent common diseases like diabetes, heart disease, arthritis and depression.

Getting started
“Walking for Exercise” recommendations show us that the target for walking to improve fitness should be at least 30 minutes a day at least 5 days a week. Not everyone will begin from the same baseline of health and fitness, so the first step is to take stock of your own present fitness level and walking ability then to plan how you will progress gradually and safely toward the target. Pay attention to how far you can comfortably walk the first day out – don’t push - then repeat your walk three days during the first week. If that feels good, add five more minutes a day each time you walk in the second week, then maybe another day a week, and so on until you reach your goal.

Is a walking group better?
Some people prefer walking alone and that may work just fine for you, but after you’ve been walking for a while and find that you like it, you may want to try walking with friends, even starting a walking group. There are some very good reasons to consider walking with a group. Here are a few:
• There’s safety in numbers
• You’re more committed to walking because you don’t want to let your friends down
• It’s less boring
• It motivates you to walk
• You connect with others, make new or closer friends and socialization is good for health too!
• It’s fun!

Finding walking partners
Start by asking friends, neighbors, family members and those groups you are part of already. See who may be interested. You might be surprised! Other ways to find partners might be to advertise with fliers at your local senior center, place of worship, community center, or apartment building. Do you want to be the leader of this group? A small group may be easy but a larger group can work with a little careful planning. Give interested people a day, time, and public place to meet for planning. You could include a phone number or e-mail address for contacting you if it seems appropriate. Signing a written agreement may help participants stay on track and continue walking.
Getting organized
When the group meets, listen to what the group has to say. Some questions to discuss include:
• How many times a week will you walk?
• Where will you walk?
• How long, or how far will you walk?
• Where and when will you meet?
• What alternate place could be used in bad weather, such as a track or mall?
• Will members call one another if someone can’t walk on a certain day or will it be assumed that the group begins at an appointed time with whoever is present?
• Will you have a calling tree to share important information among group members?

Every group will need some flexibility to make changes as the need arises. If the group is large, has different schedules or fitness levels, subdividing into smaller groups with similar needs and goals may work well. Members can help each other by encouraging and problem solving with each other at those times when one of the group becomes discouraged or has difficulty. Such are the times when a strong group of friends can be most helpful.

Be sure to pay attention to safety issues such as proper walking technique and selecting proper shoes (flat, non-skid sole) for walking. Choose walking routes by taking into account safety of terrain surface, traffic conditions and neighborhood safety; and have a plan for an alternate walking location in bad weather.

Finding safe walking locations in your area
• Using the previous guidelines, scout your neighborhood for safe routes.
• Call the Department of Parks and Recreation in your town or county to find out which locations have walking trails. Many have maps of park roads and trails
• Consider shopping areas in your town or walking the perimeter of your local mall. Many malls have extended hours to accommodate walkers
• Check on available times on running tracks at schools and sports facilities in your area
• Ask at senior centers, community centers, and faith-based organizations near you
• Search for scenic areas or greenways near you for a peaceful break from your daily routine while you walk
• When walking in rural, less trafficked areas, be especially aware of pedestrian rules-of-the-road
Personal walking safety
• If you have medical problems of significance, talk to your healthcare provider before starting an exercise program.
• Find a buddy with whom you can walk regularly.
• Walk in well lighted, populated areas.
• Watch for cracks in sidewalks and uneven terrain.
• Wear sturdy shoes.
• If you have a cell phone, bring it along.
• In inclement weather, you can walk in place in your home either to music or a walking video.
• Drink plenty of fluids.
• Stay with your endurance level. Do not push yourself too hard. Start slowly and work yourself up.

