



Healthy Aging Update

Iowa Department on Aging

October 1, 2009

Volume 4, Issue 6

In This Issue

- Iowa Nutrition Program Data
- Notes from MOWAA Conference
- Need for Home Delivered Meals
- Recruiting Volunteers
- Are You Ready for the Flu?
- Nutrition Education- Keep your Food Safe
- Food Safety Training
- Resources

Welcome

This issue of Healthy Aging Update introduces the most recent report of Iowa NAPIS data, highlights notes from the 2009 MOWAA Conference and provides food safety resources for both the meal participants and for meal site kitchens.



Iowa Nutrition Program SFY 09 NAPIS Data

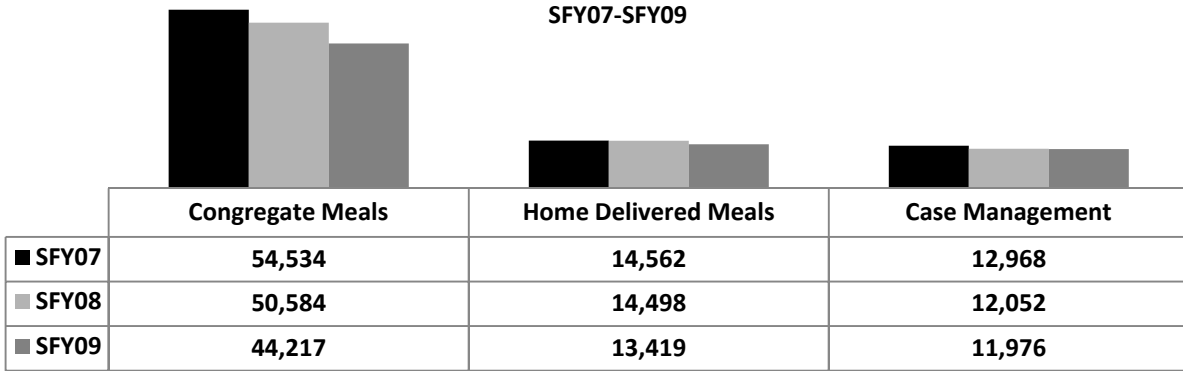
The SFY 2009 NAPIS report is now available on the Iowa Department on Aging website. You may access the report at

<http://www.state.ia.us/elderaffairs/Documents/Reports/NAPIS/SFY09FinalReport.pdf>

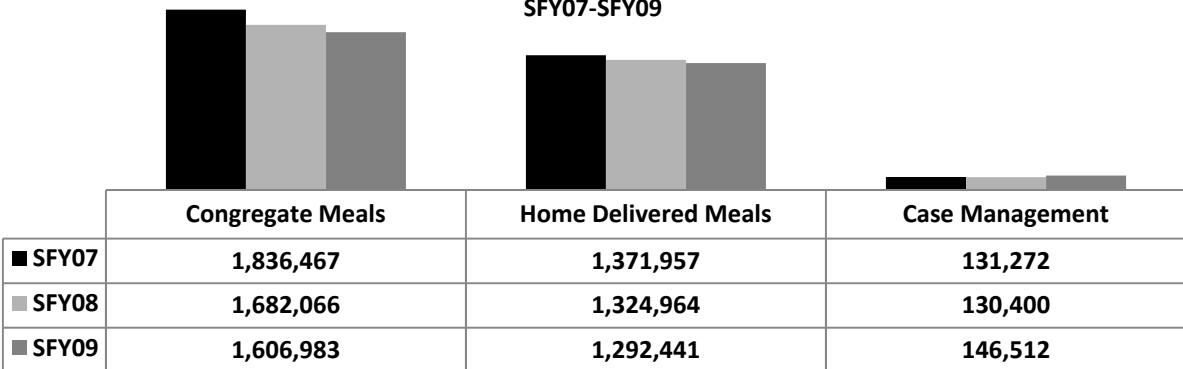
The Iowa nutrition program served nearly 58,000 individuals over the age of 60 in SFY 09. The majority of these individuals have three or more limitations in both activities of daily living (ADLS) and instrumental activities of daily living (IADLS) as well as being at high nutrition risk. The nutrition program helps improve or maintain the nutritional status for 83% of congregate meal participants and 77% of home delivered meal participants. This data illustrates that the Iowa nutrition program is a health and wellness program that has an important role in maintaining older Iowans in their own homes and community. You will find the following information in the report.

