



Healthy Aging Update

Iowa Department on Aging

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Welcome

The Healthy Aging Update is designed to support Iowa Area Agencies on Aging in administering the Nutrition Program. This issue provides information on the Iowa Healthy Links Better Choices and Better Health program and the new MDS Section Q nursing home assessment creates the opportunity for residents to return to the community. Information is provided on a variety of programs that can support the health of older Iowans such as the Live Healthy Iowa 100 day fitness challenge, Iowans Fit for Life activities and Medicare preventive services.



Better Choices/Better Health program sponsored by Iowa Health Links was featured in the Charles City Press.

Area seniors work together to improve one another's health
By Giles Bruce, Staff Writer

A workshop developed at Stanford University to improve the overall wellbeing of older Americans made its debut in Charles City recently. "Better Choices/Better Health," a workshop practiced in 14 countries, just wrapped up a six-week session at the Charles City Senior Center. The program, which started Oct. 8, is designed to help adults 55 or older manage illnesses such as diabetes, stroke and cancer, as well as the feelings of frustration and helplessness that often accompany them. Better Choices/Better Health is a community-based workshop in which participants share ideas and solutions with one another.

"It's about them supporting each other," said instructor Linda Klemesrud. "They help each other out and, as a group, figure out to how to manage their illnesses". The highly interactive workshop ran for 2-1/2 hours once a week. It was co-sponsored by the Senior Center, Floyd County Medical Center and Elderbridge Agency on Aging. Twenty local residents attended the course which is tentatively scheduled to be held again in March. Organizers hope to do it twice a year. There may also be one up coming in Rockford.

"Coming here, listening to them, got me into a better exercise routine," said local resident Elsie Marth. "I've enjoyed it very much."

The goal of the program, in which attendees set and meet weekly goals, is to keep seniors out of nursing homes and the doctor's office. "The purpose is to teach participants how to take back

control of their health and put life back in their lives,” said Iowa Healthy Links Project Director Kay Corriere. “We think this will go toward helping people stay in their own homes and apartments and live fuller lives. It helps them stay independent.”

The workshop can also save seniors money. The average monthly cost of a nursing home in Iowa is \$3,500, while the per-month cost of in-home assistance is \$650, according to the Iowa Department on Aging.

The department also found that the program “reduced emergency room visits, repeat doctor visits, and in one study, hospital night stays,” Corriere said. “And the people had a much better sense that they could take care of themselves in the future.”

Better Choices/Better Health started off as collaboration between the Department on Aging and Iowa Department of Public Health after grant money was made available for the implementation of evidence-based programs. Organizers chose a workshop developed at Stanford University called the Chronic Disease Self-Management Program. It was designed to help seniors deal with issues like frustration, pain and fatigue; figure out appropriate exercise and eating routines; use medications properly; better communicate their conditions with doctors and family members; and evaluate new treatments.

“In just a little over three years, we’ve grown to 66 counties. We started with three,” Corriere said. Participants are glad it made its way to Floyd County. “I never was a very good eater, and I’ve learned that you have to eat at least three good meals a day,” said Charles City resident Elaine Coleman. Carol Litterer and Phyllis Rague, both of Charles City, called the program “interesting.” “We learned a lot,” added Barb Miller, of Charles City.

The class’s ranks consisted of local Foster Grandparents. That’s why, on a recent day, Klemesrud and fellow teacher Darcy Lee presented that program’s director, Mary Litterer, with a copy of the book “Living a Healthy Life With Chronic Conditions,” which is a companion to the workshop. The Foster Grandparents who took the class “have been raving about it,” Litterer said. “They learn so much and can’t wait to go to the next one. We want to encourage other people to do this.”