Staying motivated
Most people lose enthusiasm occasionally. Here are some ways groups have found to stay motivated:

• Name your group and have t-shirts made
• Plan to walk in an organized charity walking event to give the group a clear goal
• Share your success stories, such as weight loss, lower blood pressure, or more energy
• Share articles and information about the benefits of walking
• Plan special events with a speaker on fitness, healthy diet or some other topic of interest
• Plan a potluck meal for the group

The possibilities of improved health, having more energy and enthusiasm, and making new friends make the benefits of group walking clear. It’s a winning option! Time to get started.

Just start walking!
EXERCISE JOURNAL
**Staying Physically Well - A Plan for Prevention**

Many diseases and illnesses can be prevented or caught early by following recommended health screenings and vaccines. Prevention is an important key to staying well and keeping increased independence. For example, seven out of 10 deaths among Americans each year are from chronic disease (such as cancer and heart disease), many of which were preventable if detected early. In this section you will find a list of suggested immunizations, health screenings, and tips in making the most of an older adult’s doctor appointments.

**WARNING:** This information does not take into account your specific health needs in mind; please consult your primary care physician for appropriate medical advice about your specific needs for immunizations and health screenings.

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### Immunizations Suggested for Those 50+

<table>
<thead>
<tr>
<th></th>
<th>50-59 years</th>
<th>60-64 years</th>
<th>65 &amp; Older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza (flu)</td>
<td>1 dose annually</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tetanus, diphtheria,</td>
<td>Substitute 1-time dose; then booster every 10 years</td>
<td></td>
<td></td>
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<tr>
<td>pertussis (DTP)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Varicella (Chicken Pox)</td>
<td>2 doses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zoster (Shingles)</td>
<td>1 dose</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pneumococcal (Pneumonia)</td>
<td>1 dose</td>
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</tbody>
</table>

Recommendation from the Centers for Disease Control and Prevention

If other risk factors are present, other immunizations may be recommended. Please consult your physician.
# Health Screenings

## Health Screenings Suggested for Those 50+

<table>
<thead>
<tr>
<th>Screening Test</th>
<th>Women 50-64</th>
<th>Women 65 and older</th>
<th>Men 50-64</th>
<th>Men 65 and Older</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blood Pressure</strong></td>
<td>Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor if you have blood pressure 140/90 or higher.</td>
<td>Same as women age 50-64</td>
<td>Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor if you have blood pressure 140/90 or higher.</td>
<td>Same as men age 50-64</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>Get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor how often you need your cholesterol tested.</td>
<td>Same as women age 50-64</td>
<td>Starting at age 35 and older, get a cholesterol test regularly. Ask your doctor how often you need your cholesterol tested.</td>
<td>Same as men age 50-64</td>
</tr>
<tr>
<td><strong>Colorectal Cancer Screening (using fecal occult blood testing, sigmoidoscopy, or colonoscopy)</strong></td>
<td>Starting at age 50, get screened for colorectal cancer. Talk to your doctor about which screening test is best for you and how often you need it.</td>
<td>Same as women age 50-64.</td>
<td>Starting at age 50, get screened for colorectal cancer. Talk to your doctor about which screening test is best for you and how often you need it.</td>
<td>Get screened for colorectal cancer through age 75. Talk to your doctor about which screening is best for you and how often you need it.</td>
</tr>
<tr>
<td><strong>Diabetes Screening</strong></td>
<td>Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.</td>
<td>Same as women age 50-64</td>
<td>Get screened, if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.</td>
<td>Same as men age 50-64</td>
</tr>
</tbody>
</table>
### Health Screenings Suggested for Those 50+

