



# Family and Friends Newsletter

## Building Better Bodies: Dairy Foods and Women's Health

Whether a senior, a baby boomer or a member of the younger generation - we are all very much alike when it comes to how nutrition affects our health. By the year 2010, the average American woman will live to be an unprecedented 81 years old.

Now, and in the future, women are embracing lifestyle changes that can help ward off disease and help us attain optimal health. The following summarizes current knowledge on risk factors and the role of diet in diseases that affect women.

### Heart Disease and High Blood Pressure

All heart and blood vessel diseases combined claim more than 480,000 women's lives each year. While age, family history and race are major risk factors women can't change, smoking is the greatest single preventable cause of heart disease.

High blood cholesterol, obesity and high blood pressure also increase a woman's risk.

A recent study suggests that adding certain foods to the diet may lower blood pressure. The DASH (Dietary Approaches to Stop Hypertension) study funded by the National Institutes of Health and recommended by the American Heart Association, showed that diets high in fruits, vegetables and low-fat dairy foods helped lower blood pressure and the risk of heart disease.

### Osteoporosis

Twenty million women have or are at risk of osteoporosis, or "brittle bone" disease. By age 80, women have a 40 percent chance of having at least one spinal fracture.

Age is only one reason why older women have a higher risk for bone disease; exercise and heredity are other factors.

## SPINACH AND STRAWBERRY SUMMER SALAD

### SALAD:

1 lb. fresh spinach,  
washed & dried

1 pt. strawberries,  
washed & halved

1/2 C. pecan halves,  
walnuts or sunflower  
seeds

1 small can Mandarin Oranges, OPTIONAL

### DRESSING:

1/3 c. raspberry vinegar

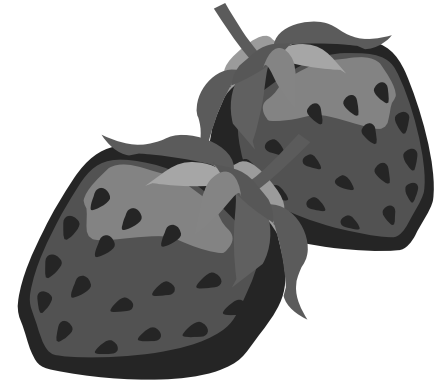
1 tsp. dry mustard

1 tsp. salt

1/2 c. sugar

1 c. vegetable or olive oil

1 1/2 tbsp. poppy seeds



Place spinach, strawberries, nuts and oranges in a large bowl. Mix dressing ingredients together in a separate bowl. Toss dressing with salad mixture. Chill or serve immediately.

Prep: 5 min.  
Start to Finish time:  
10 min.  
Makes 4 servings.



Article	Page
What to Expect When Getting a CAT Scan	3
Live Alone, Eat Healthy	3
Spring Allergies Update	4
Why You Need More Fiber and 6 Easy Ways to Get It	5
Deadline to Pick Drug Plan Looming	6
Social Security "Paydays" Can Differ Depending on Age/Birthday	6
Angioplasty Facts	7
Mouth-Watering Oven-Fried Fish	9
Anxiety	10
Stick to the Lean Cuts	11
Grilled Taco-Barbecue Chicken	11

(Continued from bottom of Page 1)

Many women don't consume enough calcium-rich foods that build bone in early years and prevent bone loss later. The National Institute of Health consensus panel on Optimal

Calcium Intake indicates that the preferred source of calcium is calcium-rich foods, such as milk and dairy foods, which provide about 75 percent of the calcium in the American diet.

Other food sources of calcium include broccoli, almonds, tofu and beans. However, calcium in these foods may not be as well absorbed as that in dairy foods. For example, you would need to eat about 3 cups of broccoli to get the same amount of calcium in one cup of milk.

**Breast Cancer**

Breast cancer strikes an estimated 180,000 women yearly. While women can't change many of the risk factors for breast cancer, like genetic makeup and reproductive cycles, they can change the way they eat and exercise.

To improve breast health, the American Cancer Society recommends women follow a lowfat diet, increase their level of exercise, and maintain a healthy weight.

Animal studies showed that calcium and vitamin D prevented breast tumors by counteracting the effects of a high-fat diet. While there are no current dietary guidelines advising a direct link between dairy consumption and decreased breast cancer, a recent study of more than 48,000 women published in the *International Journal of Cancer* found that the women with the highest intake of milk had less than half the risk of developing breast cancer than the women with the lowest intakes.

**Diet and Exercise are Key**

Women today are motivated to take personal responsibility for their health. To live longer, healthier lives, disease prevention rather than treatment is uppermost on their minds. A nutritious diet coupled with daily physical activity can help reduce the risk of heart disease, hypertension, osteoporosis and breast cancer.

**Dairy Foods - Your Choice for Calcium  
How much do you need?**

Ages 13-18 . . . . .	1,300 mg
Ages 19-50 . . . . .	1,000 mg
Ages 51+ . . . . .	1,200 mg

(Continued on top of this page)

(Continued from bottom of this page)

**Milk, Yogurt & Cheese**

Portion size and Calcium (mg) amount

Yogurt, lowfat plain	1 cup	415
Yogurt, lowfat w/ fruit	1 cup	372
Milk, nonfat, 1%, 2% or whole	1 cup	300
Milk, chocolate, 1%	1 cup	288
Cheese, Swiss	1 oz	272
Cheese, Monterey	1 oz	212
Cheese, mozzarella, part skim	1 oz	207

**Upcoming Alzheimer's Association Events**

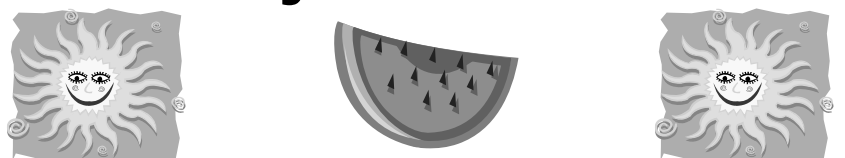
Alzheimer's Caregiver Support Group,  
4th Wed. of each month, 6-7pm,  
Brewer Library, 325 N. Central Av.  
800-272-3900.