Jane Becker, who lives south of Charles City, is another senior who benefited from the program. She especially enjoyed how attendees worked through their issues as a group. Many of the participants have arthritis, Becker noted, and through the class, were able to figure out ways to overcome it. “Today, we were talking about depression,” she said after the Nov. 5 class. “We worked through our depression. It’s interesting to see how everyone solves problems.” Figuring out how to relax and overcome stress and isolation is also covered in the workshop, as those feelings are often brought on by illnesses such as high-blood pressure and heart disease. “A senior who was a star athlete in high school but now can’t even walk to the mailbox without getting winded would likely grow frustrated and anxious because of it”, Corriere said.

In addition, the seniors in the workshop also discussed what foods they ate and the importance of drinking water. They were advised to use a pedometer to track their steps; people are supposed to take 10,000 steps a day, the class learned. They were taught that it’s best to go to only one pharmacy and bring a list of all their medications to every doctor visit. The classes are loosely structured and centered around the attendees’ individual health problems.

The workshop, which receives special funding from the Wellmark Foundation, is also being utilized in some places by people in their 30s and 40s struggling with obesity, Corriere said. For more information or to enroll in the next Better Choices/Better Health workshop, call Elderbridge at 800-243-0678. Information can also be found at www.iowahealthylinks.org. "It's been very informative," Becker said of the workshop. "I would recommend anybody taking it. If you have a chance, take it."

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Iowa Administrative Code: 17- 7.17(2) Menus

All certified menus shall be posted in a conspicuous location in each congregate meal site and regularly provided to home-delivered meal recipients. The certified menus may be modified occasionally if the provisions of rule 7.15(231) are maintained and a licensed dietitian or nutrition director is consulted prior to the change.



To demonstrate certification of the menu, the menu must include the dietitian's signature and date.

Nursing Home Discharge Planning

Nursing homes are now required to inquire on the residents' wishes to return to living in the community. Quarterly assessment using the Minimum Data Set (MDS) Section Q include a question where every resident is asked if she/he would like information or to talk to someone about moving out of the nursing home and back into the community.

- If a resident says yes, the nursing home must initiate care planning and may make a referral to a Local Contact Agency (LCA), which will respond by providing information to the resident about community living services and supports.
- Each resident should be meaningfully engaged in his/her discharge and transition plan.
- The nursing home will continue to be responsible for discharge planning as required by state and federal regulations.

This new requirement creates the opportunity for AAAs to ensure that nursing facilities are aware of the community services they provide. For additional information check out Resources About the MDS 3.0 and Section Q at <http://www.ltcombudsman.org/issues/MDS-3.0>.

Another resource is the Eldercare Locator (1-800-677-1116) call center at n4a. As part of the new call center, callers will speak with an Information Specialist who will help connect them to a local agency in their area for information and assistance. Additional information will also be available for callers who have questions about long-term care alternatives, transportation options, caregiver issues and government benefits eligibility. Information is available in Spanish and other languages.

Public Health Needs Assessment

Every five years, local boards of health lead a community-wide discussion with stakeholders about their community's health needs and what might be done about them. This role not only is a standard in the Iowa Public Health Standards, it also is a Local Public Health Services

Contract performance measure. A Community Health Needs Assessment and Health Improvement Plan (CHNA & HIP) report is due on February 26, 2011. The CHNA & HIP Web page (<http://www.idph.state.ia.us/chnahip/default.asp>) provides materials sent to the counties to prepare the 2011 report. AAA's may want to contact local public health offices to inquire about meetings to advocate for the needs of older adults. Local contacts can be found at http://www.idph.state.ia.us/chnahip/common/pdf/lha_contacts.pdf.

Live Healthy Iowa

It is time to start the 2011 Live Healthy Iowa - 100 day wellness challenge. Visit www.livehealthyiowa.org for more information. This is a great opportunity to develop a walking team and focus on healthy eating with AAA staff or meal sites. Five dollar coupons to help with the registration fee will be available in Hy-Vee coupons on-line December 15 and in stores January 4.

Medicaid Long Term and Services Costs FY2011

The Iowa Department of Human Services is budgeting \$114.66 for a day in a nursing facility for the current fiscal year under Medicaid. This equates to a monthly cost of 3,485.66 per month (State share is \$1,044.24).

