



Seniors Fight Falls and Fractures!

Lesson Five: Eat Healthy – Other Foods for Bone Health

Getting Ready

1. Review lesson plan before each session.
2. Prepare to do chair exercises. Choose either Module C with balls (found elsewhere in this document) or Tufts/CDC Growing Stronger, Part II (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
4. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the “Five Goals to Fight Falls and Fractures.”
2. Pens or pencils for participants to write on the handouts.
3. Step counters to replace those that are lost or broken. Balls for chair exercises.
4. Plastic or paper plate with three sections, cereal bowl, and large glass to demonstrate the plate method of meal planning.
5. Optional: If time permits, then play “Bingo for Better Health.” Supplies for bingo are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, hat or bowl, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, night lights, and lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another “bone healthy” recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Session

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by going over the objectives. Let the group know that the session will be informal and that questions can be asked at any time.

Objectives for Participants

1. Set new goals for following the “Five Goals to Fight Falls and Fractures.”
2. Learn about other foods and nutrients that protect bone health (in addition to milk, calcium and vitamin D).
3. Do chair exercises to improve flexibility, balance, and strength, review Step Count Charts, and set new goals to increase physical activity.

NOTES to Educator

While the bone health benefits of calcium and vitamin D are well known, there are many other foods and nutrients that support bone health. If you would like to read more about the science behind foods, nutrition, and bone health, then refer to these publications that were used to help prepare this lesson. The abstracts are available at:

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi> (search by typing in the last name of the author and key words in the title). Some articles have a full text citation as well.

- Thorpe, M.P., Evans, E.M. Dietary protein and bone health: harmonizing conflicting theories. *Nutrition Reviews*, 2011, 69(4):215-30, <http://onlinelibrary.wiley.com/doi/10.1111/j.1753-4887.2011.00379.x/full>.
- Tucker, K.L. Osteoporosis prevention and nutrition. *Current Osteoporosis Reports*, 2009, 7(4):111-7. <http://www.ncbi.nlm.nih.gov/pubmed/19968914>
- Cagnacci, A. et al. Relation of folates, vitamin B12 and homocysteine to vertebral bone mineral density change in postmenopausal women. A five-year longitudinal evaluation. *Bone*, 2008, 42(2):314-20. [http://www.thebonejournal.com/article/S8756-3282\(07\)00819-8/abstract](http://www.thebonejournal.com/article/S8756-3282(07)00819-8/abstract)
- Johnson, M.A. Influence of vitamin K on anticoagulant therapy depends on vitamin K status and the source and chemical forms of vitamin K, *Nutrition Reviews*, 2005, 63(3):91-7.

Script

Remember to take attendance.

Give participants their handouts.

Introduction

At some of our earlier sessions we talked about the importance of consuming milk products and other foods and supplements with calcium and vitamin D. Today we are going to talk about other bone health foods and nutrients besides milk, calcium and vitamin D.

Five Goals to Fight Falls and Fractures

The handout titled “*My Five Goals to Fight Falls and Fractures*” will help us think about meeting our goals. *Discuss handout with participants.* What are some things that keep us from meeting our goals to fight falls and fractures? How can we meet more of these goals? *Wait for answers and discuss.*

Think about the goals you made the last time we met. How much physical activity should we get everyday? *Wait for responses.* Right, we should get at least 30 minutes of moderate activity everyday.

How many of you realized that you may need to take calcium- and vitamin D-containing supplements? *Wait for responses.* Many older people consume only one serving of milk

products daily and will need calcium supplements, and nearly all will need supplements with vitamin D. Remember that these supplements do help prevent falls and fractures. So talk with your doctor about calcium and vitamin D supplements, and set a new goal to take these supplements everyday if needed.

Another goal is to eat healthier more days each week. Can you name any of the calcium-rich and vitamin D-rich foods we talked about the last time we met? *Wait for responses.* Yes, some of these foods are low-fat milks, low-calorie yogurt, low-fat cheese, low-fat cottage cheese, fortified soy milk, fortified orange juice, and salmon. Has anyone increased their intake of calcium-rich and vitamin D-rich foods? *Wait for responses.* Great, tell us about the foods you are now eating. *Wait for responses.*

Today we will talk about the many other foods and nutrients that are healthy for our bones.

Activity: Other Foods for Bone Health

How do we know what foods and nutrients are good, or bad, for bones? One way is to see what people with healthy bones are eating. Another way is to feed people a particular food, beverage or dietary supplement and see how their bone health changes after several months or years. Sometimes we know that a certain nutrient causes a healthy chemical reaction in the bones, so this nutrient is then recommended for bone health.

To see the many foods and nutrients that keep our bones healthy, our activity today will be to answer all the questions on the handout called *“Fill in the Blank for Bone Health.”* Find a partner or small group to work with you on this handout.

1. Starting with our fabulous foods, a white beverage with calcium would be . . . ? *Wait for responses.* Right, that would be milk. Milk and milk products have calcium. Milk has vitamin D, too. Milk products also have protein, which is needed for bone health.
2. What is in tofu and some non-dairy milk? *Wait for responses.* Yes, it is soy. Soybeans look like peanuts but grow above ground, and are used to make tofu, soy milk, some baby formulas, and other foods. Carefully read the label to be sure tofu has calcium added and that soy milk is fortified with both calcium and vitamin D. Soy milk comes in many flavors, such as vanilla or chocolate. Soy milk tastes different from dairy (cow) milk and can cost a lot more. Tofu is sold in small blocks, looks like cheese, is white in color, and is usually served in a stir-fry or in soups. The healthy ingredients in soy might be the protein or might be the “isoflavones,” which are natural chemicals that might have health benefits. Soy supplements, meaning a soy pill, usually contain high amounts of “isoflavones,” but are generally not recommended at this time because it is not clear what natural chemicals in soy have the health benefits. Talk with your doctor about soy pills if you really feel you want to try them.

3. What are the colorful foods we should eat at least seven servings of daily? *Wait for responses.* Fruits and vegetables, of course! People who eat more fruits and vegetables tend to have healthier bones, perhaps because these foods have lots of potassium, vitamin C, and vitamin K, which are all bone health nutrients.
4. What juice sometimes has calcium and vitamin D? *Wait for responses.* Right, orange juice. Read labels carefully to be sure your orange juice has both calcium and vitamin D. Calcium- and vitamin D-fortified juice usually has the same amount of calcium and vitamin D per cup as milk. The recommended serving of juice is ½ cup, but this can still help provide some of the daily calcium and vitamin D needs.
5. What beverage can be black, brown or green, and can be served hot or cold? *Wait for responses.* Tea, of course. Some scientists think that tea might make our bones a little stronger. So enjoy your next cup of tea knowing it might give your bones a little extra boost.
6. Moving on to our marvelous minerals . . . What mineral is in milk and other milk products? *Wait for responses.* Calcium, of course!
7. What is another mineral that is in many foods and some bone health supplements and starts with “M”? *Wait for responses.* Yes, it is magnesium. Magnesium is in many foods, so most people eat enough magnesium. Scientists are not sure how much magnesium helps bones, so right now it is not necessary to buy a special supplement with magnesium.
8. Can you think of a mineral that is in nuts and cooked dry beans, and is even used to make jewelry? *Wait for responses.* Right, it is copper. Copper is in many other plant foods and helps build a strong bone matrix. The matrix is in our bones. One way to explain the bone matrix is to think of our bones as a sponge with holes. The spongy part is the bone matrix and the holes are filled with minerals, such as calcium. Copper helps make bone matrix. Most people eat enough copper in their diet, so it is not necessary to buy a special supplement with copper. Copper is in most multivitamin/mineral supplements.
9. What zingy mineral is mainly in protein foods? *Wait for responses.* Yes, this would be zinc. Like copper, zinc helps make the matrix part of our bones. Zinc is in most protein foods and most multivitamin/mineral supplements, so you don’t need a special supplement just for zinc.
10. Let’s go on to our vivacious vitamins. What vitamin is in milk, but nearly all older people need a supplement of this vitamin? *Wait for responses.* Right, vitamin D! How much vitamin D should we get from foods and supplements daily? *Wait for responses.* Yes, 600 - 800 IU daily. Since milk only has 100 IU, even people who drink milk everyday may not get enough vitamin D from foods. Remember that there is 400 IU in most multivitamin/mineral supplements, and many people will need another vitamin D supplement to reach their goal of 600 - 800 IU daily. Talk with your doctor about taking vitamin D- and calcium-containing supplements everyday to help keep your bones healthy and to prevent falls.