Spring is here and Summer is on it's way!

First Day of Summer is

**June 21st!**





**FREE  
Blood Pressure  
Clinics**

Blood pressure clinics will be held at 11:30 a.m. on the following Tuesday dates:

**Town and Country Church—**

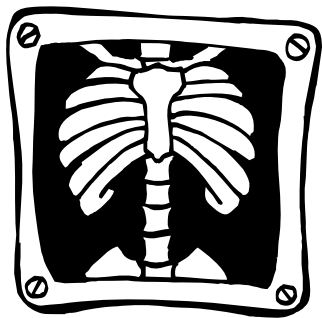
**Viola Meal Site @ old grade school**

For more information on the nutrition site blood pressure clinics, contact the:

**Aging and Disability  
Resource Center at  
608-647-4616**

## What to Expect When Getting a CAT Scan

By: Karen Barrow



If your doctor tells you that you need to have a CAT scan, also known as a computerized axial tomography or CT scan, here's what you should know.

Put simply, a CAT scan takes the science behind an X-ray machine and brings it to another level. During the scan, you lie flat on a table, which moves through a donut-shaped ring. In this ring is an X-ray machine that takes constant pictures as it moves. Because of this circular movement, a CAT scan can compile a three-dimensional picture of your body, while a standard X-ray can only see in two-dimensions. The whole procedure rarely takes more than five minutes.

Often, because your doctor may want to get an image of some of your organs, he may inject a special liquid before the procedure. This "contrast medium" will enhance the image that is produced. However, the contrast medium probably causes the most concern for patients, says Dr. Robert Zimmerman, the executive vice-chair of radiology at New York-Presbyterian Hospital and Weill Cornell Medical Center. A small percentage of patients are allergic to the substances in the medium, causing severe reactions and potentially serious heart problems. Those with allergies to shellfish or iodine may have to switch to an alternate procedure to avoid this risk.

Since they give doctors a full view of your insides, CAT scans are generally used to diagnose more widespread problems than a single broken bone. They can be used to determine the extent of a head injury, osteoporosis and some forms of cancer, along with other, more complex diseases. CAT scans are also used to look for smaller problems that may be missed by a normal X-ray. This includes infection or inflammation of the sinuses and small tumors that may have spread. Sometimes, especially in the case of a sinus CAT scan, you will need to wear special supports to hold your body in the correct position.

While being overexposed to X-rays can cause health problems, the amount that is used in a CAT scan is not enough to cause any problems. To prevent overexposure for your doctor or technician, however, he or she will likely be in a separate room from the CAT scan machine. Usually, this means he is be-

*(Continued from bottom of this page)*

hind a glass window, controlling the scan as you are sent through.

As always, if you have any reason to suspect that you are pregnant, be sure to inform your doctor. If you are breastfeeding, your doctor may suggest waiting 24 hours after a CAT scan to nurse your baby to ensure that the contrast medium is out of your system.

## Live Alone, Eat Healthy



People who live alone are more prone to weight gain and long-term health problems caused by poor eating habits, experts at the American Institute for Cancer Research (AICR) say.

Nearly 26 percent of Americans — 73 million people — live alone. Many of these singles eat prepared foods or spend more time at restaurants than they do eating at home.

Unfortunately, commercially prepared meals often have too many calories, too much fat and sodium, and include too few vegetables and fruits.

The AICR recommends that singles prepare their own meals more often. Cook two large-size recipes on Sunday, store individual servings in the refrigerator or freezer, and you'll have delicious meals to warm up all week when you get home.

**Do you have a friend who cannot read this newsletter because of poor eyesight?**

**This newsletter is available on cassette tape and may be borrowed from the Elderly Services Unit.**

**For more information, call  
608-647-6226**

# Spring Allergies Update



By: Marian Richman, MD

As many as 40 million Americans suffer from allergies, and many more suffer from the common cold. Allergies and colds share many of the same symptoms, and effective

treatment depends on knowing which one you have. But how can you be sure which one you are suffering from? As a family doctor at New York Presbyterian-Columbia, Dr. Marion Richman has seen her share of both maladies. Below, she answers some fundamental questions about making the distinction between allergy and the common cold.

## **Do you find that patients often confuse colds and allergy?**

Definitely. There are just so many overlapping symptoms between the two that it's very easy to confuse them. Doctors confuse them as well.

## **So what is the difference between what causes a cold and an allergy?**

An allergy is an immune response to a substance in the environment that's normally harmless, so it's an inappropriate immune response. A cold is an infection, which is contagious. Ninety-nine percent of the time it is caused by a virus, and very rarely by a bacteria.

## **What are the signs and symptoms of each one?**

The signs that are common to the two are runny nose and nasal congestion. More particular to allergies are the itchy, watery eyes, the clear, runny nose, and the itchy throat. With colds you are more likely to have a fever, and you may have some sinus pain, and the mucus discharge may be a different color, like green or yellow.

## **How can a person tell the difference?**

It's difficult. But if you're getting a cold at the same time every year, or after you visit your cousin who has a cat, you might suspect it's an allergy. There are also some other telltale signs of having an allergy, like if the person also has eczema, itchy skin, asthma, or a history of allergies in their family. A cold usually follows a time course of about seven to

ten days, usually with a predictable series of symptoms. But it is possible that they have identical symptoms.