Iowa provided congregate meals to 44,217 older Iowans this past year. The number served has declined 19 percent over the past three years. There were 13,419 home delivered meal participants who received meals this past year which represents a decline of 8 percent over the same time frame.

**Chart 2: Unduplicated Client Count
SFY07-SFY09**



**Chart 3: Total Units
SFY07-SFY09**



Total Units				
	SFY07	SFY09	3 yr Change	% Change
Congregate Meals	1,836,467	1,606,983	-229,484	-12%
Home Delivered Meals	1,371,957	1,292,441	-79,516	-6%
Case Management	131,272	146,512	15,240	12%

Notes from the 2009 Meals on Wheels Association of America (MOWAA) Conference

The MOWAA Conference was held September 2-4 in San Diego, California. The following are notes from various presentations. Thank you to Tim Getty of Heritage Area Agency on Aging and Sally Myers from Hawkeye Valley Area Agency on Aging for sharing some of their notes.

- In this economic situation, all current purchasing contracts should be reevaluated to determine if the current price is the best price possible.
- Fundraising is a major key to sustainability of nutrition programs
- Developing a major gifts donor involves:
 - Identification—who is helping other agencies
 - Think of ways they can help

- Be specific as to what the dollars will be used for
- Have your board talk to major donor possibilities
- Even at the federal level, it has become more acceptable for averaging of nutrients over the week. Like for vitamin D, It is difficult for older adults to consume the amount of food sources of the nutrient in one day to achieve the recommended amounts and should be averaged throughout the week.
- Offering choice in both home delivered and congregate meals is key to increasing and maintaining satisfaction.
- In Iowa 1.53-4.29% of older adults suffer from food insecurity.
 - New studies show the determinants of hunger for older adults include: poverty level; being African American or Hispanic; being divorced; age 60-70 years and having a grandchild living in the home. For additional information check out the *Causes and Consequences and Future of Senior Hunger in America* report at <http://www.mowaa.org/Page.aspx?pid=183>
 - See the MOWAA video about the MOWAA Rural Initiative which features Area 14 Area Agency on Aging at <http://www.mowaa.org/Page.aspx?pid=244>
 - Being able to influence others includes having an emotional connection; identifying common issues; listening and paying attention to details of the other person's issues; validation of the feelings of others; sincerity; and helping to identify a solution to problems.
- In efforts to control food production costs, consider optimizing costs rather than minimizing costs in order to maintain quality. This includes:
 - Conduct yield tests: look at two or more brands of the same item, drain and measure both the liquid and product. Compare.
 - Good product specifications are needed for bid purchasing. Information on bid specs can be accessed at http://nutritionandaging.fiu.edu/creative_solutions/bid_specs.asp
 - When comparing prices of products be sure to look at AP (as purchased) vs. EP (edible portion). In some situations AP may seem cheaper but there is considerable loss in preparing the item and what is actually available to be eaten (EP).
 - Have order sheet available to verify deliveries. Use a scale to ensure correct amount is delivered, check temperatures, look at frozen products to make sure it has not be thawed and refrozen.
 - Conduct a physical inventory monthly.

AOA 2008 National Nutrition Program Participant Survey

Question	HD respondents %	Cong respondents %
Meals enabled living at home	93	58
Meal improved health	87	75
Single meal provided ½ or more of total food for day	60	58
Don't always have enough \$ or food stamps to buy food	24	10
Choose between food and medication	16	NA
Choose between food and rent or utility	11	NA

FeelGoodFood Program

This program started in 2006 in four cities and has expanded every year since. It is sponsored and paid for through Humana so there are no government reports and no geographical limits. There are however, monthly reports to complete for MOWAA. This program is designed to reduce post discharge costs by avoiding readmission back into the hospital.

While in the hospital, patients covered by Humana receive a get well card with an 800 phone number to call upon discharge. The names are sorted by zip code and sent to a MOW provider (MOWAA member). The MOW program calls the Humana member and sets up a time to deliver to them a 10-day frozen meal pack. These meals are presently being provided through Traditions. This is a way to get the word out about meals and other supportive services. There is a possibility these folks receiving Humana funded meals will become home delivered or congregate meal clients after their frozen meals are used.

