

Volume VII, Number IV ~ July / August 2008

The Family and Friends Newsletter

Can we stay forever young?

Scientific research can tell us why and how we age, but does this insight help us stay younger, longer? Until very recently, most experts would have said no. Many held that the aging of cells, and of multicellular organisms like humans, was inevitable—and therefore, there was a limit to how long each species could live. One theory held that the biological life span of any species is roughly six times the stretch between birth and maturity. Using this formula, the maximum lifespan for humans is 120 years. In fact, one well-documented contender for the title of longest-lived person is a French woman believed to be 122 years old when she died in 1997.

Today, some researchers are having second thoughts about a maximum life span, and indeed about the inevitability of aging. While nothing may seem more unavoidable than aging and death—not even taxes—some animals do not seem to age. Many cold-water ocean fish, some amphibians, and the American lobster never reach a fixed size. They continue to grow bigger, reproduce, and live until something—an accident, a predator, or a disease—kills them.

Clearly, though, this is not the case for humans. So why do some scientists think we might be able to overcome the biological cap on aging? Recent research indicates that while our genes may indeed “program” us for a particular life span by affecting how rapidly our cells age, we may be learning enough about how the “program” works to change it.

Calorie restriction and aging—The first suggestion that the process of aging might not be inevitable—or at least that it could be slowed—emerged about 70 years ago. Scientists discovered that when animals are forced to live on 30% to 40% fewer calories than they would normally consume, something unusual happens: they become resistant to most age-related diseases—cancer, heart disease, diabetes, Alzheimer’s disease—and live 30% to 50% longer.

Scientists set out to understand what genes are turned on by calorie restriction because if they could figure that out, they might be able to develop medications that turn those genes on just like calorie restriction does (but without people having to drastically reduce food intake). Over the past 15 years, scientists at MIT and Harvard Medical School identified a family of genes called sirtuins that are responsible for the health benefits of calorie restriction. Then they developed compounds called sirtuin-activating compounds (STACs) that turn on the sirtuin genes. The first STAC is called resveratrol, which is found in red wine. Resveratrol can extend the life span of simple organism like yeast, fruit flies, worms, and fish. In late 2006, resveratrol was shown to extend the life span of mice fed a high-calorie, high-fat diet. Not only did it extend life span in all these animals, but the animals were protected against several diseases of aging and remained physically active and vital until very late in their extended lives. It’s easy to see why this research is potentially relevant to humans. Like the mice in these studies, many of us are middle-aged mammals who eat a high-calorie, high-fat diet. While research results in mice do not always prove true in humans, they often do. Still, we are a long way from knowing whether

human life span can be extended, and the added years made vital and active, by such knowledge of the biology of aging.

Antioxidants—If oxidants damage cells and contribute to cellular aging, it seems logical that increasing levels of antioxidants might help. Several vitamins are antioxidants—particularly vitamins E, C, and beta carotene (a form of vitamin A). *Foods* rich in those vitamins seemed to be associated with improved health. That led to the attractive theory that supplements of vitamins E and C and beta carotene might as well. But the evidence so far has been disappointing. At the same time, there are other clues that finding other ways of harnessing the body’s antioxidant systems might prove valuable. For example, there is a genetic mutation in worms that triggers an overabundance of the antioxidant enzymes superoxide dismutase (SOD) and catalase—the result being a doubled lifespan for the worms. These enzymes work in concert to neutralize oxidants and help prevent oxidative damage.

Other researchers found the gene that churned out SOD was more active in a group of longer-lived fruit flies than in flies of average life span. Likewise, fruit flies given extra copies of the SOD gene lived longer.

The Daf genes—A series of genes dubbed Daf—decay accelerating factor—in worms has a counterpart in humans that helps manage insulin levels and a growth factor called IGF-1. When researchers deliberately immobilize certain Daf genes in worms, they can live up to five times longer and continue to be active and capable of reproducing until late in their greatly lengthened lives.

The Indy gene—When researchers introduced any one of five mutations into a single gene dubbed Indy—an acronym inspired by a Monty Python line, “I’m not dead yet”—the flies’ life span nearly doubled. Moreover, the long-lived flies stayed frisky and reproduced far longer. When the mutation was reversed, fly life span returned to normal. This research not only identified another gene of possible importance in aging, it demonstrated that even when engaged in the serious business of discovering and naming new genes, scientists can have a sense of humor.

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4 Steps to Cope With Chemo

Chemotherapy is treating cancer with drugs that kill cancer cells. There are steps you can take during chemotherapy to make you feel better, work better with your doctor, and solve problems that come up during treatment.

Step 1: Tell your doctor if you get any side effects from treatment.

