

NUTRIGRAM

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111 Main Street Lockport NY 14094



St. Patrick's Day at Niagara Nutrition

The St. Patrick's Day special meal will be offered on St. Patrick's Day, March 17th to home delivered meal clients and to most congregate sites. Don't forget to wear your green that day. The menu will be as follows:

*Corned Beef
Boiled Potatoes
Carrots
Dinner Roll
Pistachio Bars
Skim or 2% Milk
Coffee or Tea*

March is National Nutrition Month

"Get a Taste for Nutrition" is the theme for National Nutrition Month 2005. Several Key messages help support this theme:

- Be adventurous and expand your horizons with new and interesting choices
- Treat your Taste Buds – enjoy all your favorite foods, just don't overdo it!
- Maintain a Healthy Weight – managing your weight plays a vital role in your health
- Balance food choices with a healthy lifestyle
- Be as active as you are able.

Nutrition Education at Sites

The topic for nutrition education for March and April will tie into the National Nutrition Month theme- "Get a Taste for Nutrition." Glenda Reardon, RD, CDN will be coming to sites with a

display and demonstration on creating healthier salads. Low sodium, low-fat salad dressing recipes will be distributed. Site Directors will post the schedule soon.

Can Memory Loss Be Prevented?

Yes! To some extent it can be prevented. Mike Dollard, Alzheimer's Association recently spoke at our CASE meeting about the risk factors for Alzheimer's Disease. He also told us that a study of 6,000 people determined that for every mile walked per week, there was a 13% decrease in Alzheimer's Disease. Also a 1999 study determined that dementia is 2.5 times more likely if people do not go out and socialize.

He identified the following risk factors for Alzheimer's Disease. Making lifestyle changes and keeping the risk factors under control is extremely important in reducing your risk of memory loss. Risk factors:

- 1. Hypertension**
- 2. High cholesterol**
- 3. High homocysteine levels in blood (Control this by consuming plenty of vitamins B-12 and Folic Acid or folate)**
- 4. Poor Diet**
- 5. Smoking**
- 6. Diabetes (esp. uncontrolled)**
- 7. Isolated and inactive lifestyle**
- 8. Depression**
- 9. Head Trauma**
- 10. Obesity**

NO MEALS: GOOD FRIDAY

March 25th is Good Friday – no meals will be delivered that day to Home Delivered Meal or Congregate Dining participants.