11. Another wonderful vitamin for bone health is found in many fruits and vegetables. What is it? *Wait for responses.* Vitamin C, of course! Like copper and zinc, vitamin C helps build bone matrix. You don't need a special vitamin C supplement, because fruits and vegetables provide what you need, and vitamin C is in most multivitamin/mineral supplements.
12. What vitamin is mainly in dark green vegetables? *Wait for responses.* Yes, this is vitamin K. Like copper, zinc, and vitamin C, this special vitamin also helps build bone matrix. Since most multivitamin/mineral supplements contain very little vitamin K, it is important to get this vitamin from green vegetables. Eating green vegetables everyday is the best way to get enough vitamin K. If your doctor told you to avoid green or dark green vegetables because of the medicines you take (such as blood thinners), then talk with them more about this. Keeping your intake of green vegetables constant from day to day, such as eating one serving each day, can help decrease the chances of medicine-related complications.
13. These two vitamins keep our blood and brain healthy, and might also help our bones. What are they? *Wait for responses.* Right, vitamin B12 and folate. A study conducted in Japan showed that stroke patients who took a supplement containing these vitamins were much less likely to break their bones over time. Read labels carefully to be sure that your fortified breakfast and multivitamin/mineral supplement have both vitamin B12 and folate. Separate supplements of these vitamins should only be used when recommended by your doctor.
14. There are some things that are not so good for our bones. Although you don't have to avoid these entirely, it is best to eat them in moderation. What is a white crystal that we sprinkle on our food for flavor? *Wait for responses.* Yes, that would be salt or sodium. The more salt we eat, the more calcium our body seems to lose. So decrease salt for better bone health!
15. What is a fizzy beverage that is suspected of contributing to poor bone health? *Wait for responses.* Right, that would be carbonated beverages or sodas. It is not clear why sodas might be a problem; it may be that people who drink a lot of sodas are just replacing their milk. So it is a lack of milk that is causing the poor bone health. Others think that it might be the caffeine or acids in sodas that are not good for our bones. So while the health experts are arguing, it is best to drink sodas in moderation, if at all.
16. This is found in coffee and some other drinks and can make people "perky." *Wait for responses.* Caffeine, of course! There is concern that caffeine might be worse for older compared to younger people. Cut back if you can, but if you can't, it becomes even more important to make sure you are meeting your daily calcium and vitamin D needs. Calcium and vitamin D may partially protect against the effects of caffeine on bone health.
17. Lastly, what is in beverages that can make people "tipsy"? Yes, that would be alcohol. Moderate alcohol intake is OK, which is up to one drink daily for women or up to two drinks for men. One alcoholic beverage is one ounce of hard liquor, four ounces of wine, or 12 ounces of beer. However, alcoholism and excess alcohol intake can lead to poor bone health, impaired balance, increased risk of falls, and can interfere with some medicines.

Plan My Plate: Other Foods for Bone Health

Let's find ways to include many of these fabulous foods, marvelous minerals, and vivacious vitamins on our plates. Who remembers the plate method from our last lesson? *Wait for a show of hands.* To use the plate method, divide your plate into sections and fill each section with a certain type of food.

Hold up the plate with dividers, small bowl, and 8-ounce cup or glass. This plate is about the size of a plate used at home. The dividers remind us to eat reasonable portion sizes and to eat a few different foods at each meal. The portion sizes of foods should be about the thickness of your finger ($\frac{1}{2}$ inch). Can anyone tell me what goes in each section? *Call on different volunteers for each section. Refer to previous lesson, if needed.*

Here's what else to remember:

1. To provide daily calcium and vitamin D, first fill the cup with a milk product, such as one cup of skim milk, 1% milk, or low-calorie yogurt. Foods made with milk count here, so it is OK to use $\frac{1}{2}$ cup pudding and $\frac{1}{2}$ cup milk.
2. Another place that can have a milk product is in the protein section. Sometimes you might want to fill this small section of the plate with low-fat cheese or low-fat cottage cheese. Usually, the protein food is a "meat" such as lean beef, pork, poultry, or fish. A serving size is three ounces and is the size of a deck of cards or the palm of a woman's hand. Protein, whether from meat or milk products, is needed for bone health.
3. Fill the largest section of the plate with two servings of starchy foods including grains and starchy vegetables. One serving should be a grain, such as a slice of bread, a roll, a muffin, a piece of cornbread, cereal, pasta, or rice. Try whole grain bread, whole grain pasta or brown rice for extra taste and fiber. Serving sizes for these starchy foods are shown on the plate and are one slice of bread, $\frac{1}{2}$ cup of pasta, or $\frac{1}{3}$ cup of rice. Add one serving of a starchy vegetable such as corn, peas, white potato, sweet potato, winter squash, or cooked dry beans or peas. One serving of a starchy vegetable is $\frac{1}{2}$ cup.
4. Next, fill one of the small sections of the plate with one or two servings of non-starchy vegetables. The serving size for most vegetables is $\frac{1}{2}$ cup, except for raw leafy greens, such as salads, which is one cup. What are some non-starchy vegetables you could put in this section? *Wait for answers.* Some more ideas are non-starchy vegetables such as carrots, cabbage, cauliflower, and tomatoes, as well as the naturally calcium-rich leafy greens and broccoli. Remember that vegetables are good for bone health.
5. Fill the bowl with $\frac{1}{2}$ cup of fresh, frozen or canned fruit for a dessert or side dish. Or have a $\frac{1}{2}$ cup serving of juice instead of a bowl of fruit. A calcium- and vitamin D-fortified juice would work well here. Even fruit helps keep our bones healthy.

6. Most meals at senior centers follow this plate method, because they usually provide at least two vegetables; one fruit; one serving of meat, poultry, or fish; one starchy food that is usually whole grain such as whole grain bread; and one milk product such as 1% milk.

If this is too much food all at once, then eat the fruit or the milk product for a snack earlier or later in the day.

Now, list some of your favorite foods in the section they belong in your handout titled “*Plan My Plate!*” Ask your neighbor to see if you filled the plate correctly. If not, then think about where to make some changes and discuss these changes with those sitting near you. *Encourage participants to talk about foods that they normally have on their plates and whether or not those foods need to be changed to be healthier and to help include other foods for good bone health.*

The plate method helps add variety to your meals instead of eating the same things everyday. Eating a wide variety of foods is the best way to get all the fabulous foods, marvelous minerals, and vivacious vitamins that you need to keep your bones healthy.

Menu and Recipe

Let’s review the menu and a recipe. *Ask participants to refer to the handout titled “Day Five Menu.”* This menu has three servings of milk products, which provide calcium for our bones. Recall that both older women and older men who do not consume three servings of milk products daily will usually need calcium supplements, while nearly all older people need vitamin D-containing supplements. Three and a half cups or more of fruits and vegetables, with at least one dark green vegetable and one orange or red vegetable, are included. The menu has three servings of whole grain foods, such as whole grain bread, cereal, or brown rice.

The menu has several ideas and a recipe that you can try at home. *Encourage participants to discuss the healthy parts of the menu. If a recipe is provided for participants to taste, then encourage them to describe the flavors and the healthy foods and ingredients in the recipe. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

The menu has healthy food choices and meal patterns. Follow specific dietary advice from your physician, registered dietitian, or other healthcare professional. For example, people taking blood thinners, such as coumadin or warfarin, may be told to limit their intake of dark green vegetables. If so, you can replace them with another non-starchy vegetable. Raw fruits and vegetables can be cooked if you prefer.

The next part of today’s lesson is physical activity. Who knows the key goal about physical activity? *Encourage participants to offer suggestions.* Yes, the goal is:

Be Physically Active Everyday!

How much physical activity should we be getting everyday? *Wait for answers.* Right – at least 30 minutes of moderate physical activity everyday. For most people, even more physical activity

is better. Increasing the amount of time you are physically active and increasing the intensity of physical activity offer more health benefits.

Does anyone want to talk more about ways to be physically active everyday? *Wait for answers and encourage discussion.*

How many of you have been using a step counter? *Wait for a show of hands.*

Did you write down the number of steps in your Step Count Chart? *Wait for responses.*

Has anyone increased their number of steps since the last time we met? *Wait for responses and ask participants how they increased their steps.*

Do you think you are feeling better by increasing your steps? I hope so! *Wait for responses and share in participants' success.*

Does anyone need any help with their step counter or need a new Step Count Chart? *Respond as needed. If help is needed, then tell these participants that you will help them at the end of the lesson.*

Last week, we did chair exercises together. Please raise your hand if you have practiced these since last week. Has anyone noticed any improvements in balance and flexibility? If you are doing these exercises, that's wonderful. They should help you feel better! *Wait for responses and share in participants' success.*

We are going to add some new chair exercises today. Be sure to practice these at home, too!

Begin chair exercises (Module C with balls or Tufts/CDC Growing Stronger, Part II). Strongly encourage participants to try these with you and at home.

Activity: “Bingo for Better Health”

Optional: If time permits, then gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medicine labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

My Five Goals to Fight Falls and Fractures (Lesson 5)

Not Very
Often
This Past
Week

Almost
Everyday



Everyday!

My new
Goal(s) For
Next Week

1. Be physically active	_____	_____	_____	_____
2. Eat healthy <u>and</u> take calcium and vitamin D supplements if needed	_____	_____	_____	_____
3. Take my medicines as recommended by my doctor	_____	_____	_____	_____
4. Fight falls with a safe home	_____	_____	_____	_____

5. Talk to my doctor about my medicines, risk of falling, vision and having a bone mineral density test – at least once in the past year: YES NO

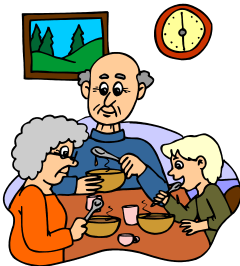
- What keeps me from fighting falls and fractures everyday?