<table>
<thead>
<tr>
<th>Screening Test</th>
<th>Women (50-64)</th>
<th>Women (65 and older)</th>
<th>Men (50-64)</th>
<th>Men (65 and Older)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Mineral Density</td>
<td>Discuss with your doctor if you are at risk of osteoporosis.</td>
<td>Get this test at least once at age 65 or older. Talk to your doctor about repeat testing.</td>
<td>Discuss with your doctor if you are at risk of osteoporosis.</td>
<td>Same as men age 50-64</td>
</tr>
<tr>
<td>Breast Cancer Screening (mammogram)</td>
<td>Starting at age 50, get screened every 2 years.</td>
<td>Get screened every 2 years through age 74. Age 75 and older; ask your doctor if you need to be screened.</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>Cervical Cancer Screening (Pap test)</td>
<td>Get a Pap test at least every 3 years.</td>
<td>Ask your doctor if you need to get a Pap test.</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>Sexually Transmitted Disease Screening (Including HIV, Syphilis, Gonorrhea and Chlamydia)</td>
<td>Get tested if you are sexually active and at increased risk. Discuss your risk with your doctor.</td>
<td>Same as women age 50-64</td>
<td>Get tested if you are sexually active and at increased risk. Discuss your risk with your doctor.</td>
<td>Same as men age 50-64</td>
</tr>
<tr>
<td>Abdominal aortic aneurysm screening</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>Get this one-time screening if you are age 65 to 75 and have ever smoked</td>
</tr>
</tbody>
</table>

*Recommendation from the Centers for Disease Control and Prevention*

### Insurance Coverage

As the saying goes, “an ounce of prevention is worth a pound of cure” and your insurance company knows this too. Many of the suggested health screening and vaccinations may be covered by Medicare and other insurance coverage. Please visit www.medicare.gov or call your insurance provider to find out what your insurance will cover.
• List your questions and concerns on paper before you make your appointment. Then, review your list when you’re in the waiting room.

• Describe your symptoms. When did the problem start? How did you feel? Does anything appear to trigger the problem? Is it worse at night? What have you done to relieve the problem?

• Give your doctor a list of medications. Bring in all of the pill bottles or make a list that includes all over-the-counter, vitamins, herbal products, and other supplements you are taking. Make sure to include medicines from all doctors.

• Be honest about your diet, physical activity, smoking, alcohol or drug use and sexual history. Not sharing information with your doctor and nurse may keep them from running the correct screenings or tests.

• Ask lots of questions. Be sure to ask questions about medical conditions/illnesses, test results, medications, and recommended treatments. Don’t leave something out because you’re worried about taking too much time.

• Bring a family member or trusted friend with you. That person can take notes, offer moral support, and help you remember what was discussed.

• Keep your doctors informed of changes in your health. Specialists may not find out about medication changes or recent hospitalizations until you tell them at your next appointment. If you experience changes in your health or medications, call all of your specialists and make sure that they know of these changes. They may want to see you sooner.
In the event of a natural disaster or medical emergency, it is important to have together your health records in an organized and easy-to-grab manner. Keep a copy of this package in your home and in your car. You might want to include the following:

- A summary of your health history (including all diagnoses and any allergies to medications)
- Copies of insurance & Medicare cards
- Emergency contact information
- List of current medications
- POA/Living will documents
- Copy of your current picture id
- List of Physicians

**Vial of Life Project**
Consider contacting American Senior Safety Agency at 1-888-473-2800 or www.VialofLife.com for free health record forms to guide you through this process and free decals to place on your door to alert emergency responders that you have gathered documents for them, in the event that you experience a medical emergency and are unable to communicate.

The Area Agency on Aging (part of the Greater Nashville Regional Council) at 1-877-973-6467 can also assist.
Emotional Wellness: your awareness and acceptance of your feelings and the feelings of others. Emotional wellness also includes how you feel about your life.

As we get older, we face life events that affect our emotional wellness. Challenges, such as chronic illness or a shrinking circle of friends and family, can make us feel overwhelmed and alone. In the next section, you will learn ways to engage in activities that help you to grow your social network. This section will discuss the signs and symptoms of depression and anxiety, and some simple coping strategies to help you take control of your emotional wellness.

Tips to improve your emotional wellness

- Spend time with friends and family
- Do one activity every day that brings you joy
- Smile at least 20 times a day
- Tell yourself one thing that you are thankful for each day
- Allow yourself to feel all of your feelings, even sadness, hurt, and anger
- Try new coping strategies, such as deep breathing or yoga

When is it more than a case of the blues?