The MOW provider receives payment from the MOWAA for calling the Humana member, delivering the meals or making arrangements to deliver the meals and making follow-up calls. There are different levels of reimbursement based on the delivery area.

Right now FeelGoodFood is provided in the Des Moines area but is expanding to other parts of Iowa to the Hawkeye Valley and Elderbridge areas. Eventually, this program will be available throughout the whole state and the MOWAA is contacting other insurance companies to see if they will join in this program.

NOTE: The FeelGoodFood program is not limited to individuals 60 years of age and older so it is expected that the full program cost for the meal will be reimbursed.



Iowa Administrative Code

7.21(2) Individual assessment. The AAA or the home-delivered meals contractor, subject to AAA approval, shall establish and utilize procedures for the determination of an elder's eligibility for home delivered meals, including specific criteria for:

- a. Initial and subsequent six-month assessments of the elder's eligibility;
- b. Determination of the number of days per week the elder has a need for home-delivered meals;
- and c. Determination of the elder's need for other home-delivered nutrition services.

How is the need for meals and the number of days per week the meals are needed determined? Is it the number of days needed actually the number of days the agency or provider serve meals in that area? The determination of need should include looking closely at the nutritional needs of the individual which might include:

Nutrition risk score on the ten nutrition questions from INAPIS. Individuals with high nutrition risk scores most likely will need more intensive meal service. This might indicate a noon meal seven days a week or even more than one meal a day.

- Supports for providing meals other than home delivered meal consider people usually consume 21 meals per week (3 meals/day x 7 days = 21 meals/ week).
- Ability to do own shopping and cooking or support for doing these tasks.
- If frozen and/or shelf stable meals are being provided, does the assessment include:

- Adequate storage space or freezer space.
- Ability to receive delivery of meals and put them away.
- Ability to open containers and prepare food (operate stove or microwave safety).

Need for meals may also be impacted by fiscal ability to obtain an adequate amount of food. Food insecurity evaluation is generally measured along a continuum by using responses to the Core Food Security Model (CFSM) questions. These validated food security questions can also be used in your assessment of need. The number of affirmative responses, in **bold print**, is used to determine level of food insecurity.

Marginally food secure	1 or more
Food insecure	3 or more

1. “We worried whether our food would run out before we got money to buy more.” Was that true **often, sometimes** or never true for you in the past 12 months?
2. “The food that we bought just didn’t last and we didn’t have the money to get more.” Was that **often, sometimes**, or never true for you in the last 12 months?
3. “We couldn’t afford to eat balanced meals.” Was that **often, sometimes** or never true for you in the last 12 months?
4. In the last 12 months, did you or other adults in the household ever cut the size of your meals or skip meals because there wasn’t enough for food? (**Yes/No**)
5. In the last 12 months, did you ever eat less that you felt you should because there wasn’t enough money for food? (**Yes/No**)
6. (If yes to Question 4) How often did this happen- **almost every month, some months but not every month**, or in only 1 or 2 months?
7. In the last 12 months, were you ever hungry, but didn’t eat, because you could not afford enough food? (**Yes/No**)
8. In the last 12 months, did you lose weight because you didn’t have enough money for food? (**Yes/No**)
9. In the last 12 months did you or other adults in your household ever not eat for a whole day because there wasn’t enough money for food? (**Yes/No**)
10. (If yes to Question 9) How often did this happen-**almost every month, some months but not every month**, or in only 1 or 2 months?

Consider documenting unmet needs for individuals who need seven meals a week and the nutrition program only provides two meals a week or the nutrition program is not able to serve them because they live in the rural areas beyond established delivery route.

Need for other nutrition services might include referral to the Food Assistance Program (food stamps) or nutrition counseling.

Recruiting Volunteers from Barbara Krall, Executive Director of Senior Resources in Muscatine, IA.