- How can I reach my goals to fight falls and fractures everyday?

To help fight falls and fractures everyday:

- Remember the health benefits of fighting falls and fractures
- Ask for support from my family, friends, and doctor
- Think of easy ways to find time for my new habits
- If I sometimes forget, just be positive and try again





Fill in the Blank for Bone Health

Starts with this letter

Fabulous Foods

1. White beverage with calcium
2. Tofu and some non-dairy milk
3. Colorful foods - eat at least seven servings everyday
4. Juice that sometimes has calcium and vitamin D
5. Beverage that can be black, brown or green

M

S

F **and V**

O **J**

T

Marvelous Minerals

6. In milk and other milk products
7. In many foods and some bone health supplements
8. In nuts and cooked dry beans; used in jewelry
9. A zingy mineral found in protein foods (such as meat)

C **and P**

M

C

Z

Vivacious Vitamins

10. In milk, but nearly all older people need a supplement
11. In many vegetables and fruits, especially citrus fruit
12. In dark green vegetables
13. Helps blood, brain, and maybe bones

Vitamin

Vitamin

Vitamin

Vitamin **and F**

NOT so Good for Bones

14. White crystals sprinkled on food for flavor
15. Fizzy beverage
16. Found in coffee and can make people “perky”
17. In beverages that can make people “tipsy”

S

C **B**

or S

C

A

Answers: 1. Milk, 2. Soy, 3. Fruits and Vegetables, 4. Orange Juice, 5. Tea, 6. Calcium and Phosphorus, 7. Magnesium, 8. Copper, 9. Zinc, 10. Vitamin D, 11. Vitamin C, 12. Vitamin K, 13. Vitamin B12 and Folate, 14. Salt or Sodium, 15. Carbonated Beverages or Soda, 16. Caffeine, 17. Alcohol.

Plan My Plate!



PROTEIN FOODS

Meat, Fish, Poultry, Eggs,
Low-fat Cheese (2 to 3 oz)

or

Cottage Cheese (½ Cup)

NON-STARCHY VEGETABLE(S)

1 or 2 Servings

½ Cup Most

1 Cup Raw Leafy Salad

STARCHY GRAIN

1 Slice Bread or
½ Cup Pasta or
⅓ Cup Rice

STARCHY VEGETABLE

½ Cup

FRUIT

½ Cup or
Small Piece
Fresh Fruit

**Include the
fruit or milk in
your meal or as
part of your
snack.**

MILK PRODUCT

Skim Milk or
1% Milk or
Yogurt (1 Cup)

Day Five Menu

Breakfast

Cooked oatmeal, ½ cup, sprinkled with cinnamon and artificial sweetener, topped with 1 small sliced banana

Milk, 1%, 1 cup

Snack

Crunchy granola bar, 1 small, spread with 1 tablespoon peanut butter

Coffee

Lunch

Ham and cheese melt, made with 2 slices whole wheat bread, 1 slice (about 1 ounce) reduced-fat cheddar cheese, 1 ounce lean sliced ham (lower sodium variety), 1 teaspoon soft margarine (for grilling)

Side salad, made with 1 cup spinach, ¼ cup diced tomatoes, ½ cup green peas (frozen, thawed), 1 tablespoon light ranch dressing

Unsweetened iced tea with lime juice

Snack

Graham crackers (2½-inch squares), 3 each

Orange, 1 small

Evening Meal

Black bean burrito, 1 serving (recipe provided)

Carrot slices, fresh or frozen, boiled or steamed, ½ cup, seasoned with salt-free seasoning

Pineapple chunks, canned in juice and drained, ½ cup OR mango slices, ½ cup

Ice water with lemon

Snack

Milk, 1%, 1 cup

Almonds, unsalted, dry-roasted, ¼ cup



Nutrition Facts for Day 5:

1,752 calories

63 g total fat (32% calories)

15 g saturated fat (8% calories)

219 g total carbohydrate (50% calories)

90 g protein (21% calories)

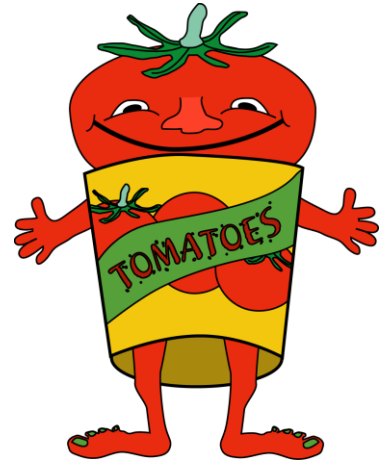


Black Bean Burrito

Serves 2

Ingredients:

- 2 (6-inch diameter) whole wheat or regular flour tortillas
- 1 cup black beans, canned, rinsed and drained
- 1/3 cup prepared salsa, lower sodium variety
- 2 ounces roasted skinless turkey breast, cut into chunks (low-sodium variety if prepared)
- 1/4 cup reduced fat shredded sharp cheddar cheese
- 1/4 cup chopped green onions
- 2 large romaine lettuce leaves



Directions:

1. Preheat a medium skillet sprayed with cooking spray to medium-low; preheat oven to 350°F.
2. Add black beans, salsa, and cooked turkey and mix occasionally, long enough to heat mixture through.
3. Spoon half of the black bean mixture onto each tortilla toward one end.
4. Top the black bean mixture with 2 tablespoons cheese; wrap tortilla up so that filling is sealed in (can also fold tortilla taco style if desired).
5. Place the wraps, seam side down, onto a small baking pan and place in oven for about 5 minutes to melt the cheese inside the wraps and crisp the tortillas.
6. Serve each wrap on top of a romaine lettuce leaf and top with chopped green onions.



Nutrition Facts Per Serving:

305 calories
8 g total fat
2 g saturated fat
34 g total carbohydrate
23 g protein



Seniors Fight Falls and Fractures!

Lesson Six: Take My Medications

Getting Ready

1. Review lesson plan before each session.
2. Prepare to do chair exercises. Choose either Module D with balls (found elsewhere in this document) or Tufts/CDC Growing Stronger, Part II (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Copy and staple the handouts that best meet the needs of your audience (one set for each participant). The “Medication Summary” card should be a two-side copy on cardstock. It is also available at: <http://www.livewellagewell.info/study/materials.htm>
4. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the “Five Goals to Fight Falls and Fractures.”
2. Pens or pencils for participants to write on the handouts.
3. Step counters to replace those that are lost or broken. Balls for chair exercises.
4. Supplies for “Bingo for Better Health” are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, hat or bowl, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, night lights, and small bottles of lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another “bone healthy” recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Session

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by going over the objectives. Let the group know that the session will be informal and that questions can be asked at any time.

Objectives for Participants

1. Set new goals for following the “Five Goals to Fight Falls and Fractures.”
2. Learn how to improve medication management, especially those related to bone health.
3. Do chair exercises to improve flexibility, balance, and strength, review Step Count Charts, and set new goals to increase physical activity.

NOTES to Educator

More information about medication management for older people is available from:

- US Food and Drug Administration, <http://www.fda.gov/Drugs/ResourcesForYou/ucm163959.htm>
- AARP, <http://www.aarp.org/health/drugs-supplements/>
- AARP, Drug-Interaction Checker, <http://healthtools.aarp.org/drug-interactions>
- AARP, Do you tell your doctors about your supplements?, http://www.aarp.org/health/drugs-supplements/info-11-2010/most_patients_dont_tell_their_doctors_they_take_supplements.html
- Fincham, J. E. Taking Your Medicine, 2005, www.amazon.com, <http://www.takingyourmedicine.com/aboutbook.htm>
- Senior Care Pharmacists, <https://www.ascp.com/>
- Live Well Age Well, Medications, <http://www.livewellagewell.info/medications.htm>

Script

Remember to take attendance.

Give participants their handouts.

Five Goals to Fight Falls and Fractures

Our first handout is titled “*My Five Goals to Fight Falls and Fractures.*” This handout will help us remember our goals for keeping our bones healthy. *Discuss handout with participants.* What can help us meet our goals to fight falls and fractures? *Wait for answers and discuss.*

Think about the goals you set the last time we met. Who knows how much physical activity we should do everyday? *Wait for responses.* Right, we should get at least 30 minutes of moderate physical activity everyday. Even more health benefits are gained from being physically active longer and at higher intensities. Every little bit helps!

How many of you are taking supplements with calcium and vitamin D? *Wait for responses.* Great! Many older people who do not consume three servings of milk products daily will need calcium supplements. Nearly all older people will need vitamin D-containing supplements. If you are not taking these supplements, then ask your doctor to help you decide what supplements are best for you if needed.