The average monthly cost for the Medicaid Elderly Waiver is \$658.71 (State share is \$199.26).

Costs of Home Care, Adult Day Health Care, Assisted Living and Nursing Homes

According to a national survey of nearly 13,000 providers, Genworth Financial found that over the past five years, the cost of care among facility-based providers has steadily increased while home care rates have stayed flat overall. The report shows past, current and projected costs for different types of care by state and by metropolitan regions nationwide. <http://genworth.com/costofcare>

Iowa State University Focus Groups

Iowa State University received grant funds for two projects related to congregate meal participants. One is a physical activity program using Wii's. This is currently underway in meal sites around the Ames area. The second part of the grant will support focus groups this spring. The focus groups will include individuals who could be congregate meal participants but are not. The goal is to identify barriers for participation.

Iowans Fit for Life

The Iowa Department of Public Health has had the Iowans Fit for Life program for several years. This program is supported with CDC funding to address obesity. There are several interest groups within the program that working on improving physical activity and nutrition. One of the work groups is the Older Adult work group. Some of the activities include promoting Better Choices/Better Health and Matter of Balance workshops. One of the newest projects is working on developing a falls coalition. Other action steps include encouraging older adults to participate in the Live Health Iowa 100 Day Challenge and developing walking events in May to

celebrate Older Americans Month. The workgroup is also encouraging participation at congregate meals sites to benefit from the healthy meals and possibly exercise programs if offered. Another action step is to encourage congregate meal site menus to include information about the nutrients. Some AAAs are already printing selected nutrients directly on the menu. This could also be done by posting the nutrient analysis beside the menu. The Fit for Life older adult work group is open to anyone interested in working with older adults. If interested, contact co-chairs Tim Getty or Carlene Russell.

Preparing for Winter

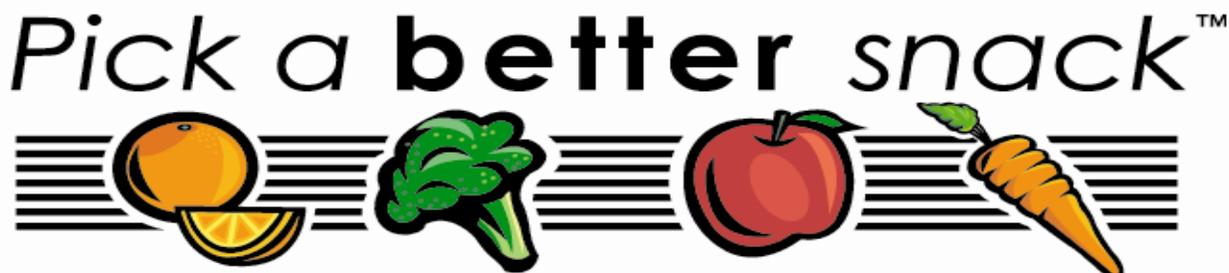
In addition to the suggestions below from Iowa Homeland Security about being prepared for severe winter weather, persons with disabilities, the elderly, and those with children should think and make plans about the following to decrease their risks of injury and loss of independence:

- If you use assistive technology devices or medical devices that use electricity or batteries:
 - Be sure to keep rechargeable batteries fully charged in case electricity is lost.
 - Keep spare batteries on hand.
 - Have back-up, low-tech devices, for example, a manual wheelchair or a communication board.
 - Consider purchasing a generator for your home to provide back-up electricity.
 - Have a plan in place to go somewhere that will have electricity. Consider planning and asking in advance: family, friends, neighbors or a religious organization.
- As possible, keep a 3-day supply of your medicines and consumable medical supplies.
- If the roads are closed, your normal care providers may not be able to make it to your home. Have a plan in place about how you will meet those needs:
 - Have alternatives for the supports and services you receive.
 - Consider asking in advance family, neighbors or friends to be your support network to help provide critical cares or supports. Remember they will need to be able to get to your home if the roads are closed-so closeness is an important factor.
 - Have directions written out or be able to clearly explain procedures.
- If you leave your home to stay somewhere else be sure to take your:
 - Assistive technology devices and related chargers or spare batteries,
 - Medicines,
 - Consumable medical supplies
- If you have a pet or service animal be sure to have emergency supplies and plans for them too!