In our community, our United Way does a great job in gathering volunteers. The Day of Caring was established by United Way. This year of the 58 Day of Caring projects, 13 were for seniors. Project requests are submitted to United Way. Volunteers based on talents are assigned to teams to work on the projects. One project was at our agency and it included stapling insulation strips in our attic ceiling, painting the basement wall and washing windows. While they were

here, they learned about what we do and got to see our building and staff. It is a great connection to help them understand what volunteers we need. Senior Resources has helped with the United Way planning and had a team participate since the inception three years ago. This project has helped to bring the community together, exposed 602 people to the great feeling of volunteering, and helped them know that volunteers are vital to keep our agencies growing. The feedback from the volunteers has been wonderful.....most all want to do it again. The first year our community had a little over 200 volunteers, the next year we had over 400 and this year it was over 600. Just think how this will introduce people to the needs of the community and potentially to the needs of the nutrition program. I've already had one of the volunteers that worked at Senior Resources come back to see what else they could do!



Sample Volunteer Recruiting Letter

Do you have some free time this summer and are looking for an opportunity to become more involved in your community? The _____ Agency on Aging has a great way for you to make a positive difference in your community. Our Senior Nutrition Program is looking for volunteers to fill a variety of roles. Volunteers at meal sites help:

- Prepare, serve and deliver meals to older lowans participating in the Senior Nutrition Program.
 - Plan and provide activities at local meal sites.
 - Help with cleaning the meal sites.
- Helping seniors in your community receive proper nutrition costs absolutely nothing and the rewards are great – to both you and those you impact.

You don't have to be a superhero or travel half-way around the world to make a difference. You can change the world starting in your own community, making a difference in the lives of your very own neighbors.

If you would like to volunteer with the Senior Nutrition Program this summer or on an ongoing basis, please contact the _____ Agency on Aging at (800) xxx-xxxx. We look forward to your call!

Are You Ready for the Flu?

The Administration on Aging encourages the aging services network to have plans for addressing the challenges that could accompany the upcoming flu season. Among the recommendations from the CDC guidance are the following:

Be prepared to implement multiple measures to protect workers and ensure business continuity.

Identify essential business functions, essential jobs or roles, and critical elements within your supply chains (e.g., raw materials, suppliers, subcontractor services/products, and logistics)

Reasons to Volunteer:

Take the time to make someone's day brighter
 Show pride in your community
 Give back to the seniors who built our communities
 A summer volunteer opportunity for teachers
 Stay active during a lay off or unemployment situation
 Make a difference in someone's life
 Enjoy the personal reward of volunteering
 Have fun!!

required to maintain business operations. Plan for how your business will operate if there is increasing absenteeism or these supply chains are interrupted.

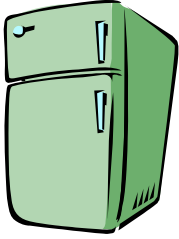
Explore whether you can establish policies and practices, such as flexible worksites (e.g., telecommuting) and flexible work hours (e.g., staggered shifts), when possible, to increase the physical distance among employees and between employees and others if local public health authorities recommend the use of social distancing strategies. Ensure that you have the information technology and infrastructure needed to support multiple workers who may be able to work from home.

Work closely with your local health officials to identify authorities, triggers, and procedures for activating and terminating the company's response plan, altering business operations (e.g., possibly changing or closing operations in affected areas), and transferring business knowledge to key employees.

Please check www.flu.gov periodically for updated guidance. To read the workplace planning guidance, please visit: <http://www.flu.gov/plan/workplaceplanning/guidance.html>
Additional resources can be accessed from the Iowa Department of Public Health such as Fact sheet http://www.idph.state.ia.us/h1n1/common/pdf/general_fact_sheet.pdf
Fact sheet http://www.idph.state.ia.us/h1n1/common/pdf/home_care.pdf

Here is a video clip that is innovative in teaching the proper way to sneeze so as not to pass germs around. It is humorous but makes a good point.

http://www.youtube.com/watch?v=ao7eygoilYs&eurl=http%3A%2F%2Flancaster%2Eunl%2Eedu%2Ffood%2Fhandwashing%2Dvideos%2Eshtml&feature=player_embedded



Keep Your Food Safe

Every year, an estimated 76 million people in the U.S. become ill from harmful bacteria in food. Perhaps foodborne illness has affected you and you did not recognize the common symptoms, which may include an upset stomach, diarrhea, a fever, vomiting, abdominal cramps and dehydration. It can also result in more severe illness or even death. Older adults and individuals with chronic illnesses are at higher risk and need to pay extra attention and carefully follow food safety advice.