It is normal to feel sadness when we lose someone or something we care deeply about, whether that be a friend, pet, or our ability to drive. However, if you find that you can no longer participate in your daily activities or the sadness lasts more than several weeks, please talk to your doctor or a mental health professional for more information.

Here are some signs that it may be depression:

- A persistent sad, anxious, or “empty” mood
- Loss of interest or pleasure in ordinary activities
- Decreased energy and fatigue or increased agitation and restlessness
- Changes in eating habits resulting in weight gain or loss
- Changes in sleeping patterns, such as insomnia or oversleeping
- Difficulty concentrating, remembering, and/or making decisions
- Feelings of hopelessness
- Feelings of worthlessness or helplessness
- Thoughts of hurting yourself or ending your life
- Excessive crying
- Complaints of aches or pains or other physical symptoms that don’t respond to treatment
If you have one or more of the symptoms above, talk to your primary care physician or a mental health counselor to determine if you could benefit from treatment. If you observe these symptoms in someone you know, encourage them to seek help. Studies have shown that 9 out of 10 older adults respond to treatment. Treatment may include medication, counseling, and/or a support group.

**Feeling unsettled- When anxiety interferes with your life**

Another reaction to challenging life events is a feeling of restlessness or anxiousness. This is a normal stress reaction within our bodies when we are worried about something, but it can become disabling. Anxiety can affect our ability to sleep, digest food, or feel comfortable leaving home. There are medications that can help you feel more at ease, as well as self-soothing treatments, like deep breathing exercises. Please consult your doctor or mental health professional for more information.

Here are some symptoms of anxiety:

- Feelings of apprehension or dread
- Trouble concentrating
- Feeling tense and jumpy
- Anticipating the worst
- Irritability
- Restlessness
- Physical reactions to stress, such as tightness of chest, rapid heart beat, insomnia, headaches, and shortness of breath

When anxiety is constant or overwhelming and interferes with your relationships or normal activities, please consult your primary care physician or mental health counselor for support. Treatment options may include relaxation strategies, such as the deep breathing exercise, medication, or counseling.

**Quick Tip: Deep Breathing Exercise**

Proper breathing is essential for good mental and physical health. The next time you feel a surge of stress, try a few moments of deep breathing. Sit in a comfortable position and take deep, measured breaths, for example inhale while counting up from 1 to 4, then exhale while counting down from 1 to 4. Do this 10-15 times. Deep breathing assists in relaxation by increasing the amount of oxygen in the body.
If you are concerned about feelings of sadness or anxiety, who can you turn to for help?

- Primary Care Physician
- Social Worker
- Mental Health Counselor
- Psychologist - PhD trained professional
- Psychiatrist - medical doctor specializing in mental health treatment

You can also call....

- Your local mental health association
- Community counseling center
- Hospice organizations for grief support
- Support groups, which can be specific to life experience, gender, or health issue
- Area Agency on Aging and Disability (in Middle Tennessee, call the Greater Nashville Regional Council at 1-877-973-6467)
- Faith-based organizations and congregations
Social Wellness: having positive interactions with and enjoying being with others.

Common life events, such as retirement or grown children moving away, can cause your circle of friends and family to shrink late in life. Social networking help seniors connect with their peers, many of whom are experiencing the same joys and pains at the exact same time. The physical health of an individual can be greatly affected by his or her social support system and level of social support. People who maintain their social network and support systems do better under stress. Sometimes just knowing that there is someone to talk to and confide in can help people overcome their problems just as much as any treatment. This section will discuss practical tips when it comes to connecting with others and keeping connected while caring for others.

