**Tips To BOOST Your Health as You Age**

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

- Manage stress — try yoga or keep a journal.
- Learn something new — take a class or join a club.
- Go to the doctor regularly.
- Connect with family and friends.
- Get moving — try gardening, biking, or walking.
- Choose healthy foods rich in nutrients.

Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).

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“It’s never too late or never too early to work towards being the healthiest you.”

- Anonymous

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- National Honey Month
Debunking the Myths of Older Adult Falls

10 Myths About Older Adults and Falls

**KEY TAKEAWAYS**

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls.

**Myth 1: Falling happens to other people, not to me.**
**Reality:** Many people think, “It won’t happen to me.” But the truth is that 1 in 4 older adults fall every year in the U.S.

**Myth 2: Falling is something normal that happens as you get older.**
**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3: If I limit my activity, I won’t fall.**
**Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

For more information: www.ncoa.org/FallsPrevention
Myth 4: As long as I stay at home, I can avoid falling.
Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can’t be regained.
Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an exercise program. Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn’t increase my risk of falling.
Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don’t need to get my vision checked every year.
Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent.
Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don’t need to talk to family members or my health care provider if I’m concerned about my risk of falling. I don’t want to alarm them, and I want to keep my independence.
Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don’t need to talk to my parent, spouse, or other older adult if I’m concerned about their risk of falling. It will hurt their feelings, and it’s none of my business.
Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

For more information: www.ncoa.org/FallsPrevention
A Consumer Guide for Older Adults

Caring For Your Nutrition: Get the Facts

When your body does not get the right balance of energy and nutrients that it needs, you may become malnourished. Malnutrition is in this case considered undernutrition. Malnutrition threatens your health and your ability to fight sickness and injuries.

KNOW THE WARNING SIGNS

Malnutrition is not always easy to see, so it is important to keep an eye out for possible signs that you may be malnourished. The major signs of malnutrition include:

- Sudden unexpected weight loss
- Loss of appetite
- Muscle weakness
- Frequent nausea, vomiting, or diarrhea
- Slow-healing wounds
- Feeling tired or fatigued
- Swelling in your ankles, legs, or belly
- Getting sick often

You may be at a greater risk for malnutrition if you suffer from a chronic health condition, such as diabetes, cancer, heart disease, or dementia.

WHY IT MATTERS

Malnutrition is a serious issue that can have dangerous consequences on your well-being. The effects of malnutrition in older adults include:

- Higher risk of falls and broken bones
- Less independence
- Higher stress levels
- Higher risk of infections
- Longer and more frequent hospital stays
- Higher death risk

<table>
<thead>
<tr>
<th>Protein-Calorie Malnutrition Related Hospital Stays Per 100,000 Population</th>
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<tr>
<td>Aged 85+</td>
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<tr>
<td>Aged 65-84</td>
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<tr>
<td>Aged 40-64</td>
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<td>Aged 18-39</td>
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Rate of malnutrition is highest in older adults


Continued...
WHAT CAN YOU DO? TIPS FOR GOOD NUTRITION

The good news is that malnutrition can be prevented and treated through a healthy diet and lifestyle. Below are some tips to help you stay healthy and meet your nutritional needs.

1. Buy foods that are tasty, easy to prepare, and rich in calories and protein. Examples of high-protein foods include milk, beans, meat, and eggs. Try adding herbs and spices into your meals to make them more interesting.

2. Make your meals social! Ask family or friends to eat with you. Go out to restaurants that offer senior discounts.

3. Eat 5-6 small meals a day instead of 3 large meals.

4. Build muscles and strength by lifting weights, using resistance bands, or taking walks.

5. Find an oral nutrition supplement that you like. Oral nutrition supplements are an easy way to get in the calories, protein, and essential nutrients that your body needs. Look for oral nutrition supplements that provide at least 150 calories and 15-30 grams of protein per 8 ounces. Oral nutrition supplements can be purchased at the grocery store, pharmacy, or ordered online from various manufacturers.

You can also prepare your own shake or smoothie. The following is an example of such a recipe that is high in calories and protein.

