



Understanding Senior Nutrition

Older adults are negatively impacted by poor eating habits and a lack of nutritional understanding for seniors. Understanding the changing nutritional needs of older adults is critical due to the overlap of several age-related challenges. Seniors have higher rates of chronic diseases like diabetes, hypertension and heart disease. Others live with chronic pain, osteoporosis and various forms of arthritis. Many face daily challenges of managing complicated medication regimes. The elderly are more likely to live alone which can lead to increased likelihood of loneliness, isolation and even depression. Living alone also means cooking for one and eating alone which both have negative nutritional consequences. In addition, many seniors face challenges associated with living on a limited or fixed income which often compromises their ability to purchase nutritional food.

Studies show that proper senior nutrition reduces the risk of the following:

- Compromised Immune System
- General Muscle & Body Weakness Leading to More Falls
- Osteoporosis
- High Blood Pressure
- Diabetes
- Heart Disease
- Certain Types of Cancer
- Certain Types of Arthritis

Doctors generally recommend a variety of fruits, vegetables, proteins and whole grains to maintain and improve overall senior health. Other recommendations include:

- **Choose a variety of healthy foods.** Eating the same foods day after day is boring and monotonous. Eating a variety of healthy foods enhances the dining experience and makes staying on track easier.
- **Become better informed.** Understanding senior nutrition includes taking the side effects of medication into consideration, and it empowers seniors to tailor a nutritious plan with their special needs in mind.
- **Stay hydrated.** Staying hydrated will require a conscious effort because as we age, we tend to get thirsty less often even though we still require the same amount of liquids as we ever did.

For more information on healthy eating habits for seniors, visit the [Nutritious Programs for Seniors website](#).

*We reached for the stars...
all five of them!*



CMS (Centers for Medicare and Medicaid Services) designated Capital Health Home Care in Ashtabula a five star agency for patient experience in January of 2017.

When healthcare executives were asked how to improve customer service...their top answers included new facilities, food on demand and interactive computers.

At Capital Health Home Care, we know better. It's not about all that...it's about treating people like they matter. We do that!

To learn more about Capital Health Home Care agencies, visit www.capitalhealthhomecare.com.

To learn more about the star ratings for home health care agencies visit Home Health Compare at www.medicare.gov.

Helping Seniors Achieve Optimal Nutritional Wellness

The importance of proper nutrition cannot be overstated. It is vital for older adults looking to stay healthy and maintain their varying degrees of independence.

But making dietary changes can be difficult. It can be especially overwhelming for older adults who are set in their ways and resistant to change. What can be done to encourage change?

- Incorporate changes slowly.
- Be mindful of medication side effects that may alter appetite.
- Plan to share meals as often as possible.
- Know the signs of constipation.
- Address signs of dysphagia or difficulty swallowing.
- Be sure dentures are in good repair and fit properly.
- Consider other dental issues like gum disease.
- Understand sudden or on-going weight loss as cause for concern.

Do not hesitate to consult a physician. Your doctor will help identify the underlying causes of loss of appetite, weight loss or malnutrition. He or she can test for a number of treatable culprits including ulcers, sinusitis, zinc deficiency, thyroid disease, and depression. Doctors can also screen for loss of taste and smell which diminish at variable rates with aging. Taste and smell affect the desire to eat and impact thirst mechanisms.

Contact us to learn how we can help.

We offer a variety of services to help our clients maintain proper nutrition. From skilled nursing to teaching and education to private duty services for grocery shopping, meal preparation, feeding and companionship... we are trained and ready to help.



6 Key Vitamins & Nutrients for Proper Senior Nutrition

1. **Folic Acid** found in spinach, asparagus, breakfast cereals, and lentils.
2. **B-12** found in turkey, salmon, crab, mussels, chicken, beef, eggs and milk.
3. **Vitamin C** found in oranges, grapefruits, strawberries, tomatoes, sweet red peppers, broccoli and potatoes.
4. **Vitamin D** found in canned salmon, sardines, mackerel, instant oatmeal, cereal, egg yolks, soy milk, cow's milk and orange juice fortified with Vitamin D.
5. **Omega 3 Fatty Acids** found in flaxseed oil, walnuts, canola oil, canned tuna, oysters, herring, sardines, salmon, trout and crab.
6. **Calcium** found in orange juice, cow's milk, leafy greens and kale.

Also remember to limit sodium intake. Processed foods are typically extremely high in sodium and should be avoided. Fresh and frozen fruits and vegetables, fresh meats and fish, dry beans, oats, eggs and brown rice are all naturally low in sodium.



April Announcements:

» Stay tuned for information about our Telehealth & Home Safety Equipment Program

April Fools Day

April 1st

Happy Easter!

April 16th



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