Volunteer in Your Community
• Think about the causes, organizations, and issues that you care most about. If necessary, make a phone call to the local chapter of the organization to inquire about volunteer opportunities in your community. If the agency does not seem excited about your services, find another one that is!
• Do your homework! Most organizations now have a website. Use the internet, go online and browse the website of the organization. Many organizations have a section included on their website that specifically lists the volunteer opportunities that an organization may currently have available.
• Senior volunteers are important because you help bridge the generation gap and help create future leaders as well as sharing your experience. Volunteering helps seniors get out of the house and back into the communities. With volunteering, you can work around your own schedule. Use your strengths, skills and talents to make a difference.

Attend Social Events
• Take the opportunity to attend senior centers, church, and group dinners where there will be new people for you to meet. Allow your friends to introduce you to the people you do not know. If you don’t have any friends at the event, don’t be afraid to circulate the room and introduce yourself.
• Joining a professional networking organization or a social group offer tremendous opportunity to meet and connect with new people. Being involved will keep you surrounded by like-minded people with similar goals and interests.
• Check your local newspaper for free community events or visit www.seniors.meetup.com or www.meetup.com to meet people that share your hobbies and passions.

Discover Nashville
• Older adults embark on a journey with Discover Nashville to get to know the city better and learn about opportunities to make a difference in their communities. Through tours, lectures, discussions, demonstrations and first hand experiences the participants discover more about their city and volunteer activities where they can make a difference.
• For more information, call the Council on Aging office at (615) 353-4235.
Lifelong Learning

- Whether it is learning how to dance, speak a foreign language, write a newsletter, improve your golf swing, or repair your car, lifelong learning has wonderful benefits. It is known to keep your mind sharp, improve your memory, increase your self-confidence, give you a feeling of accomplishment, and help you meet people who share your interests.
- Lifelong learning classes (also called continuing education or adult education) are offered by most community colleges, trade or technical schools, and public universities. Many public libraries offer book clubs. This is a great way to read a novel and discuss it with others. If your community has a Parks and Recreation program, that can be a wonderful and often inexpensive resource for taking classes in sports, art, dance, language, yoga, exercise and music.

Senior Travel Group

- Joining a senior travel group can be a great way to see famous landmarks, make new friends and visit places all around the world. Group travel offers seniors an easy way to explore since most of the details, including accommodations and transportation, will be taken care of for you and the group price is often less than if you traveled alone.
- Ask about travel groups at your local senior center. Decide if you want to participate in a long or short term travel group. Many senior groups arrange escorted travel tours to various locations throughout the year and they may also have a group of seniors meeting regularly to share information about travel locations. Talk to members of the group to see if you will enjoy traveling with them. If the group is local, attend some meetings to get a feel for members’ interests and activity levels.

Keeping Connected While Caring for Others

- Join a support group – A support group allows people with common interests or issues to share information and openly discuss their programs without judgment, to process their feelings, and to hear others talk about their situation. Participation can help people deal more effectively with their problems. The main thing support groups provide is the feeling that you are not alone.
- Start your own social group – A social group is a group of people usually with a particular interest or something else in common. Most social groups start really small, with a core group of people. Do you have a couple of people who share your share interest? Suggest a time and place to hang out and do your thing. As a group you can plan activities, go out to eat, or go on shopping trips.
Local Resources

Resources that can help you work toward a healthier life are listed below. A more complete listing of area resources can be found in the COA Directory of Services for Seniors™ which is available FREE at area public libraries and the Council on Aging office. All information is accurate at time of publishing.

Senior Centers

Senior Centers provide a broad range of services including educational & social activities, health promotion programs, travel and volunteer opportunities.