Another important goal is to eat healthier more often. What are some foods rich in both calcium and vitamin D? *Wait for responses.* Yes, foods with both calcium and vitamin D are milk, some yogurts, and calcium- and vitamin D-fortified orange juice. Is anyone eating more of these foods? *Wait for responses.* Good! Now, think back to the last time we met; are there any other foods or nutrients that keep our bones healthy? Yes, it is a long list that includes fruits, vegetables, and many vitamins and minerals. Use the menus and recipes from our lessons for ideas on eating a wide variety of healthy foods everyday.

Today we will discuss medications, because they are also very important for bone health.

Medicines and Falls

Look at the handout called “*Medicine and Bone Health.*” Some medicines can cause dizziness and increase the risk of falling. Medicines that may increase the risk of falling include blood pressure medicine, heart medicine, diuretics or water pills, muscle relaxers, tranquilizers, and strong pain medicines.

Ask your doctor and/or pharmacist whether or not any of your medicines might cause you to feel dizzy, drowsy, or to lose your balance. If so, then find out from them what you should do about medicines that might make you dizzy. Be sure to make no changes in your medicine unless told to do so by your doctor.

Medicines Causing Bone Loss

Some types of medicines speed up bone loss, while other medicines help slow bone loss.

Medicines that speed up bone loss are in the group known as glucocorticoids. These are also called steroids (or corticosteroids, such as prednisone, cortisone, dexamethasone, cortisol). They increase calcium loss from the body, which can increase the risk of broken bones and fractures with long-time use. Steroid medicines are used for arthritis, inflammatory bowel disease, asthma, allergies, and other respiratory (lung) or inflammatory diseases.

Other medicines can harm bones when used in high doses and/or for a long time. These include antacids with aluminum, thyroid hormones, laxatives, some diuretics (water pills), and heparin (which is a blood thinner given through your veins). Some of these medicines disrupt calcium in the body.

Ask your doctor or pharmacist if any of your medicines might speed up bone loss. If so, then ask whether or not there is anything that should be done about this. Also, ask your doctor or pharmacist if you should be taking medicines that will help your bones, such as those listed on the handout.

Medicines for Bone Health

There are medicines that can slow bone loss. These drugs work properly when consuming adequate calcium and vitamin D from foods and/or supplements. Talk to your doctor to see if you might benefit from medicines such as these:

1. **Fosamax**[®] and **Actonel**[®] are prescription drugs that help stop bone loss and can actually increase bone density. **Boniva**[®] is also in this category and is taken only once a month. Talk with your doctor about any of these medicines if you are concerned about bone loss.
2. **Calcitonin** is a prescription drug usually available as a nasal spray (e.g., Miacalcin[®]). It can help prevent bone loss. For calcitonin to work, you must also take 1,000 mg of calcium per day and use the nasal spray exactly as directed.
3. **Estrogen Replacement Therapy** or **Hormone Replacement Therapy** is for women and can help improve bone health by helping the body use calcium and reduce bone loss. Once estrogen replacement is started, it must be continued to prevent the return of bone loss. If estrogen or hormone therapy is stopped, bone loss will be similar to that seen in early menopause. Estrogen or hormone replacement therapy is not for everyone. Anyone considering it should talk to her doctor about risks and benefits. The Food and Drug Administration has made the following recommendations concerning estrogen therapy replacement and hormone therapy:
 - Take the lowest possible doses for the shortest period of time to manage symptoms of menopause.
 - Talk about using other osteoporosis medicines instead.

Ask your doctor how much calcium and vitamin D as dietary supplements you should take with these medicines, because they will work best along with calcium and vitamin D.

Next, look at the “*Medication Questions for My Doctor and My Pharmacist*” and “*Medication Summary*” card. Bring copies of both of these to your doctor and your pharmacist the next time you visit them.

Medicine Questions for My Doctor and My Pharmacist

The handout titled “*Medication Questions for My Doctor and My Pharmacist*” lists many questions you should ask about your medicines. Review this handout and bring it to your doctor or pharmacist. Before your next appointment with your doctor or pharmacist, let them know ahead of time that you need extra time with them to review your medicines. Don’t be shy about asking questions. Your medicines can greatly affect your health, for better or worse, so it is important that your questions and concerns are answered. It is important to go to only one pharmacy so that your pharmacist can help make sure that your medicines work safely together.

Medication Summary Card

Look at the “*Medication Summary*” card. *Review card with participants so they know the kind of information they need to gather to complete this card.*

Be sure to include prescription medicines, over-the-counter medicines, vitamin and mineral supplements, and herbal supplements. You can fill this out now or take it home with you.

Give a copy of your “*Medication Summary*” card to your doctor, pharmacist, senior center, and anyone else who helps you take care of yourself, such as siblings, children, or caregivers. Keep one copy with you and one at home. That means you should make about five copies so that everyone who needs one will have it!

So remember, the next time you visit your doctor and pharmacist, be sure to bring them copies of the “*Medication Summary*” card and the “*Medication Questions for My Doctor and My Pharmacist*.” This will help you manage your medicines better.

Along with taking our medicines, we have to remember to eat healthy to feel our very best.

Menu and Recipe

Let’s look at a menu and a recipe for us to enjoy. *Ask participants to refer to the handout titled “Day Six Menu.”* The menu has three servings of low-fat milk products, such as skim or 1% milk, low-fat cheese, or low-calorie yogurts. If you do not consume the recommended servings of milk products each day, then as we talked about earlier, it is very important for you to take supplements that contain both calcium and vitamin D. Three and a half cups or more of fruits and vegetables, with at least one dark green vegetable and one red or orange vegetable, are on the menu. The menu also includes three servings of whole grain foods, such as whole grain bread, cereal, or brown rice. These foods are very important to our health.

The menu has some new ideas and a recipe that I hope you will try on your own. *Encourage participants to discuss the healthy parts of the menu. If a recipe is provided for taste-testing, then discuss it also. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

These menus demonstrate healthy food choices and meals. Remember to follow specific dietary recommendations or restrictions from your physician, registered dietitian, or other healthcare professional. For example, people taking blood thinners, such as coumadin or warfarin, may be told to limit their intake of dark green vegetables. If so, you can replace them with another non-starchy vegetable. Many of the recipes also include raw fruits and vegetables, such as raw onions, which can be cooked if you prefer.

The next wonderful part of today’s lesson is physical activity. Who can remember the key goal about physical activity? *Encourage participants to offer suggestions.* Yes, the goal is:

Be Physically Active Everyday!

How much physical activity should we be getting everyday? *Wait for answers.* Right – at least 30 minutes of moderate physical activity everyday. If you are already moderately physically active for 30 minutes everyday, then think about adding more minutes and more intensity. You’ll get even more health benefits.

Does anyone want to talk more about how to be physically active everyday? *Wait for answers and encourage discussion.*

How many of you have been using a step counter? *Wait for a show of hands.*

Did you write down the number of steps in your Step Count Chart? *Wait for responses.*

Has anyone increased the number of steps since the last time we met? *Wait for responses and ask participants how they increased their steps.*

Are you feeling better by walking more? That's great! *Wait for responses and share in participants' success.*

Does anyone need any help with your step counter or need a new Step Count Chart? *Respond as needed. If help is needed, then tell these participants that you will help them at the end of the lesson.*

Last week, we did chair exercises together. Please raise your hand if you have practiced these since last week. Are you feeling more balanced and flexible? If you are doing these exercises, then you may see some improvements in your balance and flexibility. *Wait for responses and share in participants' success.*

We are going to add some new chair exercises today. Be sure to practice these at home, too! *Begin chair exercises (Module D with balls or Tufts/CDC Growing Stronger, Part II). Strongly encourage participants to try these with you and at home.*

Activity: “Bingo for Better Health”

Gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medicine labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

My Five Goals to Fight Falls and Fractures (Lesson 6)

Not Very
Often
This Past
Week

Almost
Everyday



My new
Goal(s) For
Next Week

1. Be physically active	_____	_____	_____	_____
2. Eat healthy <u>and</u> take calcium and vitamin D supplements if needed	_____	_____	_____	_____
3. Take my medicines as recommended by my doctor	_____	_____	_____	_____
4. Fight falls with a safe home	_____	_____	_____	_____

5. <u>Talk</u> to my doctor about my medicines, risk of falling, vision and having a bone mineral density test – at least once in the past year: YES NO
--

- What keeps me from fighting falls and fractures everyday?

- How can I reach my goals to fight falls and fractures everyday?

