

**HAPPY NEW YEAR**

**JANUARY 2012 NEWSLETTER**



**BOURBON COUNTY SENIOR  
CENTER**

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**NEWS/INFORMATION  
NUTRITION  
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## Seniors Get a Raise in 2012

by [Christopher Maag](#) on 10/20/2011

More than 60 million senior citizens will get a 3.6-percent raise in their Social Security benefits next year, their first increase since 2009, [the federal government announced](#) this week.

The increase comes in the form of a Cost-of-Living Adjustment, or COLA, which is tied to inflation. Since the official inflation rate didn't budge much from 2009 through most of 2011, benefits remained flat for those years.

Roundup: [Credit Cards for Retired Consumers](#)]

The increase is welcome news for seniors, says Nancy LeaMond, executive vice president of the AARP.

"Over the past two years, costs for food, utilities and health care have continued to increase while Social Security benefits have not. This first increase in three years will provide much-needed relief to millions," LeaMond said in a prepared statement to Credit.com.

[Featured Product: [Shop for Prepaid Debit Cards](#)]

But for seniors facing large credit card balances, medical bills or other expenses, it may not make much of a difference. After rising health care costs are taken into account, the increase will put about \$30 more into seniors' pockets every month on average, according to the AARP.

"Despite the absence of a Social Security COLA, over the last two years out-of-pocket health care costs rose 14.1 percent for seniors and people with disabilities, effectively reducing the value of Social Security benefits," Nancy Altman, co-chair of the Strengthen Social Security Campaign, said in a statement.

## Nutrition Guidelines For Senior Citizens

The life span of the average American has increased dramatically. Unfortunately, knowledge of the nutritional needs as we age has not kept pace. Most experts agree that nutrition is a factor in the aging process. Age-related changes in body composition and metabolism require seniors to keep a sharp eye on their food choices.

Too many seniors are undernourished as a result of:

- aging,
- eating processed and refined foods that often have lost their nutritional value,
- reduced metabolism,
- diminished appetite, and

effects of medication.

Metabolic changes, along with decreased physical activity, require obtaining the same amount of nutrients from a lower caloric level. As one gets older the chances of suffering a chronic illness are greater, and health experts believe that poor eating habits contribute to some of those ailments.

### WHAT AGING CHANGES HAVE NUTRITIONAL SIGNIFICANCE?

First, older people produce less saliva and often have poor dentures. This causes difficulty with very dry foods.

An estimated 30% of seniors lose their ability to make stomach acid, and this interferes with the absorption of some nutrients such as vitamin B12 and folic acid. Deficiencies in these nutrients, as well as vitamin B6, can cause neurological changes such as decline in alertness, loss of memory, and numbness of the extremities.

The reduction of the natural movement of food and enzyme activity in the gastrointestinal tract, known to be associated with aging, often results in digestive difficulties in dealing with certain foods. Also, this reduction in the natural movement of food through the intestines causes food to remain in the intestines for a longer period of time, producing harder stools and resulting in constipation.

Aging affects certain senses, such as taste, smell, vision, and in turn affects the types of foods that will be chosen. Salty and sweet taste sensations can decline markedly with age, causing some to prefer foods that are richly seasoned. However, certain spicy foods produce gas. Many older persons complain of "heartburn," that often is not caused by increased acidity but by gas production. Others resort to extra salt in order to overcome their gradual loss of taste. Sodium and its role in water retention and high blood pressure may then become a problem.

Due to particular diseases, such as heart disease or osteoporosis, as we age we need less of some minerals (such as sodium to lower blood pressure) and more of others (such as calcium for bone mass). Bones tend to weaken with age; evidence suggests that seniors require at least 1500 milligrams of calcium a day.

Depression and loneliness can further contribute to a disinterest in eating. Many seniors do not have the economical means, knowledge, or willingness to ensure the most nutritious choices in food selection and meal preparation, the result being malnutrition and potential health problems. CONTINUED →

## Nutrition Guidelines

### For Senior Citizens

Because of changes in the body and decreasing physical activity, older people usually need fewer calories as the rate at which the body uses energy tends to decrease. For some, food intake generally is lower, and the amount of lean body tissue decreases while the amount of body fat increases. Yet others maintain old eating habits not realizing that most people gain weight more easily as they age.

#### WHAT TO DO?

Fortunately, there are nutritional guidelines for seniors that can be derived from conventional wisdom. They are as follows:

- Eat a variety of foods from five of the six major food groups (fruits; vegetables; breads and cereals; milk and cheeses; meat, poultry, fish, and dry beans) to obtain all the nutrients needed for good health.
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- Avoid foods high in cholesterol.
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- Limit total fat intake to less than 30% of your calories and keep intake of saturated fats to less than 10%.
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- Increase your intake of dietary fiber.
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- Be selective of foods that cause gas problems.
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- Prepare moister or softer foods, or smaller portions, if you have difficulty with dry foods.
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- Limit the use of salt and sodium compounds.
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- Increase your calcium intake, especially women.
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- Avoid too much sugar.
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- Drink at least eight (8 ounce) glasses of water daily.
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- If you drink alcoholic beverages, do so in moderation.
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Drugs interact adversely with certain nutrients. If in doubt, before you take them, find out.