## **How does a doctor tell them apart?**

Using the same detective work as I mentioned, but sometimes it's trial and error. If the person's coming back to you again and again and the cold remedies that you're recommending aren't working, you can begin to suspect it's an allergy.

## **What are the treatment options for a cold?**

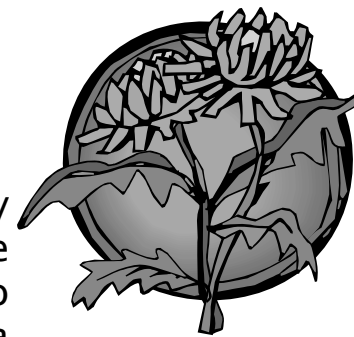
We don't have a cure for the cold, so the treatment options are limited to treating the symptoms. For the congestion there are decongestants. For runny nose there are antihistamines. Cough suppressants can help with a cough.

## **What are the treatment options for allergies?**

Before any kind of medical treatment, it's best to try to modify your lifestyle, to avoid what is causing your allergies. For example, if you're allergic to cats, try to avoid them. Treatment options for allergies are a little broader. You can use the over-the-counter cold remedies. But, the non-sedating antihistamines are a mainstay of allergy treatment. Steroids, which help reduce inflammation, are also used. They can be sprayed into the nose, and we also have oral steroids for very severe allergy sufferers that can be taken for short courses. We also have allergy shots, or immunotherapy, which are used to inject small doses of substances that you are allergic to. The idea is to try to increase the person's tolerance to that substance. Allergy shots are usually reserved for people who have severe allergies.

## **At what point should a person with congestion, runny nose and sneezing see a doctor?**

If it's a cold, it's usually going to follow a time course of about seven to ten days. If you've had a cold for a month, you should go see a doctor. If you have a temperature of over 101 for three days or more, or if you develop ear pain, throat pain, sinus pain, or pain in your teeth, you could be getting an infection, and should see a doctor. If there's any trouble breathing, you should go to the emergency room immediately.



(Continued from bottom of this page)

## Why You Need More Fiber and 6 Easy Ways to Get It

By Elaine Magee, MPH, RD (WebMD Weight Loss Clinic)



### High-fiber foods boost health and help control your weight

Most of us haven't a clue how many grams of fiber we get from our diets in a typical day. Yet for many Americans, this number should be doubled.

A recent American Dietetic Association position paper reported that most of us don't even come close to the recommended intake of 20 grams to 35 grams of fiber a day. Americans' mean fiber intake is about half that -- 14-15 grams a day.

That's not surprising when you consider that we get fiber from 'roughage' like fruits, vegetables, whole grains, nuts/seeds, and beans. The typical American isn't exactly loading his or her plate with these foods (you'd be hard-pressed to find a fruit, vegetable, whole grain, or bean in your average fast-food value meal).

### Why Is Fiber so Good for Us?

Eating a higher-fiber diet has been shown to lower blood cholesterol levels, improve and prevent constipation, and slow digestion. And according to Barbara Rolls, PhD, author of *The Volumetrics Eating Plan*, fiber can help us eat less -- and lose weight.

"Simply doubling the amount of fiber you eat from the average of 15 grams per day to around 30 grams helps reduce calorie intake," Rolls explains. "Fiber has been shown to increase satiety, not only by lowering the energy density of foods (that is, how many calories they have per serving) but also by slowing the rate that foods pass through the digestive systems."

When you increase dietary fiber, do it gradually to avoid gastric distress, and to drink plenty of fluid (8 cups per day) to avoid constipation.

Joanne Slavin, PhD, an obesity researcher with the University of Minnesota, says dietary fiber not only makes us feel fuller, but reduces digestibility. Some studies have shown that large amounts of fiber in the diet can help regulate blood glucose and insulin. These may be reasons why people who eat higher-fiber diets tend to weigh less and are less prone to gain weight as they age.

"The best protection is at the highest fiber intakes -- at least 25 grams a day recommended for women," says Slavin.

The research findings on fiber's benefits keep pouring in. Some recent studies have shown that:

- Eating a higher-fiber diet, as part of an overall healthful lifestyle, may play a role in a healthful BMI (body mass index). One study found that women who ate more whole grains and total fiber consistently gained less weight over 12 years than those who ate less fiber and whole grains. Another study found that women with low-fiber, high-fat diets were more likely to be overweight than those following high-fiber, low-fat diets. "Weight control advice for American women should place greater emphasis on consumption of fiber," notes one of the study's researchers, Megan McCrory, PhD.
- A high-fiber diet may reduce your risk of colon cancer. If populations with a low average fiber intake suddenly doubled their fiber by making wiser food choices, they could lower their risk of colon cancer by 40%, according to a study involving data collected from 10 European countries. A recent National Cancer Institute study also linked high fiber intakes to a lower risk of colorectal cancer. This was especially true for fiber from grains, cereals, and fruits.
- Fiber may reduce the risk of type 2 diabetes. Those who ate a diet high in refined carbohydrates and low in cereal fiber were more likely to increase their risk of type 2 diabetes, according to a recent study. And a recent Finish study showed that as whole grain and cereal fiber intake increased, the risk of type 2 diabetes seemed to decrease. But it may not just be all about the fiber in this case; high-fiber foods are also rich in important micronutrients. That's why it's better to concentrate on including whole plant foods in your diet than to take a fiber pill or supplement.

