The Academy of Nutrition and Dietetics celebrates in the month of March with an emphasis on the “importance of making informed food choices and developing sound eating and physical activity habits”.

This year’s theme is “Eat Right Bite by Bite”

Nutrition Awareness will be celebrated at area congregate sites March 16th–March 20th. A special menu and fun activities are planned in celebration.

Contact your local Area Agency on Aging for more information. If you are not sure how to contact them, start by visiting the INConnect website at https://www.in.gov/fssa/inconnectalliance/.

“To change our eating habits, we must learn to eat mindfully, being more aware of chewing and tasting what we eat so that the brain can register the incoming nutrients.”

- John M. Poothullil

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Hydrating Healthfully

Staying hydrated and getting enough fluids is important as we age. Older Adults have an increased chance of experiencing dehydration due to reasons such as the process of aging, certain medications, and decreased sensitivity to being thirsty.

Some signs and symptoms of dehydration may include:

- Dry mouth, dizziness, muscle cramps, dark-colored urine, headaches, or confusion.

Some tips for increasing fluid intake include:

- Keeping a pitcher of water in the refrigerator for easy access or if room temperature is desired, a pitcher and a cup on a table that is close by.

- Making popsicles from fruit juice or a mix of 1/2 fruit juice and 1/2 water.

- Considering other sources of fluids besides water, such as tea, fruit juice, broths, smoothies, or food with a high water content (think cucumbers, lettuce, celery, tomatoes, squash, bell peppers, watermelon, peaches, & pineapples).

Source of data: [https://dailycaring.com/dehydration-in-elderly-is-dangerous/](https://dailycaring.com/dehydration-in-elderly-is-dangerous/)
[https://dailycaring.com/6-ideas-to-get-seniors-to-drink-more-water/](https://dailycaring.com/6-ideas-to-get-seniors-to-drink-more-water/)
WHAT'S FOR DINNER?

Tired of the same old dishes? Interested in trying new flavors or new foods? Below are some dishes, foods, and spices used in different cuisines.

**Asian**
Dish—Stir fry
Spices & foods- garlic, coriander, ginger, soy sauce, sesame oil, rice vinegar, rice, tofu, seafood, chicken, fish, noodles

**Mexican**
Dish or dishes- Burritos, fajitas, tacos, enchiladas
Spices & foods- cumin, chili powder, onion powder, garlic, cilantro, limes, avocado, tomatoes, onions, black beans

**Thai**
Dish—Pad Thai
Spices & Foods- garlic, turmeric, cardamom, basil, coconut milk, peanuts, noodles

**Italian**
Dish- Pasta
Spices & foods- garlic, basil, oregano, parsley, rosemary, tomatoes, olives, lemon, mushrooms

**Mediterranean**
Dish– Roasted chicken, fish, vegetables
Spices & foods– basil, parsley, rosemary, oregano, lemon, rice, tomatoes, peppers, lentils
CENSUS 2020

Programs that older adults use that rely on an accurate count of older adults include: Medicaid, SNAP, Section 8 Housing, home delivered meals, Medicare Part B health insurance, & senior citizen centers to name a few.

March 12–20th> Official Census Bureau mail will be delivered to households. Information will be included on how to respond. Responses may be made online, by phone, or by mail.

April> Census takers will conduct quality check interviews at some homes.

May–July> Census takers will visit homes that have not responded to help make sure everyone is counted.

Census takers should have: valid ID badges with their photo, a U.S. Dept. of Commerce watermark, & an expiration date. They may also carry a bag or other equipment with the Census Bureau logo. Census takers will not ask for your social security number, money, donations, or bank and credit card numbers. If you are in doubt call the Regional Census Center located in Chicago at 312-579-1500.

Indiana Family and Social Services Administration is participating in the state’s Complete Count Committee. To find out more visit: http://www.census.indiana.edu/why.html