Cheatham County
Senior Center at Ashland City  (615) 792-3629
104 Ruth Dr.; Ashland City 37015

Davidson County
Elizabeth Center  (615) 862-8449
1701 Arthur Ave.; Nashville 37208
FiftyForward Bordeaux  (615) 248-2272
3315 John Mallette Dr.; Nashville 37218
FiftyForward Donelson Station  (615) 883-8375
108 Donelson Pike; Nashville 37214
FiftyForward J.L. Turner Center  (615) 646-9622
8101 Hwy. 100; Nashville 37221
FiftyForward Knowles  (615) 743-3400
174 Rains Ave.; Nashville 37203
FiftyForward Madison Station  (615) 860-7180
301 Madison St.; Madison 37115

Dickson County
Dickson Senior Citizens Center  (615) 446-9350
206 W. Walnut St.; Dickson 37055

Houston County
J.D. Lewis Senior Citizens Center  (931) 289-3848
241 Arlington St.; Erin 37061

Humphreys County
McEwen Senior Citizens Center  (931) 582-6037
23 Fortner Rd.; McEwen 37101
Torrey Johnson Senior Center
206 N. Church St.; Waverly 37185

Montgomery County
Ajax Turner Senior Citizens Center
953 Clark St.; Clarksville 37040

Robertson County
Byrum-Porter Senior Center, Inc.
9123 Hwy. 49 E.; Orlinda 37141
Robertson County 50+ Center, Inc.
601 Locust St.; Springfield 37172

Rutherford County
LaVergne Senior Citizens Center
337 Stones River Rd.; LaVergne 37086
Smyrna Senior Citizens
100 Raikes St.; Smyrna 37167
St. Clair Street Senior Center
325 St. Clair St.; Murfreesboro 37130

Stewart County
Stewart County Senior Citizens Center
111 General Rice St.; Dover 37058

Sumner County
Gallatin Senior Citizens Center
200 E. Franklin St.; Gallatin 37066
Portland Senior Citizens Center
114 Main St.; Portland 37148
Senior Citizens Center, White House
105 College St.; White House 37188
Senior Citizens of Hendersonville, Inc.
223 Campus Dr.; Hendersonville 37075

Trousdale County
Trousdale County Senior Citizens Center
270 Marlene St.; Hartsville 37074
Williamson County
Bethesda Senior Citizens Center  (615) 791-1115
4905-B Bethesda Rd.; Thompson Station 37179
Fairview Senior Citizens Center  (615) 799-2575
2714 Fairview Blvd.; Fairview 37062
FiftyForward College Grove  (615) 368-7093
8607 Henry Horton Hwy.; College Grove 37046
FiftyForward Martin Center  (615) 376-0102
960 Heritage Way; Brentwood 37027
Senior Citizens Center of Williamson County  (615) 794-7853
420 Bridge St.; Franklin 37064

Wilson County
Cedar Seniors, Inc.  (615) 444-0829
226 University Ave.; Lebanon 37087
Lebanon Senior Citizens Center  (615) 449-4600
670 Coles Ferry Pike; Lebanon 37087
Mt. Juliet-West Wilson County Senior Citizens Center  (615) 758-9114
2034 N. Mt. Juliet Rd.; Mt. Juliet 37122

Community Centers
Community Centers, operated by private non-profit agencies and Departments of Parks and Recreation, offer a variety of educational, recreational and social programs. Call for a listing of current programs and possible fees. Area Chambers of Commerce have information about local parks and upcoming events. Listed below are Community Centers with special programs for seniors.

Davidson County
Antioch Community Center  (615) 315-9363
5023 Blue Hole Rd.; Antioch 37013
Bellevue Community Center  (615) 862-8435
656 Colice Jeanne Rd.; Nashville 37221
Bethlehem Centers of Nashville  (615) 329-3386
1417 Charlotte Ave.; Nashville 37203
C. E. McGruder Family Resource Center  (615) 291-4512
2013 25th Ave. N; Nashville 37208
Centennial Arts Center  (615) 862-8442
25th & Park Plaza in Centennial Park; Nashville 37201
Delmas Long Community Center, Senior Spirits  (615) 851-2256
200 Memorial Dr.; Goodlettsville 37072
East Park Community Center  
700 Woodland St.; Nashville 37206  
(615) 862-8448