To help fight falls and fractures everyday:

- Remember the health benefits of fighting falls and fractures
- Ask for support from my family, friends, and doctor
- Think of easy ways to find time for my new habits
- If I sometimes forget, just be positive and try again



Medicine and Bone Health

Medicines that can increase falls (might increase dizziness)

- Blood pressure medicine
- Heart medicine
- Diuretics (water pills)
- Muscle relaxers, tranquilizers
- Strong pain medicine

Medicines that cause bone loss

- Glucocorticoids (also called steroids), corticosteroids, prednisone, cortisone, dexamethasone, cortisol

Medicines that can help to improve bone health

- Fosamax, Actonel, Boniva, Calcitonin (Miacalcin)
- Hormone or estrogen replacement therapy
- These medicines should be taken along with calcium and vitamin D supplements, so ask your doctor about this



To Fight Falls and Fractures, Also:

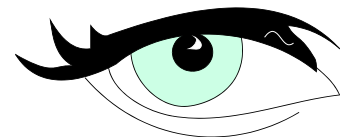
Be physically active everyday, at least 30 minutes daily

Eat healthy and use supplements wisely everyday

- Calcium- and vitamin D-rich foods (milk, fortified orange juice)
- Most older people need calcium supplements and nearly all older people need vitamin D supplements
- Protein-rich foods (lean meats, poultry and fish, 5 to 6 ounces daily)
- Fruits and vegetables (7 to 10 servings daily, a serving is usually ½ cup)
- Whole grains (3 servings daily, a serving is 1 slice bread, ¾ to 1 cup cereal)



Have your vision checked at least once each year



Fight falls with a safe home

- Remove things you might trip over
- Keep things within easy reach
- Use non-slip mats in the bathroom
- Use handrails and lights in stairwells
- Secure rugs
- Install grab bars in the bathroom
- Improve the lighting in your home
- Wear skid-resistant shoes

Medication Questions for My Doctor and My Pharmacist

1. ___ Which medicines can cause dizziness or falling? What should I do if a medicine makes me dizzy?
2. ___ What are the names of my medicines (brand and generic names)?
2. ___ Should I use a generic form? Is there a cheaper alternative?
3. ___ What's the strength? (For example, milligrams, abbreviated as mg)
4. ___ What's this medicine for?
5. ___ How long will it take this medicine to work after I take it?
6. ___ How much should I take for one dose?
7. ___ When should I take it? How many times per day? At what times?
8. ___ Should I take it on an empty stomach?
9. ___ Should I avoid any foods or other medicines when I take it?
10. ___ Should I avoid alcoholic beverages when taking this medicine?
11. ___ How does this medicine affect my blood glucose (sugar) level?
12. ___ Do I need to avoid driving when I take this medicine?
13. ___ What side effects might happen with this medicine?
14. ___ What should I do if I have side effects?
15. ___ What should I do if I miss a dose?
16. ___ How should this medicine be stored?
17. ___ How long will this supply last? What about refills?

Remember

18. ___ Use only one pharmacist for all my medicines.
19. ___ Use a pill organizer with boxes for each day.
20. ___ Keep my Medication Summary card in my purse or wallet.
21. ___ Check dates and throw out expired medicines.
22. ___ Keep all medicines out of sight and reach of children.



Adapted From the American Diabetes Association

Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602
Division of Aging Services, Georgia Department of Human Resources, Atlanta, GA 30303
Updated September 2011

MEDICATION SUMMARY

<p>My medical conditions include (circle or list):</p> <p>Abnormal EKG</p> <p>Angina</p> <p>Arthritis</p> <p>Depression</p> <p>Diabetes</p> <p>Epilepsy</p> <p>Hearing impairment</p> <p>Heart condition</p> <p>Hemodialysis</p> <p>High blood pressure</p> <p>Pacemaker</p> <p>Visual impairment</p>	<p>NAME:</p> <hr/> <p>Doctors' name and phone numbers:</p> <hr/> <hr/> <hr/> <hr/> <p>Medical Insurance Company and ID number:</p> <hr/> <hr/> <p>Pharmacists' name and phone numbers:</p> <hr/> <hr/> <hr/> <p>Prescription Drug Plan and ID number:</p> <hr/> <hr/> <p>Emergency contact numbers:</p> <p>Name:</p> <hr/> <p>Relationship:</p> <hr/> <p>Phone numbers:</p> <hr/> <hr/> <p>Name:</p> <hr/> <p>Relationship:</p> <hr/> <p>Phone numbers:</p> <hr/> <hr/>
<p>Other conditions (list):</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food allergies (list):</p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>I am allergic to (circle or list):</p> <p>Insect bites</p> <p>Aspirin</p> <p>Antibiotics</p> <p>Codeine</p> <p>Other medications (list):</p> <hr/> <hr/> <hr/>	

Name of prescription medicine	What it is for	Doctor who prescribed	How and when to take	How much to take/dosage/strength	Color/Shape
Name of non-prescription medicine (include OTC, vitamins, minerals, herbs, and home remedies)	What it is for	Doctor who prescribed	How and when to take	How much to take/dosage/strength	Color/Shape

For more copies, go to <http://noahnet.myweb.uga.edu/plansmm.html>.

Day Six Menu

Breakfast

Cinnamon whole wheat muffins, 1 serving (recipe provided)

Scrambled egg, 1 large (or ¼ cup egg substitute), seasoned with black pepper and chives if desired

Milk, 1%, 1 cup

Hot tea

Snack

Yogurt, low-fat and low-calorie, fruit flavored

Peaches, diced, canned in juice or water, drained, ½ cup

Lunch

Boneless skinless chicken breast tenders, baked, 2 ounces

Split pea soup, lower sodium variety (such as Campbell's Healthy Request), 1 cup, with ½ cup cooked carrot slices added to soup

Wheat crackers, low-sodium variety, ¾ ounce (about 10)

Orange, 1 medium

Ice water

Snack

Whole wheat mini bagel, toasted, 1 each

String cheese, non-fat, mozzarella, 1 stick

Tomato juice, low-sodium variety, ½ cup

Evening Meal

Salmon or halibut, grilled, 3 ounces, drizzled with 1 teaspoon olive oil and sprinkled with salt-free seasoning to taste

Turnip greens, steamed, ½ cup, with 1 teaspoon added canola or olive oil and salt-free seasoning to taste

Baked potato, with skin, 1 small (about 3 ounces), spread with 1 teaspoon soft margarine

Whole wheat bread, toasted, 1 slice, spread with 1 teaspoon sugar-free fruit preserves

Unsweetened iced tea

Snack

Quick energy mix, made with ½ cup wheat or multigrain Chex cereal, 2

tablespoons dried apricots, 3 tablespoons peanuts (unsalted and dry-roasted)

Nutrition Facts for Day 6:

1,799 calories

58 g total fat (29% calories)

13 g saturated fat (7% calories)

220 g total carbohydrate (49% calories)

107 g protein (24% calories)



Cinnamon Whole Wheat Muffins

Makes 12 muffins (servings)

Ingredients:

- 1¼ cups whole wheat flour
- 1 cup all-purpose flour
- ½ cup granulated sugar or Splenda granular
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ¾ teaspoon salt
- 3 heaping tablespoons unsweetened applesauce (chunky or smooth)
- 1 large egg, lightly beaten
- 1½ teaspoons vanilla
- 1½ cups fat-free milk
- 1 tablespoon canola oil



Directions:

1. Preheat oven to 400°F and spray a 12-cup muffin tin with cooking spray.
 2. In a large bowl, mix together both flours, sugar, baking powder, cinnamon, and salt.
 3. To dry ingredients, add vanilla, applesauce, oil, and egg.
 4. Add milk; mix until all ingredients are moistened (do not over mix; may need to add slightly more milk if batter is too dry).
 5. Fill muffin cups with batter and bake 20 to 25 minutes or until golden.
 6. Let muffins sit 5 minutes, then remove to a wire rack to cool or serve warm.
 7. Split a warm muffin in half and spread with 1 teaspoon soft margarine to enjoy.
- * Wrap leftover muffins in plastic wrap, place in a food storage bag, and freeze until ready to eat later. Just remove the plastic wrap, wrap muffin in a paper towel, and thaw in the microwave.

Nutrition Facts Per Serving:

166 calories
5 g total fat
1 g saturated fat
27 g total carbohydrate
3 g protein



Seniors Fight Falls and Fractures!

Lesson Seven: Fight Falls with a Safe Home

Getting Ready

1. Review lesson plan before each session.
2. Prepare to do chair exercises. Choose either Modules A and B with balls (found elsewhere in this document) or Tufts/CDC Growing Stronger, Part III (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
4. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the “Five Goals to Fight Falls and Fractures.”
2. Pens or pencils for participants to write on the handouts.
3. Step counters to replace those that are lost or broken. Balls for chair exercises.
4. Supplies for “Bingo for Better Health” are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, hat or bowl, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, night lights, and small bottles of lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another “bone healthy” recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Session

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by going over the objectives. Let the group know that the session will be informal and that questions can be asked at any time.

Objectives for Participants

1. Set new goals for following the “Five Goals to Fight Falls and Fractures.”
2. Learn how to improve home safety to help prevent falls.
3. Use fall prevention check list at home.
4. Do chair exercises to improve flexibility, balance, and strength, review Step Count Charts, and set new goals to increase physical activity.

NOTES to Educator

The information about fall prevention in these lessons is from the following authoritative sources:

- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, <http://www.cdc.gov/homeandrecreationalafety/falls/index.html>
- National Osteoporosis Foundation, <http://www.nof.org>
- Live Well Age Well, Fall Prevention, <http://www.livewellagewell.info/fallprevention.htm>

Script

*Remember to take attendance.
Give participants their handouts.*

Five Goals to Fight Falls and Fractures

Let's review our first handout called "*My Five Goals to Fight Falls and Fractures.*" *Discuss handout with participants.* Would anyone like to share what they have been doing to help fight falls and fractures? *Wait for answers and discuss.*

Think about the last time we met and the goals you set. Is anyone getting at least 30 minutes of moderate physical activity almost everyday or everyday? *Wait for responses.* Great! Remember that there are even more health benefits from more minutes of physical activity and from physical activity that is higher in intensity.