Fiber intake has also been linked with the metabolic syndrome, a series of factors that increase the chances of developing heart disease and diabetes, in some instances including:

- Higher intakes of fiber (from cereal and whole-grain products) were linked with a slower build up of cho-



## “Red Tape Cutter” Pages

Presented by your local Elderly Benefit Specialist—Joanne Welsh with the Richland County Health & Human Services—Elderly Services Unit.

### Deadline to Pick Drug Plan Looming



By: Bruce W. Schultz  
Social Security Public Affairs Specialist

Medicare beneficiaries who have not yet enrolled in the new Medicare Prescription Drug program should consider putting this cost-savings opportunity at the very top of their “things to do” list. **The deadline for initial enrollment in the Medicare Prescription Drug program ends on May 15, 2006.** And Medicare beneficiaries who have limited income and resources can maximize their cost-savings by also applying for extra help that is available to pay for part of the monthly premiums, annual deductibles and prescription co-payments under the new prescription drug program. That extra help could be worth an average of \$2,100 per year for those who qualify.

Could you qualify for the extra help?

You may if your annual income is below \$14,700 (\$19,800 for a married couple living together) and you have resources totaling no more than \$10,000 (\$20,000 for a married couple living together). Resources include such things as bank accounts, stocks and bonds, but do not include your house and car. And resources can be slightly higher if you will use some of your money for burial expenses.

Because time is running short, you need to act now. If you think that you might qualify for the extra help, you can complete an online application at [www.socialsecurity.gov](http://www.socialsecurity.gov). Or, you can call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for an application. If you prefer, we can help you complete one over the phone. You also can visit your local Social Security office. Someone there can help you complete an application.

After you apply, Social Security will review your application and let you know if you qualify for the extra help. If you qualify, you will then need to enroll in a Medicare-approved prescription drug plan to get help with your prescription costs.

So remember: it is not too late to sign-up to participate in the new Medicare Prescrip-

(Continued in middle of Page 7)

### SOCIAL SECURITY “PAYDAYS” CAN DIFFER DEPENDING ON AGE, BIRTHDAY



By: Bruce W. Schultz  
Social Security Public Affairs Specialist

Payday is always an important date on your personal calendar, whether you get paid every week, every other week or every month.

For more than six decades, the “payday” marked on the calendars of all Social Security beneficiaries was the third of the month. Since May 1997, that “payday” has fallen on any of several different dates.

Here’s a primer on how the Social Security “payday” system works.

Everyone who was receiving a Social Security benefit payment before the spring of 1997 still gets paid on the third of the month. But since 1997, folks who become newly eligible for Social Security benefits get payments on either the second, third or fourth Wednesday of each month.

The decision to “stagger” benefit payments was made to improve beneficiary service, and to ease the pressure on banks and the post office that came from having millions of benefit payments sent on just one day each month.

Generally, the day in the month that you get benefit payments from Social Security depends on the birth date of the person on whose record you receive benefits. If you get benefits as a retired or disabled worker, your payment date will be determined by your own birth date. If you receive benefits as a spouse, your benefit payment date will be determined by your spouse’s birth date.

Here’s how it now works for any Social Security claims filed since May 1997. If your birthday falls on the 1<sup>st</sup> through 10<sup>th</sup>, your benefits are paid on the second Wednesday of each month. If your birthday falls on the 11<sup>th</sup> through 20<sup>th</sup>, your benefits are paid on the third Wednesday of each month. And benefits are paid on the fourth Wednesday for anyone whose birthday is the 21<sup>st</sup> through 31<sup>st</sup>.

(Continued on top of Page 7)

*(Continued from bottom of Page 6)*

It is also important that people remember there is a difference between Social Security and the Supplemental Security Income (SSI) program. All SSI payments still usually arrive on the first day of the month. If you are receiving both SSI and Social Security benefits, your Social Security payment will normally arrive on the third.

But your personal payday calendar can get a bit more complicated because the "payment days" are not always the first for SSI beneficiaries or the third for Social Security beneficiaries who filed before May 1997. If the first or third day of the month falls on a weekend or holiday, benefits are paid on the closest previous banking day.

You can probably simplify your understanding of all this by looking at the user-friendly, easy-to-read online version of the Social Security benefit calendar at [www.socialsecurity.gov/pubs/2006calendar.htm](http://www.socialsecurity.gov/pubs/2006calendar.htm). Or you can get a free printed copy by calling 1-800-772-1213 and asking for the publication, *Schedule of Social Security Benefit Payments*



*(Continued from bottom of Page 6)*

tion Drug program, or to see if you qualify for extra help in meeting the costs of the new program. But to take advantage of these opportunities, you must act now.

For more help in choosing a Medicare Prescription Drug Plan, contact your County or Tribal Benefit Specialist.

*Bruce Schultz is the Public Affairs Specialist for Northern Wisconsin. You can contact Bruce at 352 Grand Avenue, Wausau, Wisconsin 54403 or via email at [bruce.schultz@ssa.gov](mailto:bruce.schultz@ssa.gov)*

**Important Phone Numbers:**

Social Security Administration  
1-800-772-1213  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

Medicare  
1-800-633-4227  
[www.medicare.gov](http://www.medicare.gov)

Wisconsin Prescription Drug helpline:  
Age 60 or older, 1-866-456-8211  
Under age 60, 1-800-926-4862  
[www.wismedrx.org](http://www.wismedrx.org)

TRICARE Program  
(for Veterans and dependents)  
1-888-363-5433  
[www.tricare.osd.mil](http://www.tricare.osd.mil)

## Angioplasty Facts



Angioplasty was first used in 1977 to treat coronary artery disease (CAD). CAD develops over time as fatty deposits, called plaque, build up on the inside walls of the coronary arteries. The buildup of plaque narrows the arteries, reducing the flow of blood to the heart, which is called atherosclerosis.