There are simple steps to take to avoid the risk of foodborne illness.

Wash hands before and after handling food.

Keep foods out of the Danger Zone: Temperatures between 40° F and 140° F allow bacteria to grow rapidly.

Handle leftovers safely: Refrigerate leftovers promptly. Hot food can be placed directly in the refrigerator. Discard leftovers that have been at room temperature for two or more hours.

Use a refrigerator thermometer to ensure that your refrigerator is at 40° F or below.

Leftovers should be reheated to an internal temperature of at least 165° F. Use a food thermometer to check internal temperature.

When microwaving leftovers, make sure there are no cold spots where bacteria can survive.

Discard leftover food within three to four days even if it does not look or smell bad. "If in doubt, throw it out".

Temperature and time cause bacteria to grow. This is why it is important your refrigerator be cold enough and you do not keep leftovers too long. Make sure your refrigerator is set between 33-40°F. You can check this with an appliance thermometer, sold at most grocery stores and kitchen specialty stores.

Food Safety Training

A study published 9/2009 in the Journal of the American Dietetic Association identifies the need for managerial staff to ensure that staff are compliant with food-safety guidelines. One time food safety training is not adequate. There is a need for ongoing staff food safety training and interventions that encourage more favorable attitudes toward food safety. This includes identifying perceived barriers for complying with food safety guidelines and working to reduce barriers. Management should continuously monitor employees' compliance with food-safety guidelines and provide ongoing training and interventions to improve safety of food and decrease risk of foodborne illnesses.

The following monitoring forms are provided in this newsletter to highlight materials that have been developed by Iowa State University (ISU). Each Area Agency on Aging was previously provided a copy of the ISU CD which contains these monitoring forms along with numerous policies and procedures to help manage the food safety of food service operations.

Chemical Dish Machine Monitoring Form Month_____

Date	Meal	Initials	Wash	Final Rinse	Water Press	Sanitizer Test Strip	Corrective Action
	B L D						
	B L D						
	B L D						
	B L D						

Manual Ware Washing Monitoring Form Month_____

Date	Meal	Initials	Sanitizer Water Temp.	OR Sanitizer Test Strip	Corrective Action
	B L D				
	B L D				
	B L D				
	B L D				

Refrigerator Temperature Record

Location _____ Month _____

Date	Time	Recorded By	External	Internal	Corrective Action

Service Temperature Record

Location _____ Week of _____

Date	Menu Item	Temperature		Temperature		Corrective Action
		Start	Initial	End	Initial	

Iowa Department on Aging Lending Library

Iowa Area Agencies on Aging may request food service training materials. Contact Carlene Russell to request the following materials:

ServSafe

1. Introduction to Food Safety
2. Overview of Foodborne Microorganisms and Allergens
3. Personal Hygiene
4. Purchasing, Receiving, and Storage
5. Preparing, Cooking and Serving
6. Facilities, Cleaning and Sanitizing, and Pest Management

California State Unit on Aging Training Materials (DVD and printed materials)

- Kitchens and Equipment

- Employee Safety
- Home Delivered Meal System
- Managing Human Resources in Food Service
- Controlling Food Production Costs
- Maintaining Quality Food Production

ISU: A Guide to Food Safety (DVD) and Food Safety Word Puzzles

RESOURCES

Health Promotion

- **AfterShingles.com** is an educational resource about shingles and post herpetic neuralgia (PHN), or after-shingles pain, its impact on people's lives and steps to take to help manage this condition.
<http://www.aftershingles.com/>
- **AoA web site has a new look.** There are many new nutrition resources now under the Nutrition Program section. Check them out at
http://www.aoa.gov/AoARoot/AoA_Programs/HCLTC/Nutrition_Services/index.aspx



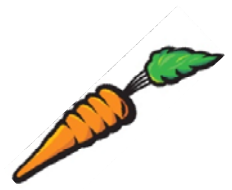
Nutrition

- **Meet the Grain Group** power point presentation has been developed by Nebraska Extension. Download a copy AND view a version we put on YouTube at <http://lancaster.unl.edu/food/grains.shtml>
- **Chef Charles Nutrition Education Materials.** Check out the October newsletter at http://www.idph.state.ia.us/nutritionnetwork/chef_charles.asp
- **Nutrition and Arthritis Brochure has been** developed by Dietitians of Canada in partnership with the Arthritis Society of Canada and is available at this link.
<http://www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=12549>
- **Additional arthritis resources**
<http://www.arthritistoday.org/nutrition-and-weight-loss/index.php>
<http://www.healthfinder.gov/scripts/SearchContext.asp?topic=66>
<http://www.ext.colostate.edu/pubs/COLUMNNN/n060224.html>