Who is taking supplements with calcium and vitamin D? *Wait for responses.* Wonderful! Because many older people consume only one serving of milk products daily, many will need calcium supplements and nearly all will need supplements with vitamin D. If you have not yet started taking these supplements, then be sure to talk with your doctor to find the supplements that will be best for you if needed.

Eating healthier more often is another important goal. Can you name some foods with lots of calcium or vitamin D? *Wait for responses.* Yes, milk, yogurt, and calcium- and vitamin D-fortified orange juice are good choices. Has anyone started eating more of these foods? *Wait for responses.* Great! What other foods help our bone health? Yes, fruits, vegetables, and the many vitamins and minerals naturally found in foods help keep our bones healthy. The menus and recipes have several ideas for healthy eating. So set another goal to eat healthier everyday.

Has everyone updated their "*Medication Summary*" card from the last time we met? Be sure to complete this card and review it with your doctor or pharmacist. They can identify any medicines that might increase your risk of falling or that might speed up bone loss. Also, your doctor can tell you about any medicines that you need to take to slow down bone loss.

Our focus today is on fighting falls, mainly by making our homes safer. So as you listen to today's lesson, think about ways you can make your own home safer.

Preventing Falls Among Older Adults

Falls are not a normal part of getting older. Many falls can be prevented. Falls are usually caused by a number of things. By changing some of these things, you can lower your chances of falling.

Be Physically Active Everyday

Physical activity can improve your balance, flexibility and strength, which in turn help prevent falls. Physical activity is one of the most important ways to reduce your chances of falling. So keep up your regular physical activity program, including the chair exercises and a walking program. I know most of you are already doing this, because we do exercises together when we meet, and I am sure most of you are doing them at home, too.

Physical activity makes you stronger and helps you feel better. Exercises that improve balance and coordination are the most helpful. Balance exercises include the ones we do together, called chair exercises, as well as other exercises such as Tai Chi.

Lack of exercise leads to weakness and increases your chances of falling. If you haven't done so already, then ask your doctor about the best type of exercise program for you.

Medicine Management

Managing your medicines also is important. Have your doctor or pharmacist review all the medicines you take (including ones that don't need prescriptions such as cold medicines). As you get older, the way some medicines work in the body can change. Some medicines, or combinations of medicines, can make you drowsy or light-headed, which can lead to a fall. Be sure to complete your "*Medication Summary*" card, from one of our previous sessions, and bring it to your next visit with the doctor or pharmacist.

Have Vision Checked

Along with physical activity and managing your medicines, having your eyes checked is an important part of fall prevention. So have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling. If it has been awhile since you had your vision checked, then now is the time. Make an appointment today.

Make Your Home Safer

Another important way to help prevent falls is to make your home safer. About half of all falls happen at home. Go to the three pages of handouts that start with “*Home Fall Prevention Checklist for Older Adults*” and let’s review them together. After reviewing these handouts, you might find that you need to make some repairs in your home. If you need help making repairs, consider contacting your family, friends, church, and senior center to identify reliable help for home repairs. *Spend several minutes to carefully review each item on the handouts with the participants. Strongly encourage participants to use the handouts at home and improve their home safety.*

Menu and Recipe

Next, turn to the menu and recipe. *Ask participants to refer to the handout titled “Day Seven Menu.”* The menu has three servings of low-fat milk products. Healthy choices include skim or 1% milk, low-fat cheese, and low-calorie yogurt. Remember that pudding or cream soups made with milk count toward your daily servings of milk products. If you don’t eat this many milk products, then taking a dietary supplement with calcium is very important for you. Also, as we discussed at an earlier session, nearly all older people will need a vitamin D supplement, because food and sunlight do not supply the high amount of vitamin D needed by older people.

Three and a half cups or more of fruits and vegetables, with at least one dark green vegetable and one red or orange vegetable, are included. The menu also includes three servings of whole grain foods, such as whole grain bread, cereal, or brown rice. These foods are all important to our health.

The menu has a variety of foods and a recipe that I hope you will try at home with friends or family. *Encourage participants to discuss the healthy parts of the menu. If a recipe is provided for taste-testing, then discuss it also. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

These menus show good food choices and meal patterns. Be sure to follow specific dietary recommendations or restrictions from your physician, registered dietitian, or other healthcare professional. For example, people taking blood thinners, such as coumadin or warfarin, may be told to limit their intake of dark green vegetables. If so, you can replace them with another non-starchy vegetable. Some recipes include raw fruits and vegetables, such as onions or peppers, which can be cooked if you prefer.

The next fun part of today’s lesson is physical activity. Who can remember the key goal about physical activity? *Encourage participants to offer suggestions.* Yes, the goal is:

Be Physically Active Everyday!

How much physical activity should we be getting everyday? *Wait for answers.* Right – at least 30 minutes of moderate physical activity everyday. How can we benefit even more from being physically active? *Wait for answers.* Yes, that’s right. Adding more minutes or more intensity to our daily physical activity will provide even more health benefits.

Does anyone want to talk more about ways to be physically active everyday? *Wait for answers and encourage discussion.*

How many of you have been using a step counter? *Wait for a show of hands.*

Did you write down the number of steps in your Step Count Chart? *Wait for responses.*

Has anyone increased the amount of walking they do since the last time we met? *Wait for responses and ask participants how they increased their steps.*

Do you think you are feeling better by increasing your steps? I hope so! *Wait for responses and share in participants’ success.*

Does anyone need any help with your step counter or need a new Step Count Chart? *Respond as needed. If help is needed, then tell these participants that you will help them at the end of the lesson.*

Last week, we did chair exercises together. Please raise your hand if you have practiced these since last week. Has anyone noticed any improvements in balance and flexibility? If you are doing these exercises, then you should be feeling better! *Wait for responses and share in participants’ success.*

Begin chair exercises (Module A and B with balls or Tufts/CDC Growing Stronger, Part III). Strongly encourage participants to try these with you and at home.

Activity: “Bingo for Better Health”

Gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medicine labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

My Five Goals to Fight Falls and Fractures (Lesson 7)

Not Very
Often
This Past
Week

Almost
Everyday



Everyday!

My new
Goal(s) For
Next Week

	Not Very Often This Past Week	Almost Everyday	Everyday!	My new Goal(s) For Next Week
1. Be physically active	_____	_____	_____	_____
2. Eat healthy <u>and</u> take calcium and vitamin D supplements if needed	_____	_____	_____	_____
3. Take my medicines as recommended by my doctor	_____	_____	_____	_____
4. Fight falls with a safe home	_____	_____	_____	_____

5. Talk to my doctor about my medicines, risk of falling, vision and having a bone mineral density test – at least once in the past year: YES NO

- What keeps me from fighting falls and fractures everyday?

- How can I reach my goals to fight falls and fractures everyday?

To help fight falls and fractures everyday:

- Remember the health benefits of fighting falls and fractures
- Ask for support from my family, friends, and doctor
- Think of easy ways to find time for my new habits
- If I sometimes forget, just be positive and try again



Home Fall Prevention Checklist for Older Adults

From: Centers for Disease Control and Prevention

<http://www.cdc.gov/ncipc/pub-res/toolkit/CheckListForSafety.htm>

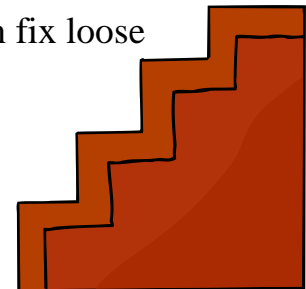
Each year, thousands of older Americans fall at home, causing serious injuries and even death. This checklist will help you make your home safer and prevent falls. So use this checklist at home to make your home safer. Let's see how many problems we need to fix in our homes by reviewing this checklist together. The more times you circle "yes," then the more things you need to fix in your home.

FLOORS: Look at the floor in each room.

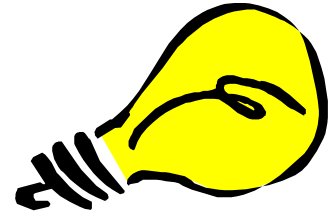
1. **Yes No** When you walk through a room, do you have to walk around furniture? If yes, then ask someone to move the furniture so your path is clear.
2. **Yes No** Do you have throw rugs on the floor? If yes, then remove rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
3. **Yes No** Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor? If yes, then pick up things that are on the floor. Always keep objects off the floor.
4. **Yes No** Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)? If yes, then coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

STAIRS AND STEPS: Look at stairs you use inside and outside your home.

5. **Yes No** Are there papers, shoes, books, or other objects on the stairs? If yes, then pick up things on the stairs. Always keep objects off stairs.
6. **Yes No** Are some steps broken or uneven? If yes, then fix loose or uneven steps.
7. **Yes No** Are you missing a light over the stairway? If yes, then have an electrician put in an overhead light at the top and bottom of the stairs.