During angioplasty, a tiny balloon is used to open or widen narrowed or clogged blood vessels in the heart. Since 1977, new devices and medications have improved the procedure and made it appropriate for more people. The improvements include:

- **Stents:** A stent is a tiny mesh tube that looks like a small spring. It is inserted in the area where the artery is narrowed to keep it open. Some stents are "coated" with medication to help prevent the artery from closing again. Most people will have a stent placed unless the artery is too small. When a stent is placed, only two out of every 10 people have the artery close again in the first six months. When a stent is not used, four out of 10 people have the artery close again in the first six months.
- **Plaque removers:** These devices are used to cut away plaque that narrows the inside of the arteries. There are many kinds.
- **Laser:** A laser is used to dissolve or vaporize plaque. The first laser device was approved in 1992. It is used in many major U.S. medical centers.

Today, over 1 million people in the U.S. receive angioplasty each year.

## Dairy Haiku [www.dairylama.com](http://www.dairylama.com)

my beagle loves cheese  
yellow or white, cubed or shredded  
counter surfs for cheese

A skinny cow is  
not called a milk cow, But just  
a piece of string cheese

White yellow orangeish  
pick one it doesnt matter  
all cheese is healthy

*(Continued from bottom of Page 5)*

lesterol filled plaque of the arteries in postmenopausal women with coronary artery disease. In another study, in men and women aged 40-60 and free of heart disease, viscous fiber (especially pectin, the type of soluble fiber found in apples) appeared to protect against the progression of atherosclerosis in neck arteries.

- High intakes of oat fiber appeared to have a protective effect on the heart, by lowering LDL "bad" cholesterol without decreasing HDL "good" cholesterol.

## The 2 Types of Fiber

Though both have health benefits, there's a difference between the insoluble, type of fiber found in whole grains, carrots, tomatoes, and lettuce, and the softer, water-soluble type found in oatmeal, pears, strawberries, and apples. Soluble or viscous fiber is the softer type that dissolves in water.

When digested, it forms a gel-like material that helps prevent cholesterol and saturated fats from entering the bloodstream, where they can collect and form plaques on artery walls. This type of fiber is also thought to help minimize the rise in blood sugar levels after a meal, which is particularly helpful for people with diabetes.

This type of fiber comes from: beans (they have both types of fiber), oatmeal and oat bran, some fruits (apples, mangoes, plums, kiwi, pears, blackberries, strawberries, raspberries, peaches, citrus fruits, dried apricots, prunes, and figs), and some vegetables (dried peas, beans, and lentils).

Insoluble fiber doesn't dissolve in water. It helps keep bowel movements regular, and may reduce the risk of colon problems. It may also reduce the risk of hemorrhoids, varicose veins, and obesity (by making us feel full).

Insoluble fiber is found in: Whole-wheat grain and wheat bran, brown rice, bulgur, seeds, and vegetables (carrots, cucumbers, zucchini, celery, and tomatoes).

## 6 Ways to Get More Fiber

So how do you get more fiber into your daily diet? Here are six painless ways to work in 25 grams a day -- the recommended amount for someone eating 2,000 calories a day.

Before you start, keep a few things in mind: When you increase fiber, you should increase your water intake along with it. Add fiber gradually to give your gastrointestinal tract time to adapt. And if you have gastrointestinal diseases, including constipation, check with your doctor first.

*(Continued on top of this page)*

*(Continued from bottom of this page)*

## 1. Go for whole grains whenever possible.

- 2 slices of whole-wheat bread = 4 grams of fiber
- 1 cup of cooked brown rice = 4 grams of fiber
- Reduced-Fat Triscuit crackers = 3 grams



## 2. Choose the right breakfast cereals.

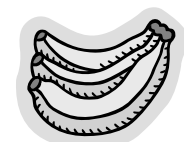
- 1 cup Raisin Bran = 7.5 grams of fiber
- 1 cup Quaker Squares Baked in Cinnamon = 5 grams
- 1 cup Frosted Shredded Wheat Spoon Size = 5 grams
- 3/4 cup cooked oatmeal = 3 grams

## 3. Eat beans a few times a week.

- 1 cup of canned minestrone soup = about 5 grams fiber
- 1/2 cup vegetarian or fat-free refried beans, used to make microwave nachos = about 6 grams
- 1/4 cup kidney beans, added to a green salad = 3 grams fiber
- Bean burrito at Taco Bell (or made at home) = 8 grams

## 4. Have several servings of fruit per day. You can add it to your morning meal, enjoy it as a snack, and garnish your dinner plate with it. Or have it with -- or instead of -- dessert.

- 1 large apple = 4 grams of fiber
- 1 banana = 3 grams
- 1 pear = 4 grams
- 1 cup strawberries = 4 grams



## 5. Every day, stir a tablespoon of ground flaxseed into your smoothie, soup, casserole, etc. One tablespoon will boost your daily fiber by 3 grams. Flaxseed contains a balance of soluble and insoluble fiber, too.

## 6. Have several servings of vegetables per day.

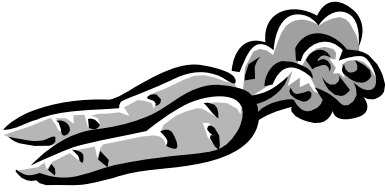
Include a vegetable with lunch, have raw veggies as an afternoon snack or pre-dinner appetizer, and enjoy a big helping with dinner. Make a point of enjoying vegetarian entrees several times a week.