For more information about emergency preparedness go to www.Ready.gov. There are sections for persons with disabilities, the elderly, families and pet owners.

Heritage Receives Grant

Heritage AAA was selected from 120 applicants in 33 states to participate in The Medicare Diabetes Screening Project (MDSP) to promote the free diabetes screening benefit in Medicare. They received a \$2,500 grant. Congratulations!



Medicare Provides Preventive Services (Page can be used for nutrition education)

Now is the time to get the most out of your Medicare. The best way to stay healthy is to live a healthy lifestyle. You can live a healthy lifestyle and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help. Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases or illnesses. Your Guide to Medicare's Preventive Services can be accessed at <http://www.medicare.gov/Publications/Pubs/pdf/10110.pdf> or visit www.MyMedicare.gov to get direct access to your preventive health information—24 hours a day, every day. Visit the website, sign up, and Medicare will mail you a password to allow you access to your personal Medicare information. By visiting www.MyMedicare.gov, you can see a description of your covered preventive services, the last date that service was performed, and the next date you are eligible for that service.

What can you do to help prevent illness?

You can stay healthy, live longer, and delay or prevent many diseases by doing the following:

- Exercising**—Do any physical activity you enjoy for 20–30 minutes 5 or 6 days a week. Talk to your doctor about the right exercise program for you.
- Eating well**—Eat a healthy diet of different foods like fruits, vegetables, protein (like meat, fish, or beans), and whole grains (like brown rice). You should also limit the amount of saturated fat you eat.

•**Keeping a healthy weight**—Watch your portions, and try to balance the number of calories you eat with the number you burn by exercising.

•**Not smoking**—Talk with your doctor about getting help to quit smoking.

•**Getting preventive services**—Delay or lessen the effects of diseases by getting preventive services like screening tests to find disease early, and shots to keep you from getting dangerous infections.

Preventive Services Covered by Medicare Include:

Abdominal Aortic Aneurysm Screening
Advanced Care Planning
Bone Mass Measurement
Cardiovascular Screening
Colon Cancer Screening
Diabetes Screening
Diabetes Self-Management Training
Flu Shots
Glaucoma Tests
Hepatitis B Shots

HIV Screening
Breast Cancer Screening
Medical Nutrition Therapy Services
Pap Test and Pelvic Exams
Physical Exam
Yearly Wellness Exam
Pneumococcal Shot
Prostate Cancer Screening
Smoking Cessation

RESOURCES

Health Promotion



- **Title III OAA issue brief** examines the effectiveness at reaching adults at higher risk of nursing home placement. The study found that Title III participants were at a higher risk of entering a nursing home compared to others in their age group. The survey also found that a majority of participants felt the programs helped them retain their independence and living in the community. Access brief at http://www.mathematica-mpr.com/publications/PDFs/health/vulnerableseiors_IB1.pdf
- **Nutrition Education Lessons** provided by Iowa State University Extension can be accessed at http://www.extension.org/pages/Families_Food_and_Fitness_Learning_Lessons
- **Walking May Keep Brain from Shrinking in Old Age**
“Walking at least six miles a week may be one thing people can do to keep their brains from shrinking and fight off dementia” (By Anonymous, Reuters Health, October 13, 2010)
<http://www.reutershealth.com/archive/2010/10/13/eline/links/20101013elin016.html>
- **Selecting Fruits and Vegetables**
This is a chart that I found on the CDC site regarding nutrients – could select a different variety of colors from these listings;
http://www.fruitsandveggiesmatter.gov/benefits/nutrient_guide.html