**Creamy Peach Smoothie**
- 1 Cup vanilla ice cream
- ½ Cup whole milk
- 1 Peach

Calories: 435
Protein: 11 g
Carbohydrates: 51 g


If you think you might be malnourished, speak with your healthcare provider. They can perform a nutrition screening and provide suggestions to help you as needed.

FOR MORE INFORMATION

Learn more about malnutrition and what you can do to fight it by visiting the ASPEN Malnutrition Solution Center at nutritioncare.org/malnutrition.
Summer Squash— In season in Indiana May thru October
Some common types of summer squash include: zucchini, yellow squash, and scalloped squash (Patty pan). It is part of the Cucurbitaceae family. Summer squash is fat free, cholesterol free, sodium free, high in vitamin C, and low in calories. Both skin and seeds are eaten when purchased young and tender. Store unwashed in the refrigerator crisper drawer and use within 2-4 days. Summer squash is versatile and can be eaten raw, fried, sauteed, boiled, grilled, or steamed.

Recipe: Squash Salsa
Reprinted from:  https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/squash-salsa
Servings:12  Serving Size: 1/2 cup

Ingredients:
*1 can black beans (rinsed)
*6 tomatoes, seeded and diced (medium)
*1/2 green pepper, seeded and diced
*1 medium red onion (minced)
*1 summer squash, medium (peeled, seeds removed, diced)
*2 tablespoons red wine vinegar
*1 teaspoon Adobo season (combination or garlic, coriander, salt, & cumin)
*Lemon or lime juice (2 Tablespoons, optional)
*4 Tablespoons mozzarella cheese, part skim
*Fresh cilantro or dried parsley (optional)

Directions:
*1. Combine all ingredients except cheese. Let sit for 30 minutes.
*2. Spoon over tortilla chips, cooked rice, or noodles.
*3. Top with grated, part-skim mozzarella cheese. Serve hot or cold.
September is National Honey Month

**Contact Us**

Contact the Division of Aging at

1-888-673-0002

Monday through Friday 8 a.m. to 4:30 p.m. EST

or visit us online: www.in.gov/fssa/2329.htm

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402 W. Washington St.,
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Indianapolis, IN 46204

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**Honey**

One ingredient. The way nature intended.

- Mix a nut butter, such as peanut butter, and honey at a 1:1 ratio, and pair with fresh fruits or vegetables. Perfect for A satisfying snack to keep you energized mid-morning:
  - 1 tablespoon honey
  - 1 tablespoon peanut butter
  - 6-8 extra nuts
  - Total calories = 168 calories

- Pair honey with blue cheese and toasted crackers. Perfect for A sophisticated yet easy-to-prepare hors d'oeuvres for entertaining at home:
  - 1 tablespoon honey
  - 1/4 cup blue cheese
  - 6 multigrain wheat thins
  - Total calories = 253 calories

- Spread honey on a whole wheat slice of bread and top with sliced bananas. Perfect for A 30-second pick-me-up:
  - 1 slice whole wheat bread
  - 1 banana
  - 1 tablespoon honey
  - Total calories = 203 calories

- Add honey and nuts to Greek-style plain yogurt. Perfect for A healthy on-the-go breakfast:
  - 1 tablespoon honey
  - 1/4 cup milk nuts
  - 1/4 cup (1 oz) Greek yogurt
  - Total calories = 363 calories

- Top off a bowl of strawberries with a tablespoon of honey and a drizzle of dark chocolate. Perfect for A guilt-free dessert to satisfy your sweet tooth:
  - 1 tablespoon honey
  - 1 cup strawberries
  - 2 pieces dark chocolate, melted
  - Total calories = 160 calories

- Livin' oatmeal by mixing into a tablespoon of honey along with a handful of fresh blueberries. Perfect for A tasty and filling way to start off the morning:
  - 1 tablespoon honey
  - 1 cup plain cooked oatmeal
  - 1/4 cup blueberries
  - Total calories = 256 calories

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www.honey.com

Image inspired by tips from Mills Creek, ND, 2009, developed for the National Honey Board. Nutrition information obtained from the USDA Nutrient Database (2009).