- 1 cup carrot slices, cooked = 5 grams of fiber
- 1 cup cooked broccoli = 4.5 grams



*(Continued on top of Page 9)*

(Continued from bottom of Page 8)



- 1 cup raw carrots = 4 grams
- 1 sweet potato = 4 grams
- 1 cup cauliflower, cooked = 3 grams
- 2 cups raw spinach leaves = 3 grams

SOURCES: *Journal of the American Dietetic Association*, September 2005. *American Journal of Clinical Nutrition*, August 2002, March 2003, November 2003, December 2003, and August 2004. *American Heart Journal*, July 2005. U.S. Department of Agriculture Nutrient Database. ESHA Food Processor II. Barbara Rolls, PhD, author, *The Volumetrics Weight-Control Plan* and *The Volumetrics Eating Plan*; and professor, nutritional sciences, Pennsylvania State University, State College, Pa. Joanne Slavin, PhD, RD, nutrition researcher, University of Minnesota, St. Paul, Minn. Megan McCrory, PhD, research associate professor, School of Nutrition and Exercise Science, Bastyr University, Kenmore, Wash.

## Seniors Surfing the Web?

Here are some senior friendly sites!

**Suddenly Senior**—A place for everyone who's become senior before their time  
<http://www.suddenlysenior.com>

**Senior Resources**—Wisconsin's complete senior resource listing  
<http://magazine.seniorresourcesonline.com>

**Welcome to Richland County Government Online**  
<http://www.co.richland.wi.us/>

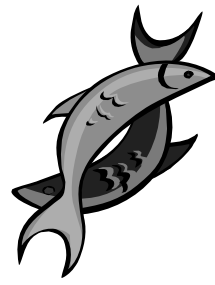
**WELCOME To The CITY OF RICHLAND CENTER!** - 450 South Main Street  
<http://www.ci.richland-center.wi.us>

**Wisconsin AARP Home Page**  
<http://www.aarp.org/states/wi/>

**The Official U.S. Government Site for People with Medicare**  
<http://www.Medicare.gov>

**Welcome to Medicaid Site for Consumer Information**  
<http://www.cms.hhs.gov/medicaid/consumer.asp>

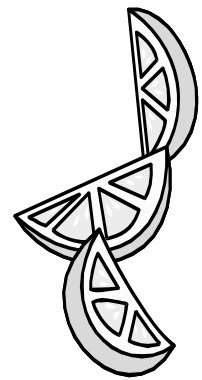
## Mouth-Watering Oven-Fried Fish



*For variety, try this heart-healthy fish recipe with any kind of fish.*

- |         |  |
|---------|--|
| 2 lbs.  | fish fillets                                 |
| 1 Tbsp  | lemon juice, fresh                           |
| 1/4 cup | skim milk or 1% buttermilk                   |
| 2 drops | hot pepper sauce                             |
| 1 tsp   | garlic, fresh, minced                        |
| 1/4 tsp | white pepper, ground                         |
| 1/4 tsp | salt   |
| 1/4 tsp | onion powder                                 |
| 1/2 cup | cornflakes, crumbled or regular bread crumbs |
| 1 Tbsp  | vegetable oil (for greasing baking dish)     |
| 1       | Lemon, fresh, cut in wedges                  |

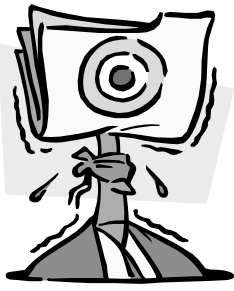
1. Preheat oven to 475° F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot pepper sauce, and garlic.
4. Combine pepper, salt, and onion powder with cornflake crumbs and place on a plate.
5. Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.



Makes 6 servings--Serving size: 1 cut piece  
 Calories 183  
 Fat 2 g  
 Saturated fat less than 1 g  
 Cholesterol 80 mg  
 Sodium 325 mg

# Anxiety

## Anxiety: Know When to Get Help



Are you overwhelmed by fear, panic attacks, or obsessive thoughts? If so, you may be dealing with Generalized Anxiety Disorder (GAD), a real illness that can be treated with medicine and therapy.

Consider the following statements. If you've had any of these problems consistently over the last six months, you might have GAD:

- I never stop worrying about things big and small.
- I have headaches and other aches and pains for no reason.
- I am often tense and have trouble relaxing.
- I have trouble keeping my mind on one thing.
- I get crabby or grouchy.
- I have trouble falling asleep or staying asleep.
- I sweat and have hot flashes.
- I sometimes have a lump in my throat or feel like I need to throw up when I am worried.

If you think you may have GAD, contact your health care provider to discuss your symptoms and treatment options.

## Anxiety Meds: Ask and Tell

After being diagnosed with an anxiety disorder, your doctor may prescribe medication to treat your symptoms. Before taking the drugs, you may want to talk with your doctor so you'll know what to expect from the medication. Here are some questions to ask about anxiety drugs:

- Ask your doctor to tell you about the effects and side effects of the drug he or she is prescribing.
- Tell your doctor about any alternative therapies or over-the-counter medications you are using.
- Ask your doctor when and how the medication will be stopped. Some drugs can't be stopped abruptly; they have to be tapered slowly under a physician's supervision.
- Be aware that some medications are effective in anxiety disorders only as long as they are taken regularly, and symptoms may occur again when the

medications are discontinued.

- Work together with your doctor to determine the right dosage of the right medication to treat your anxiety disorder.

## Spotting Anxiety Disorders

Anxiety disorders, as a group, are the most common mental condition in America. More than 19 million American adults are affected by these debilitating illnesses each year, and children and adolescents can also develop anxiety disorders. There are several anxiety disorders that affect people in different ways and show different symptoms.