- **Resistant Exercise** Research suggests that the opportunity exists for resistance training (RT) in older adults to prevent, treat, and possibly reverse the impact of some chronic diseases. Well designed progressive programs can have significant affects on the musculoskeletal system resulting in enhanced physical and mental health. A review of research articles review that RT programs can increase muscle mass and strength, reduced risk of osteoporosis and cardiovascular and metabolic disorders; improved management of cancer, neuromuscular disorders, HIV, chronic obstructive pulmonary disease; and reduction in negative mood states. Because of these benefits, many organizations have endorsed RT as an essential component of maintaining health. (Source: Ciccolo, Joseph. *The Role of Resistance Training in the Prevention and Treatment of Chronic Disease*. Am J Lifestyle Medicine. 4:2010).
- **Sodium Training Module:** The Iowa Department of Public Health Heart Disease and Stroke Prevention Program has develop a continue education program on reducing sodium. the program can be accessed at <http://hcproviders.learnpublichealth.com>. They also have a Heart to Heart E Bulletin with a variety of resources at <http://www.idph.state.ia.us/newsletters.asp>
- **Worksite Wellness Toolkit:** The Iowa Department of Public Health and Iowans Fit for Life have created a user-friendly toolkit. It includes usable resources including templates and checklists designed to be easily printed and used by any Iowa employer. Furthermore, the toolkit includes a resource directory so Iowa employers know where to go for even more help to improve wellness in their workplaces. The kit may be downloaded from. http://www.idph.state.ia.us/iowansfitforlife/common/pdf/healthy_worksites_toolkit.pdf.
- **Promoting the Nutrition Program:** MOWAA has unveiled MOW Radio which is an online radio station dedicated to sharing positive information with MOWAA Members nationwide. Go to mowaa.org/radio listen to the show.

Nutrition Education

- At a time when most Americans are not eating enough fruits and vegetables consumers need to know that all forms of food, whether they are canned, fresh or frozen, can contribute to a healthy diet. Educational materials, research facts and tips from the Canned Food Association can be found at www.Mealtime.org including: [Canned Food Myth & Fact Sheet: Separate the myths vs. facts of canned food](#)



Health Care Reform

- **The Check-Up is a health reform newsletter** designed to keep interested Iowans up to date on the progress of health reform initiatives. The October/November edition of The Check-Up is available here: <http://www.idph.state.ia.us/IdphArchive/Archive.aspx?channel=CheckUp>.

Food Insecurity



- **Adequate Food a Problem in 1 in 9 Iowa Households:** The new report indicates 11.5 percent of Iowa households, on average, experienced “food insecurity” during that three-year period, which was dominated by the recent recession. The report, “Household Food Security in the United States, 2009,” found 5 percent of Iowa households on average in 2007-09 to have “very low” food security, a jump from 3.9 percent in 2004-06. A “food insecure” household has difficulty at some time during a year providing adequate food for its members due to a lack of resources. “Very low” food security includes reduction of food intake and disruption of eating patterns. The report can be accessed at www.iowafiscal.org.
- **A USDA study identified that nearly 15 percent of households were food insecure** at least some time during the year, including 5.7 percent with very low food security. In households with very low food security, the food intake of one or more household members was reduced and their eating patterns were disrupted at times during the year because the household lacked money and other resources for food. Prevalence rates remained at the highest recorded levels since 1995. The typical food-secure household spent 33 percent more on food than the typical food-insecure household of the same size and household composition. Fifty-seven percent of all food-insecure households participated in one or more of the three largest Federal food and nutrition assistance programs during the month prior to the 2009 survey. The complete report can be accessed at <http://www.ers.usda.gov/Publications/ERR108/>

Iowa Department on Aging Mission

To provide advocacy, educational, and prevention services for older Iowans, their families and caregivers through partnerships with area agencies and other stakeholders.

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

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