Food Safety

- **Iowa Food Code** is the basis of all food establishment inspections since July 1, 2008. The [2005 Iowa Food Code](http://dia.iowa.gov/page3.html) is based upon food safety recommendations developed by the Food and Drug Administration (FDA), in consultation with representatives from the food industry and regulators. <http://dia.iowa.gov/page3.html>



Miscellaneous Resources

- **Emergency Preparedness resources** from USDA can be accessed at: http://www.fsis.usda.gov/Fact_Sheets/Emergency_Preparedness_Fact_Sheets/index.asp



Pick a Better Snack *On the Go* – With Apples!

Halloween is historically a celebration of the end of the harvest season that dates back more than 3,000 years. History also tells us that healthy eating and Halloween are two things you don't often hear much about. Apples have earned respect as a great healthy snack! Think of the last apple you ate – did you know it took the energy from 50 leaves to produce that one apple, which was most likely picked by hand just for you? No tricks involved – apples are a great treat, whether they're fresh, baked, microwaved, sauced or pressed for juice!

There are thousands of varieties of apples that come in all shades of reds, greens and yellows. Each has its own unique taste. Whichever type strikes your fancy; choose apples that are firm without soft or bruised spots or wrinkled skin and a pleasant smell. Always wash apples with cold water before eating. Some apples are waxed to preserve freshness and increase storage time.

Wash. Eat. How easy is that?



Take Apples With You!

- Rent a Halloween movie. Munch on apple slices and popcorn during the thriller.
- Food safety is an issue here – another option: Try a new, food safety friendly, version of bobbing for apples. Cut an apple into slices. Tie one end of a piece of dental floss around each apple slice. Tie the free end of the floss to a broom handle. Have each person, holding their hands behind their back, take a bite of the apple slice as it swings through the air. Use a fresh piece of floss and apple slice with each person.
- Take apples to your party and bring back the whimsical fun of the Classic Apple Dunking! Dump water and apples in a deep pan or half barrel. The apples will float because 25 percent of an apple's volume is air. Without using hands the players pick up an apple with their teeth and get a treat!
- Sliced apples smeared with cream cheese or peanut butter or dipped in yogurt are a great snack when you're in a rush or on a road trip.

Quick Nibbles:

- An average apple tree takes four to five years to produce its first fruit, but once it gets going, it can produce an annual harvest of about 840 lbs. of apples.
- Iowans consume more than 1.3 million bushels of fresh apples each year, with most of those coming from Washington state.
- Every single MacIntosh apple tree has a "family tree" that goes back to the very first MacIntosh, discovered by John MacIntosh growing wild on his farm in Dundas County, Ontario. That tree lived for 90 years.

Pick a **better** snack™ was developed in partnership with the Iowa Nutrition Network and the USDA's Food Stamp Program and Team Nutrition – equal opportunity providers and employers. For more information about the Iowa Nutrition Network or the Chef Charles nutrition education program, call the Iowa Department of Public Health at (800) 532-1579. Note that short articles like the "On the Go with Apples" are on the IDPH web site and are available for use in newsletters or newspapers (http://www.idph.state.ia.us/pickabettersnack/social_marketing.asp).

Our Mission

To provide advocacy, educational, and prevention services to help Iowans remain independent as they age.

IDA provides over \$30 million in services through a network of 13 Area Agencies on Aging across the state. For more information on the Iowa Department on Aging (IDA), visit <http://www.aging.iowa.gov>. To locate resources for older adults and people with disabilities, visit <http://www.lifelonglinks.org/>.

Iowa Department on Aging

Jessie Parker Building, 510 East 12th Street, Suite 2, Des Moines, IA 50319
Carlene Russell, MS RD LD, CSG, DEA Nutrition Program Manager, Email Address:
carlene.russell@iowa.gov