**Panic Disorder** — Repeated episodes of intense fear that strike often and without warning. Physical symptoms include chest pain, heart palpitations, shortness of breath, dizziness, abdominal distress, feelings of unreality, and fear of dying.

**Obsessive-Compulsive Disorder** — Repeated, unwanted thoughts or compulsive behaviors that seem impossible to stop or control.

**Post-Traumatic Stress Disorder** — Persistent symptoms that occur after experiencing or witnessing a traumatic event such as rape or other criminal assault, war, child abuse, natural or human-caused disasters, or crashes. Nightmares, flashbacks, numbing of emotions, depression, and feeling angry, irritable or distracted and being easily startled are common. Family members of victims can also develop this disorder.

**Phobias** — Two major types of phobias are social phobia and specific phobia. People with social phobia have an overwhelming and disabling fear of scrutiny, embarrassment, or humiliation in social situations, which leads to avoidance of many potentially pleasurable and meaningful activities. People with specific phobia experience extreme, disabling, and irrational fear of something that poses little or no actual danger; the fear leads to avoidance of objects or situations and can cause people to limit their lives unnecessarily.

**Generalized Anxiety Disorder** — Constant, exaggerated worrisome thoughts and tension about everyday events and activities, lasting at least six months. Almost always anticipating the worst even though there is little reason to expect it; accompanied by physical symptoms, such as fatigue, trembling, muscle tension, headache, or nausea.

## Stick to the Lean Cuts



Are some cuts of meat less fatty than others? Definitely. And less fat can mean lower cholesterol. Making relatively easy changes in your diet can have a big impact on

your health. By picking out cuts of meat with less fat you'll be making good, heart-healthy choices. Here's a guide to the meats that are lower in fat.

**Beef:** Top round, eye of round, round steak, rump roast, sirloin tip, short loin, strip steak lean, lean and extra lean ground beef

**Pork:** Tenderloin, sirloin roast or chop, center-cut loin chops

**Lamb:** Foreshank, leg roast, leg chop, loin chop

## Grilled Taco-Barbecue Chicken

*Chicken cooked on a contact grill smokes with speed. Grilled chicken is ready in about the same time you use to heat the barbecue sauce!*



- 2 tablespoons Old El Paso® taco seasoning mix (from 1.25-oz envelope)
- 1 teaspoon dried oregano leaves
- 4 boneless skinless chicken breasts (about 1 1/4 lb)
- 1 tablespoon olive or vegetable oil
- 1/2 cup barbecue sauce
- 1/4 cup chili sauce
- 1 teaspoon ground cumin

1. Heat closed medium-size contact grill for 5 minutes. In shallow bowl, mix taco seasoning mix and oregano. Brush chicken with oil; coat with taco seasoning mixture. Place chicken on grill. Close grill. Grill 4 to 6 minutes or until juice of chicken is clear when center of thickest part is cut (170°F). **Oven Directions:** Heat oven to 375°F. Line shallow baking pan with foil or spray with cooking spray. Place coated chicken in pan. Bake 25 to 30 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).

2. Meanwhile, in 1-quart saucepan, heat barbecue sauce, chili sauce and cumin to boiling over medium-low heat, stirring occasionally. Serve sauce with chicken.

Prep: 10 min  
Start to Finish: 10 min  
Makes 4 servings

## Ole and Lena Jokes...

Ole and Lena were so excited to get a new cellular phone. Ole was to call when he was on his way home from town. Ole called Lena when he entered the freeway. "Lena put supper on, I'm on my way home."

Lena says, "Be careful because I hear some nut is driving the wrong way on the freeway."

"It's worse than that Lena, where I'm at there are a hundred cars going the wrong way!"



Ole bought Lena a piano for her birthday. A few weeks later, Lars inquired how she was doing with it.

"Oh," said Ole, "I persuaded her to switch to a clarinet."

"How come?" asked Lars.

"Vell," Ole answered, "because with a clarinet, she can't sing."

Ole died. So Lena went to the local paper to put a notice in the obituaries. The gentleman at the counter, after offering his condolences, asked Lena what she would like to say about Ole.

Lena replied, "You yust put 'Ole died'."

The gentleman, somewhat perplexed, said, "That's it? Just 'Ole died?' Surely, there must be something more you'd like to say about Ole. If its money you're concerned about, the first five words are free. We must say something more."

So Lena pondered for a few minutes and finally said, "O.K. You put 'Ole died. Boat for sale.' "

This newsletter is prepared and submitted six times yearly to the residents of Richland County by Health and Human Services.

Editors are Patrick Metz and Angie Gault.

All questions regarding this newsletter should be addressed to:

Patrick Metz, Business Manager

1000 US Highway 14 W

Richland Center, WI 53581

(608) 647-6384


metzp@co.richland.wi.us

To view this newsletter as well as past editions of this newsletter go to our website.

<http://co.richland.wi.us/departments/hhs/newsletter/index.html>

# MAY, 2006

Occasionally, it is necessary to make changes in the menus. All meals are served with bread and milk. Please call the meal site for reservations at least one day in advance.