Side effects could include:

- ◆ Nosebleeds
- ◆ Fatigue
- ◆ Constipation
- ◆ Sores in your mouth or throat
- ◆ Coughing a lot
- ◆ Feeling tingling in your fingers and toes
- ◆ Ringing in your ears
- ◆ Red dots under your skin
- ◆ Black and blue marks
- ◆ Nausea and vomiting
- ◆ Loose or runny bowel movements
- ◆ A fever of 101 degrees or higher
- ◆ Losing your hair
- ◆ Losing or gaining ten pounds or more

Step 2: Ask your doctor before you take any other medicine.

Chemotherapy uses drugs to fight your cancer. Taking other medicine during treatment can cause problems.

To get the best results:

- ◆ Tell your doctor about all other medicines you take, even if they're for birth control. Be sure to include medicines another doctor gave you or that you bought at the store (including vitamins/herbal supplements).
- ◆ Don't take aspirin unless your doctor says it's okay. Aspirin is in a lot of drugs, so be sure to ask the pharmacist if there's aspirin in any drug you're thinking about buying.

Step 3: Take care of your health.

- ◆ Eat right.
- ◆ Keep your weight about the same — try not to lose or gain.
- ◆ Drink lots of liquids.
- ◆ If your stomach is not upset, eat foods like these each day:
 - ◆ Breads, rice, and cereal
 - ◆ Fruits and vegetables
 - ◆ Meat, chicken, and fish
 - ◆ Milk, cheese, and ice cream
- ◆ Take good care of your mouth, even if it is sore.
- ◆ Try to brush your teeth after every meal.
- ◆ Use a soft toothbrush and regular flavored toothpaste.
- ◆ If you can't brush, rinse your mouth with water.
- ◆ **Stay away from people who have colds or the flu since their germs could make you sick.**
- ◆ Have all the blood tests your doctor orders because those blood tests help your doctor watch your health.

Step 4: Talk about your feelings.

Being treated for cancer can change the way you feel about things — it can make you feel sad or mad or scared. That's normal, but it can help to talk about it. Some people talk to their friends or family. Some join breast cancer support groups, online communities, or go to a counselor. However you do it, finding an outlet for your feelings is also an important part of your treatment.

Calorie counting made easy

Eat less, exercise more. If only it were that simple!

As most dieters know, losing weight can be very challenging. A range of influences can affect how people gain and lose weight. But a basic understanding of how to tip your energy balance in favor of weight loss is a good place to start.

Start by determining how many calories you should consume each day. To do so, you need to know how many calories you need to maintain your current weight. Doing this requires a few simple calculations.

First, multiply your current weight by 15 — that's roughly the number of calories per pound of body weight needed to maintain your current weight if you are moderately active. Moderately active means getting at least 30 minutes of physical activity a day in the form of exercise (walking at a brisk pace, climbing stairs, or active gardening). Let's say you're a woman who is 5 feet, 2 inches tall and weighs 150 pounds, and you need to lose about 12 pounds to put you in a healthy weight range. If you multiply 150 by 15, you will get 2,250, which is the number of calories per day that you need in order to maintain your current weight (weight-maintenance calories). To lose weight, you will need to get below that total.

For example, to lose one to two pounds a week — a rate that experts consider safe — your food consumption should provide 500–1,000 calories less than your total weight-maintenance calories. If you need 2,250 calories a day to maintain your current weight, reduce your daily calories to 1,250–1,750. If you are sedentary, you will also need to build more activity into your day. In order to lose at least a pound a week, try to do at least 30 minutes of physical activity on most days, and reduce your daily calorie intake by at least 500 calories. However, calorie intake should not fall below 1,200 a day in women or 1,500 a day in men, except under the supervision of a health professional. Eating too few calories can endanger your health by depriving you of needed nutrients.

Meeting your calorie target

How can you meet your daily calorie target? One approach — probably the most accurate — is to add up the number of calories per serving of all the foods that you eat, and then plan your menus accordingly. You can buy books that list calories per serving for many foods. In addition, the nutrition labels on all packaged foods and beverages provide calories per serving information. Make a point of reading the labels of the foods and drinks you use, noting the number of calories and the serving sizes. Many recipes published in cookbooks, newspapers, and magazines provide similar information.

If you hate counting calories, a different approach is to restrict how much and how often you eat, and to eat meals that are low in calories. Indeed, dietary guidelines issued by the American Heart Association stress common sense in choosing your foods rather than focusing strictly on numbers, such as total calories or calories from fat. Whichever method you choose, research shows that a regular eating schedule — with meals and snacks planned for certain times each day — makes for the most successful approach. The same applies after you have lost weight and want to keep it off. Sticking with an eating schedule increases your chance of maintaining your new weight.