Gordon Jewish Community Center  
801 Percy Warner Blvd.; Nashville 37205  
(615) 356-7170

Hadley Park Center  
1037 28th Ave. N.; Nashville 37208  
(615) 862-8451

Martha O’Bryan Center  
711 S. 7th St.; Nashville 37206  
(615) 254-1791

Salvation Army, Northeast Nashville Family Resource Center  
Magness Potter Center, 611 Stockell St.; Nashville 37207  
(615) 255-0554

Senior Renaissance Center at Cohn  
4805 Park Ave.; Nashville 37209  
(615) 269-4565

St. Luke’s Community House, Family Resource Center  
5601 New York Ave.; Nashville 37209  
(615) 350-7893

Woodbine Community Organization  
222 Oriel Ave.; Nashville 37210  
(615) 833-9580

Montgomery County

Burt Cobb Community Center  
1011 Franklin St.; Clarksville 37040  
(931) 552-1263

Crow Community Center  
211 Richview Rd.; Clarksville 37043  
(931) 647-3071

Kleeman Community Center  
166 Cunningham Ln.; Clarksville 37040  
(931) 647-3056

Williamson County

Longview Rec Center  
2909 Commonwealth Dr.; Spring Hill 37174  
(615) 302-0971 Ext. 18

Williamson Co. Rec Center  
1120 Hillsboro Rd.; Franklin 37064  
(615) 790-5719 Ext. 25

Wilson County

Jimmy Floyd Family Center  
511 N. Castle Heights Ave.; Lebanon 37087  
(615) 453-4545
Wellness Centers
In addition to the facilities listed below, many hospitals, YMCAs and gyms offer fitness and wellness programs for seniors.

Green Hills Senior Health Center  (615) 425-4908
2001 Woodmont Blvd.; Nashville 37215
Services include warm pool (lap/exercise), cardio & weight area; personalized exercise program & training; yoga; aerobics; arthritis & fibromyalgia exercises.

SilverSneakers  1-888-423-4632
Offers physical activity, healthy lifestyle & socially oriented programming. Members receive fitness membership, customized classes designed for older adults, health education seminars & specially trained advisor. Visit www.SilverSneakers.com to determine if your insurance company sponsors the program and to see participating sites.

Vanderbilt Dayani Center  (615) 322-4751
1500 Medical Center, Nashville, TN  37232
Offers comprehensive assessments and intervention programs for those 65+. Staff includes physicians, registered nurses, and master's level exercise physiologists. Exercise classes include water workouts, aerobics and walking.

University of Tennessee Extension Services
Provides information and classes on nutrition. Call for more information.

Cheatham County  (615) 792-4420
162 County Services Dr., Suite 110; Ashland City 37015

Davidson County  (615) 862-5995
800 Second Ave. N., Suite 3; Nashville 37201

Dickson County  (615) 446-2788
204 Henslee Dr.; Dickson 37055

Houston County  (931) 289-3242
Basement of the Courthouse, 31 West Main; Erin 37061

Humphreys County  (931) 296-2543
101 S. Church St.; Waverly 37185

Montgomery County  (931) 648-5725
1030-A Cumberland Heights Rd., Ste. A; Clarksville 37040

Robertson County  (615) 384-7936
408 N. Main St.; Springfield 37172
Rutherford County  
315 John R. Rice Blvd., Suite 101; Murfreesboro 37129  
(615) 898-7710
Stewart County  
Basement of Courthouse, 225 Donelson Pkwy.; Dover 37058  
(931) 232-4882
Sumner County  
155-A E. Main St.; Gallatin 37066  
(615) 452-1423
Trousdale County  
214 Broadway, Suite A; Hartsville 37074  
(615) 374-2421
Williamson County  
4215 Long Ln., Suite 200; Franklin 37064  
(615) 790-5721
Wilson County  
925 E. Baddour Pkwy., Suite 100; Lebanon 37087  
(615) 444-9584