<b>1</b> Ham, Sweet Potatoes, Peas, Mixed Fruit Cup	<b>2</b> Chicken, Biscuit, Mixed Vegetables, Cottage Cheese, Pineapple, Sugar Cookie	<b>3</b> Roast Beef, Mashed Potatoes & Gravy, Corn, Fruited Jell-O/Topping	<b>4</b> Pork Chop, Au gratin Potatoes, Carrots, Apple Dessert	<b>5</b> Spaghetti & Meat Sauce, Soft Bread Sticks, tossed Salad, Peaches
<b>8</b> Kielbasa, Macaroni & Cheese, Beets, Pears	<b>9</b> Meat Loaf, Baked Potato, Sour Cream, Stewed Tomatoes, Apple- sauce	<b>10</b> Baked Chicken, Mashed Potatoes/ Gravy, California Blend Vegetables, Fruit Crisp	<b>11</b> Chop Suey/ Rice, Oriental Blend Vegetables, Cooks Choice Salad, Cook's Choice Dessert	<b>12</b> Baked Fish, Potatoes, Green Beans, Lemon Bar
<b>15</b> Chicken Filet, Bun, Potato Wedges, Baked Beans, Mandarin Oranges	<b>16</b> Salisbury Steak, Mashed Potatoes/Gravy, Mixed Vegetables, Angel Food Cake w/ Strawberries/Topping	<b>17</b> Roast Pork, Potatoes, Asparagus, Applesauce Gelatin	<b>18</b> Beef Stew, Baking Powder Biscuit w/ Honey, Cabbage Salad, Apricots	<b>19</b> Glazed Chicken, Baked Potato w/Sour Cream, Peas, Rhubarb Dessert
<b>22</b> Ham, Scalloped Potatoes, Green Beans, Peaches	<b>23</b> Lasagna, Garlic Bread, Tossed Salad, Cook's Choice Fruit	<b>24</b> Roast Turkey, Mashed Potatoes, Gravy, Peas & Carrots, Cranberries, Pumpkin Bar	<b>25</b> Pork Cutlet, Cheesy Au gratin Potatoes, California Blend Vegetables, Molasses Cookie	<b>26</b> Bar-B-Q Ribs, Baked Potato/ Sour Cream, Corn, Cabbage Salad, Pudding
<b>29</b> Sites Closed 	<b>30</b> Hamburger/Bun, Cheese/Pickles, Potato Salad, Baked Beans, Cookie	<b>31</b> Swiss Steak, Mashed Potatoes & Gravy, Carrots, Cook's Choice Cake	<b>Richland County Nutrition Program</b>  <u>Tip of the Month</u> – Mash half an avocado with a fork until it's smooth. Stir in an 8 oz. Tub of plain hummus and 1 teaspoon ground cumin. Add juice of ½ of 1 lime or lemon. Scoop up with tortilla or pita chips.	

## Richland County Health & Human Services Elderly Services—Nutrition Program

**For information (or reservations) about the Nutrition Program, please call:**  
**Germantown** - Judy Thompson @ 983-2786 @ 11:45 am; **Richland Center—Town & Country Presbyterian Church** - Paula White @ 647-2323 @ 11:45 am; **Viola** - Lorraine White @ 627-1869 @ 11:30 am;  
**Boaz** - **Karen's Supper Club** - Serve on Wednesdays ONLY at 11:30 am - 536-3792

# JUNE, 2006

Occasionally, it is necessary to make changes in the menus. All meals are served with bread and milk. Please call the meal site for reservations at least one day in advance.

Richland County Nutrition Program	<u>Tip of the Month</u> – Lightly steam trimmed asparagus stalks for 3 minutes. Plunge them into cold water, drain and lightly sprinkle with rice wine vinegar and lemon zest. Chill and serve or pack in your lunchbox.		<b>1</b> Turkey/Noodles, Cheese Bread, 7 Layer Salad, Peaches	<b>2</b> Crispy Baked Fish, Potatoes, Cabbage Salad, Rye Bread, Lemon Bar
<b>5</b> Chili/Goulash, Corn Bread/Honey, Cottage Cheese, Mixed Fruit	<b>6</b> Meat Loaf, Baked Potatoes, Sour Cream, Corn, Toll House Bar	<b>7</b> Baked Chicken, Mashed Potatoes, Gravy, Carrots, Striped Delight Torte	<b>8</b> Pork Chop, Cheesy Hashbrown Potatoes, Beets, Applesauce Gelatin	<b>9</b> Beef Bar-B-Q, Bun, Calico Beans, Potato Wedges, Relishes, Strawberry Shortcake
<b>12</b> Ham, Sweet Potatoes, Peas, Cook's Choice Dessert	<b>13</b> Swedish Meatballs, Noodles, Corn, Fruited Jell-O w/ Topping	<b>14</b> Roast Pork, Potatoes, California Blend Vegetables, Apple Crisp	<b>15</b> Glazed Chicken, Baked Potato, Sour Cream, Green Beans, Pears	<b>16</b> Fish Square, Bun, Tartar Sauce, Potato Casserole, Cabbage Salad, Cottage Cheese w/Pineapple
<b>19</b> Chicken ala King, Baking Powder Biscuit, Peas, Peaches	<b>20</b> Pork Cutlet, Parsley Potatoes, Green Bean Casserole, Mixed Fruit	<b>21</b> Lasagna, Soft Bread Sticks, Tossed Salad, Cook's Choice Dessert	<b>22</b> Baked Chicken, Mashed Potatoes & Gravy, Carrots, Three Bean Salad, Cookie	<b>23</b> Bar-B-Q Ribs, Baked Potato, Sour Cream, Asparagus, Cheesecake & Fruit
<b>26</b> Baked Fish, Potatoes, Broccoli, Mandarin Oranges	<b>27</b> Kielbasa, German Potato Salad, Beets, Bread Pudding w/Sauce	<b>28</b> Roast Turkey, Mashed Potatoes/Gravy, Mixed Vegetables, Cranberries, Carrot Cake	<b>29</b> Pork Chop, Potato Casserole, Green Beans, Applesauce Gelatin	<b>30</b> Spaghetti & Meat Sauce, Garlic Bread, Tossed Salad, Pears