8. **Yes No** Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)? If yes, then have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.
9. **Yes No** Has the stairway light bulb burned out? If yes, then have a friend or family member change the light bulb.
10. **Yes No** Is the carpet on the steps loose or torn? If yes, then make sure the carpet is firmly attached to every step, or remove carpet and attach non-slip rubber treads to the stairs.
11. **Yes No** Are the handrails loose or broken? Is there a handrail on only one side of the stairs? If yes, then fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.



KITCHEN: Look at your kitchen and eating area.

12. **Yes No** Are the things you use often on high shelves? If yes, then move items in your cabinets. Keep things you use often on the lower shelves (about waist level).
13. **Yes No** Is your step stool unsteady? If yes, and if you must use a step stool, then get one with a bar to hold on to. Never use a chair as a step stool.

BATHROOMS: Look at all your bathrooms.

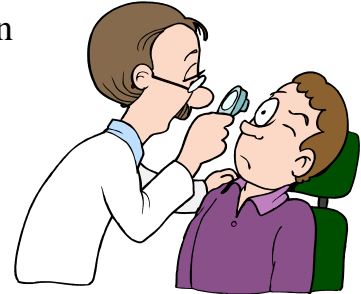
14. **Yes No** Is the tub or shower floor slippery? If yes, then put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
15. **Yes No** Do you need some support when you get in and out of the tub or up from the toilet? If yes, then have a carpenter put grab bars inside the tub and next to the toilet.

BEDROOMS: Look at all your bedrooms.

16. **Yes No** Is the light near the bed hard to reach? If yes, then place a lamp close to the bed where it's easy to reach.
17. **Yes No** Is the path from your bed to the bathroom dark? If yes, then put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

Other Things You Can Do To Prevent Falls

18. ___ **Exercise regularly.** Exercise makes you stronger and improves your balance and coordination. Practice the chair exercises we learned at home.
19. ___ Have your doctor or pharmacist **look at all the medicines you take**, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
20. ___ Have your **vision checked** at least once a year by an eye doctor. Poor vision can increase your risk of falling.
21. ___ **Get up slowly** after you sit or lie down.
22. ___ **Wear shoes** both inside and outside the house. Avoid going barefoot or wearing slippers.
23. ___ **Wear shoes that give good support** and have thin non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.
24. ___ **Improve the lighting** in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
25. ___ It's safest to have **uniform lighting** in a room. Add lighting to dark areas.
26. ___ Hang lightweight curtains or shades to **reduce glare**.
27. ___ **Paint a contrasting color** on the top edge of all steps so you can see the stairs better. For example, use a light color paint on dark wood.



Other Safety Tips

28. ___ Keep emergency numbers in large print near each phone.
29. ___ Put a phone near the floor in case you fall and can't get up.
30. ___ Wear an alarm device that will bring help if you fall and can't get up.

From: Centers for Disease Control and Prevention

http://www.cdc.gov/HomeandRecreationalSafety/pubs/English/booklet_Eng_desktop-a.pdf

Day Seven Menu

Breakfast

Berry fruit roll-up with light cream cheese (recipe provided)
Canadian bacon, 1 slice (about 1 ounce)
Orange juice, calcium- and vitamin D-fortified, ½ cup
Coffee

Snack

Whole wheat crackers (such as Triscuit), low-sodium variety, 5 each
Milk, 1%, 1 cup

Lunch

Chicken salad, made with 2 cups romaine lettuce, 2 ounces boneless skinless
grilled chicken breast (cubed, low-sodium variety), ¼ cup chopped red onion, ¼
cup diced red bell pepper, 1 slice toasted whole wheat bread, (cut into wedges
to nest in salad), 1 tablespoon oil vinaigrette dressing
Corn on the cob, ½ large ear OR ½ cup cooked corn, fresh or frozen, with 1
teaspoon soft margarine for either option
Milk, 1%, 1 cup

Snack

Graham crackers (2½-inch squares), 3 each
Unsweetened applesauce, ½ cup
Ice water

Evening Meal

Lean pork loin, roasted, 3 ounces
Acorn squash, baked, ½ small, with a dash of cinnamon and 2 teaspoons soft
margarine
Lima beans, canned, rinsed and drained, ½ cup
Whole wheat dinner roll, 1 small, spread with 2 teaspoons sugar-free fruit
preserves
Ice water with lemon

Snack

Yogurt, low-fat and low-calorie, vanilla or
fruit flavored
Cherries, pitted, ½ cup (about 12) OR sliced
pears, canned in water or juice, ½ cup
Chopped walnuts, toasted, 2 tablespoons



Nutrition Facts for Day 7:

1,841 calories
56 g total fat (27% calories)
14 g saturated fat (7% calories)
244 g total carbohydrate (53% calories)
102 g protein (22% calories)

Berry Fruit Roll-Ups with Light Cream Cheese

Serves 2

Ingredients:

- 2 (8-inch diameter) plain flour tortillas
- 2 teaspoons sugar-free fruit preserves of choice (strawberry, raspberry, etc.)
- ½ cup each sliced strawberries and blueberries (can use 1 full cup strawberries only)
- 2 teaspoon Splenda granular (optional)
- 1 tablespoon each ⅓ less fat cream cheese and fat-free cream cheese, softened
- ⅛ teaspoon vanilla extract
- 1 teaspoon sugar or Splenda granular (preferred)
- 1 teaspoon egg substitute



Directions:

1. Preheat oven to 325°F.
2. Lightly dust sliced strawberries and blueberries with 2 teaspoons Splenda if desired and set aside.
3. In a small bowl, beat together both cream cheeses to combine; mix in sugar or Splenda, vanilla, and egg substitute until smooth.
4. To the berries, add the fruit preserves and mix with the berries to coat them evenly.
5. Lay the tortillas flat and spread ½ of the cream cheese mixture (1 tablespoon) onto each toward one end.
6. Pile half (½ cup) of the strawberries and blueberries onto the cream cheese mixture on each tortilla.
7. Roll the tortillas up burrito style by folding in the sides and rolling forward, starting from the end with the filling.
8. Place roll-ups in the oven and allow to warm through, about 5 to 8 minutes; serve immediately.

<p>Nutrition Facts Per Serving: 219 calories 5 g total fat 1 g saturated fat 38 g total carbohydrate 7 g protein</p>
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Seniors Fight Falls and Fractures!

Lesson Eight: Putting it All Together to Fight Falls and Fractures

Getting Ready

1. Review lesson plan before each session.
2. Prepare to do chair exercises. Choose either Modules C and D with balls (found elsewhere in this document) or Tufts/CDC Growing Stronger, Part III (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
4. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the “Five Goals to Fight Falls and Fractures.”
2. Pens or pencils for participants to write on the handouts.
3. Step counters to replace those that are lost or broken. Balls for chair exercises.
4. Supplies for “Bingo for Better Health” are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, hat or bowl, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, night lights, and small bottles of lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another “bone healthy” recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Session

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by going over the objectives. Let the group know that the session will be informal and that questions can be asked at any time.

Objectives for Participants

1. Set new goals for following the “Five Goals to Fight Falls and Fractures.”
2. Review all the goals and make plans to keep fighting falls and fractures.
3. Do chair exercises to improve flexibility, balance, and strength, review Step Count Charts, and set new goals to increase physical activity.

NOTES to Educator

This review session will focus on the basics of fighting falls, fractures, and osteoporosis. Refresh your memory about the key issues by reviewing this information:

- Bone Health and Osteoporosis: A Report of the Surgeon General, <http://www.surgeongeneral.gov/library/bonehealth/>
- National Osteoporosis Foundation, <http://www.nof.org>
- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, <http://www.cdc.gov/homeandrecreationalafety/falls/index.html>
- Live Well Age Well, Osteoporosis, <http://www.livewellagewell.info/osteoporosis.htm>
- Live Well Age Well, Fall Prevention, <http://www.livewellagewell.info/fallprevention.htm>

Script

*Remember to take attendance.
Give participants their handouts.*

Five Goals to Fight Falls and Fractures

This is our last time together to look at the handout called “*My Five Goals to Fight Falls and Fractures.*” I’m sure by now that nearly everyone is fighting falls and fractures almost every day or even everyday.

How much physical activity should we do everyday? *Wait for answers.* Yes, 30 minutes daily. What are some ways we can eat healthy to protect our bones? *Wait for answers.* Yes, we can eat milk products, such as low-fat milk, low-calorie yogurt, low-fat cheese, and calcium- and vitamin D-fortified orange juice, as well as other protein-rich foods and fruits and vegetables.

Taking supplements of calcium and vitamin D may be very important. Both older women and older men who do not consume three servings of milk products daily will usually need calcium supplements, while nearly all older people need vitamin D-containing supplements. Talk with your doctor to help you find the right supplements for you if needed. Be sure that your list of the medicines you take is up-to-date and that you always carry this list in your wallet or purse.

Did anyone use the “*Home Fall Prevention Checklist for Older Adults*” that we reviewed the last time we met? *Wait for responses.* Wonderful! This can help you make your home safer. Ask for help from your family, friends, neighbors, church, senior center, or other organization to help you fix things around your house to prevent falls. They can help you find someone reliable to help with any home repairs.