# JANUARY CALENDAR



LUCILLE ALLEN\*HOMER COMBS\*BILLY HAYES\*RUSSELL KENNEY\*ANNA RAINY\*ANITA ROBINSON\*MARY TRUMBO\*CLARA WALL\*JEWELL ADAMS\*GLORIA ARGO\*LORENA ARLEDGE\*MARY BUSSELL\*FLORENCE DAVIS\*BRENDA EARLYWINE\*MAJORIE FREEMAN\*ANNA GOIN\*LULA GRIF-FIN\*DENNIS HIGHLAND\*BARBARA KISER\*NOVA KITELINGER\*ANNA LINK\*NINA MCCLAIN\*ROSE PLUMMER\*WAVELINE RISEN\*COLLEEN WALTON\*GLORIA WEDDING\*PEGGY WHITSON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 SENIOR CENTER CLOSED</p> <p>NEW YEAR HOLIDAY</p>	<p>3 SENIOR CENTER CLOSED</p> <p>NEW YEAR HOLIDAY</p>	<p>4 9AM GREETING EXERCISE 10AM BINGO/ TRIVIA 11:30 LUNCH 12:30 VIEWS/OPINIONS</p>	<p>5 9AM BREAKFAST BASH 10AM INSPIRATION THURS. 11:30AM SHOPPING</p>	<p>6 9AM GREETING EXERCISE 10AM GAMES/CARDS 11:30 LUNCH 12:30 BOURBON HEIGHTS TOUR</p>
<p>9 9AM GREETING EXERCISE 10AM ARTS/CRAFTS 11:30 LUNCH 12:30 NEWS/WORLD EVENTS</p>	<p>10 9AM BREAKFAST BASH 10AM COMPUTER CLASS@ PUBLIC LIBRARY 11:30 SHOPPING</p>	<p>11 9AM GREETING EXERCISE 10AM BINGO 11AM WEDCO BP CHECKS 11:30 LUNCH 12:30 SHOW &amp; TELL</p>	<p>12 9AM BREAKFAST BASH 10AM NUTRITION EDU 11:30AM SHOPPING</p>	<p>13 9AM GREETING EXERCISE 10AM LEARNING TO SIGN 11:30 LUNCH 12:30 GOODWILL OUTING</p>
<p>16 SENIOR CENTER CLOSED</p> <p>M.L.K. DAY</p>	<p>17 9AM BREAKFAST BASH 10AM COMPUTER CLASS@ PUBLIC LIBRARY 11:30 SHOPPING</p>	<p>18 9AM GREETING EXERCISE 10AM BINGO 11:30 LUNCH 12:30</p>	<p>19 9AM BREAKFAST BASH 10AM INSPIRATION THURS. 11:30AM SHOPPING 5PM COMMUNITY SUPPER</p>	<p>20 9AM GREETING EXERCISE 10AM GAMES/CARDS 11:30 LUNCH 12:30 TOUR BOURBON</p>
<p>23 9AM GREETING EXERCISE 10AM CHAIR VOLLEYBALL 11:30 LUNCH 12:30 NEWS/WORLD EVENTS</p>	<p>24 9AM BREAKFAST BASH 10AM COMPUTER CLASS@ PUBLIC LIBRARY 11:30 SHOPPING</p>	<p>25 9AM GREETING EXERCISE 10AM BINGO 11:30 LUNCH 12:30 TBA</p>	<p>26 9AM BREAKFAST BASH 10AM REV. JEFF BELL 11:30AM SHOPPING</p>	<p>27 9AM GREETING EXERCISE 10AM MOVIE @ LIBRARY 11:30 LUNCH 12:30 NUTRITION EDU.</p>
<p>30 9AM GREETING EXERCISE 10AM PAINTING 11:30 LUNCH 12:30 NEWS/WORLD EVENTS</p>	<p>31 9AM BREAKFAST BASH 10AM COMPUTER CLASS@ PUBLIC LIBRARY 11:30 SHOPPING</p>			<p>ADVISORY COUNCIL MEETING JANUARY 20, 2011 8AM @ BOURBON COUNTY COURTHOUSE LIBRARY</p>

**I've Sure Gotten Old!**

I've had two bypass surgeries, a hip replacement,  
new knees, fought prostate cancer and diabetes.  
I'm half blind,  
can't hear anything quieter than a jet engine,  
take 40 different medications that  
make me dizzy, winded, and subject to blackouts.  
Have bouts with dementia.  
Have poor circulation;  
hardly feel my hands and feet anymore.  
Can't remember if I'm 85 or 92.  
Have lost all my friends. But, thank God,  
I still have my driver's license.  
Thanks to LadyBeth - New Jersey

**BRIAN'S MOTHER COMES TO DINNER**

Brian invited his mother over for dinner. During the course of the meal, Brian's mother couldn't help but notice how beautiful Brian's roommate, Jennifer, was. Brian's Mom had long been suspicious of the platonic relationship between Brian and Jennifer, and this had only made her more curious. Over the course of the evening, while watching the two interact, she started to wonder if there was more between Brian and Jennifer than met the eye. Reading his mom's thoughts, Brian volunteered, 'I know what you must be thinking, but I assure you Jennifer and I are just roommates.'

About a week later, Jennifer came to Brian saying, 'Ever since your mother came to dinner, I've been unable to find the beautiful silver gravy ladle. You don't suppose she took it, do you?' Brian said, 'Well, I doubt it, but I'll send her an e-mail just to be sure. So he sat down and wrote:

Dear Mom,  
I'm not saying that you 'did' take the gravy ladle from the house, I'm not saying that you 'did not' take the gravy ladle. But the fact remains that one has been missing ever since you were here for dinner.

Love, Brian

Several days later, Brian received an email back from his mother that read:

Dear Son,

I'm not saying that you 'do' sleep with Jennifer, I'm not saying that you 'do not' sleep with Jennifer. But the fact remains that if Jennifer is sleeping in her own bed, she would have found the gravy ladle by now.

Love, Mom

**LESSON OF THE DAY -NEVER LIE TO YOUR MOTHER!**

Thanks to Dana T., Texas