If you haven't yet done so, the next time you visit your doctor, talk with them about the side-effects of any medicines such as dizziness, any medicines you should be taking for your bone health, your risk of falling, having a vision test and new eye glasses if needed, and having a bone mineral density test.

If you need any handouts from our last sessions, then just let me know and I will get them to you.

Menu and Recipe

Let's look at a menu and a recipe. *Ask participants to refer to the handout titled "Day Eight Menu."* Remember to use the plate method as a way to make sure you get the right amounts and types of foods that are good for your health. The menu has three servings of low-fat milk products. Among the favorite milk products are milk as a beverage or on cereal, puddings or soups made with low-fat milk, low-fat cheese, and low-calorie yogurt. If you do not consume three servings of milk products each day, then you will probably need a calcium supplement. Vitamin D supplements are needed by nearly all older people, even if they eat many milk products, because there is not enough vitamin D in most foods to provide for daily needs.

Three and a half cups or more of fruits and vegetables, with at least one dark green vegetable and one red or orange vegetable, are included. The menu has three servings of whole grain foods, such as whole grain bread, cereal, or brown rice. We need these foods as well everyday for good health.

The menu has some new ideas and a recipe that you can try at home. *Encourage participants to discuss the healthy parts of the menu. If a recipe is provided for taste-testing, then discuss it also. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

These menus show what goes into healthy meals and how to balance a meal. Be sure to follow specific dietary recommendations or restrictions from your physician, registered dietitian, or other healthcare professional. For example, if you are taking a blood thinner, such as coumadin or warfarin, you may be told to limit your intake of dark green vegetables. If so, you can replace them with another non-starchy vegetable. Many of the recipes also include raw fruits and vegetables, such as raw onions, which you can cook if you want.

Another wonderful part of our lesson today is physical activity. Who can remember the key goal about physical activity? *Encourage participants to offer suggestions.* Yes, the goal is:

Be Physically Active Everyday!

I am going to write down your number of steps for this past week, so if you have your Step Count Chart with you, then I would like to look at it. Otherwise, I will just contact you in the next few days to get this information.

How much physical activity should we be getting everyday? *Wait for answers.* Right – at least 30 minutes of moderate physical activity everyday. Congratulations to all those who have

reached this goal! Remember, there are even more benefits to being more physically active each day, by increasing either the time or the intensity of our physical activities.

Does anyone want to talk about ways to be physically active everyday? *Wait for answers and encourage discussion.*

How many of you have been using a step counter? *Wait for a show of hands.*

Did you write down the number of steps in your Step Count Chart? *Wait for responses.*

If anyone needs a new Step Count Chart, then please let me know and I will give you a new one.

Has anyone increased the number of steps since the last time we met? *Wait for responses and ask participants how they increased their steps.*

Do you think you feel better when you walk more? *Wait for responses and share in participants' success.*

Last week, we did chair exercises together. Have you tried these on your own since last week? Have you noticed improvements in balance and flexibility? If you are doing these exercises, then you should be feeling better! *Wait for responses and share in participants' success.*

Begin chair exercises (Module C and D with balls or Tufts/CDC Growing Stronger, Part III). Strongly encourage participants to try these with you and at home.

Remember to record steps from participants and/or to contact them shortly to get this information.

Activity: “Bingo for Better Health”

Gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medicine labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

It has been wonderful to be with all of you these past few months. I wish you health and happiness in your quest for good health. So stay active, eat healthy, take your calcium and vitamin D supplements, take your medicines, and be safe at home -- everyday!

My Five Goals to Fight Falls and Fractures (Lesson 8)



	Not Very Often This Past Week	Almost Everyday	Everyday!	My new Goal(s) For Next Week
1. Be physically active	_____	_____	_____	_____
2. Eat healthy <u>and</u> take calcium and vitamin D supplements if needed	_____	_____	_____	_____
3. Take my medicines as recommended by my doctor	_____	_____	_____	_____
4. Fight falls with a safe home	_____	_____	_____	_____

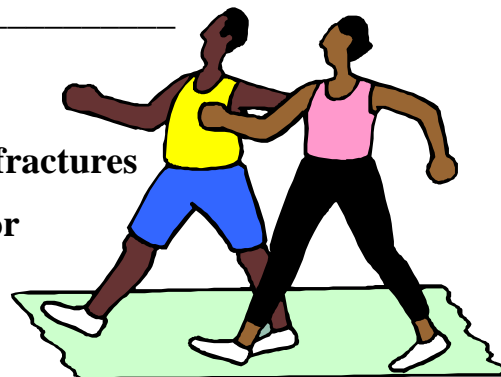
5. Talk to my doctor about my medicines, risk of falling, vision and having a bone mineral density test – at least once in the past year: **YES** **NO**

- What keeps me from fighting falls and fractures everyday?

- How can I reach my goals to fight falls and fractures everyday?

To help fight falls and fractures everyday:

- Remember the health benefits of fighting falls and fractures
- Ask for support from my family, friends, and doctor
- Think of easy ways to find time for my new habits
- If I sometimes forget, just be positive and try again



Day Eight Menu

Breakfast

Whole grain cereal, unsweetened and fortified, ready-to-eat, 1 cup*, with 2 tablespoons sliced almonds

Milk, 1%, 1 cup

Cantaloupe, cubed, ½ cup OR honeydew melon, ½ cup

Coffee

Snack

Orange, 1 small

Granola bar, low-fat (such as Quaker Chewy), 1 small

Lunch

Turkey and peach stuffed pita (recipe provided)

Side salad, made with 1 cup green leaf or romaine lettuce, ⅓ cup garbanzo beans (canned, rinsed and drained), ¼ cup minced red onion, 1 tablespoon olive oil

Ice water with a lemon wedge

Snack

Air-popped popcorn, 3 cups

Part-skim mozzarella string cheese, 1 stick (about 1 ounce)

Ice water

Evening Meal

Vegetable omelet (cook on non-stick skillet with cooking spray and top with chives if desired), made with ½ cup egg substitute (or 1 egg + 2 egg whites, beaten with a splash of milk), ¼ cup each diced green bell peppers and diced tomatoes (sautéed in 2 teaspoons canola oil)

Baked sweet potato, with skin, ½ large (about 3 ounces), spread with 1 teaspoon soft margarine

Whole wheat bread, toasted, 1 slice, spread with 1 teaspoon sugar-free fruit preserves

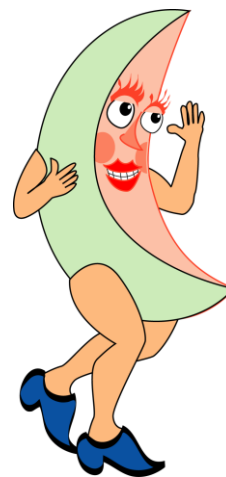
Unsweetened iced tea

Snack

Fig cookies, fat-free, 2 each

Milk, 1%, 1 cup

* Whole grain cereal suggestions include Cheerios, corn bran, puffed wheat, wheat bran, shredded wheat



Nutrition Facts for Day 8:

1,811 calories

61 g total fat (30% calories)

12 g saturated fat (6% calories)

242 g total carbohydrate (53% calories)

86 g protein (19% calories)

Turkey and Peach Stuffed Pita

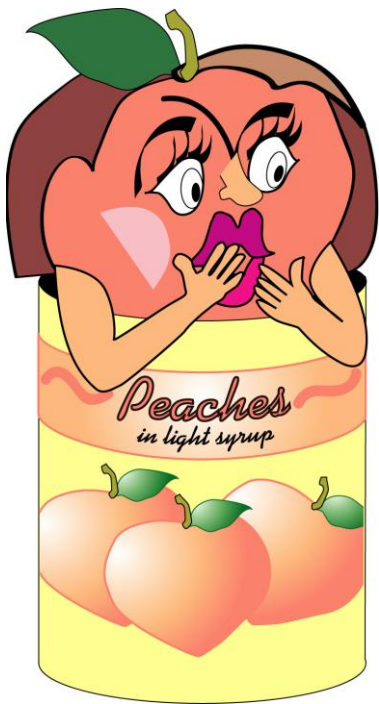
Serves 2

Ingredients:

- 1 whole wheat pita pocket (6-inch diameter), cut in half and opened to make 2 pita pockets, toasted if desired
- 2 teaspoons light mayonnaise
- 4 ounces roasted, skinless turkey breast, low-sodium variety, cubed
- ½ cup diced peaches, canned in juice or water, drained
- ½ cup baby spinach
- 2 tablespoons chopped pecans, toasted

Directions:

1. Line each pita pocket with a thin layer of the mayonnaise.
2. Fill each pita with half of the spinach, turkey, and peaches; sprinkle 1 tablespoon of the toasted pecans into each pita pocket.
3. Serve chilled or place in a 325°F oven to heat through if preferred.



Nutrition Facts Per Serving:

258 calories
9 g total fat
1 g saturated fat
24 g total carbohydrate
21 g protein

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