Some people focus on reducing the fat in their eating plan because, at nine calories per gram, fat by weight contains more than twice as many calories as carbohydrates or proteins (four calories per gram). By substituting lean cuts of meat for fatty ones, avoiding high-fat packaged foods and snacks, and refraining from fat-rich products such as butter, mayonnaise, and salad dressings, you can cut out dozens or even hundreds of calories per day. On the other hand, many people mistakenly think that cutting fat always means cutting calories. Some fat-free foods actually contain more calories than the

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regular versions because manufacturers use extra sugar to make up for the flavor lost in removing the fat. Moreover, low-fat or nonfat foods are not low-calorie if you consume them in large quantities.

When you can’t count calories

Guidelines to follow when straight calorie counting is impractical.

1. Eat foods that are filling and low in calories. That means meals and snacks made with whole grains, such as brown rice, whole-wheat bread, and oatmeal, as well as legumes, such as lentils and other beans.
2. When you eat meat, choose lean cuts of meat and modest amounts — about 3½ or 4 ounces per serving.
3. Avoid fried foods. For stovetop cooking, it’s better either to stir-fry foods in nonstick pans lightly coated with a cooking-oil spray or to braise them in broth or wine. Baking, broiling, and roasting add no extra fat to your meals.
4. Use low-fat or nonfat dairy foods. Milk, yogurt, and cheese are good sources of protein and calcium, but the whole-milk versions of these dairy products are very high in fat.
5. Avoid fast foods. Hamburgers, chicken nuggets, French fries, and other fast-food meals and snacks tend to promote weight gain for two reasons. First, they are high in fat, calories, or both. Second, the “value meals” are often excessively large and tempt you to overeat.

**Can’t afford the airfare?
Take a trip to Hawaii in your own kitchen.**

Hawaiian Meatballs

- 1 pounds beef, boneless chuck shoulder pot roast
- 8 ounce(s) turkey, ground
- 1 onion(s)
- 2 clove(s) garlic
- 1/4 cup(s) oats
- 1 large egg white(s)
- 1 teaspoon pumpkin pie spice
- 1 teaspoon thyme, dried
- 1/4 teaspoon salt
- 1/4 teaspoon pepper, black ground
- 1 1/2 cup(s) orange juice
- 8 ounce(s) pineapple, crushed
- 2 tablespoon soy sauce
- 1/2 tablespoon sugar, brown (packed)
- 1/2 teaspoon ginger
- 1/8 teaspoon salt

1. Preheat the oven to 375 degrees F. In a large bowl, combine the ground beef, ground turkey, onion, garlic, oats, egg white, pumpkin pie spice, thyme, salt, and pepper. Mix well.
2. Roll the meat mixture into about 42 balls, and arrange on a large nonstick spray-coated baking pan. Bake in the upper half of the oven for 12 to 15 minutes or until browned, turning once during browning.
3. For the sauce, combine the orange juice, pineapple, soy sauce, brown sugar, ginger, and salt, in a 3-quart flame proof casserole. Heat the ingredients to a simmer.
4. With a large slotted spoon, transfer the meatballs to the sauce mixture, and simmer uncovered, stirring occasionally. Continue simmering for about 30 to 35 minutes, until the sauce has cooked down and thickened so that it coats the meatballs.
5. Serve at once, or cover and refrigerate. Meatballs will keep in the refrigerator for 3 to 4 days.

Quick Info: 21 Servings; Contains Red Meat; Diabetes-Friendly
Nutritional Info (Per serving): Calories: 56, Saturated Fat: 0g, Sodium: 71mg, Dietary Fiber: 0g, Total Fat: 1g, Carbs: 4g, Sugars: 4g, Cholesterol: 18mg, Protein: 8g
Exchanges: Fruit: 0.5, Lean Meat: 1 Carb Choices: 0.5

**Celiac Disease
(Non-Tropical Sprue)**

Treatment

Effective treatment sounds simple: Just eliminate gluten from your diet, the intestinal damage will be cured over time, and your symptoms will go away. That's easier said than done, however. Many of the foods Americans typically eat contain gluten. Gluten is present in many prepared foods, even though it may not be labeled as containing gluten. Your health care professional and organizations that specialize in celiac disease can give you guidelines on how to avoid gluten in your diet, and many cookbooks contain specific gluten-free recipes.

Here are some tips on avoiding gluten:

- ◆ Avoid cereals, breads or other grain products that include wheat, rye, barley or oats. This includes white or whole-wheat flour (including cookies, crackers, cakes and most other baked goods), semolina, couscous, bread crumbs, most pastas and malt.
- ◆ Avoid processed cheese, cheese mixes, low-fat or fat-free cottage cheese or sour cream.
- ◆ Avoid any dairy products, such as yogurt or ice cream, which contain fillers or additives.
- ◆ Avoid canned soups or soup mixes.
- ◆ Avoid creamed vegetables.
- ◆ Avoid products that contain modified food starch, food starch, hydrolyzed vegetable protein, stabilizers or fat replacers or substitutes.
- ◆ Avoid prepared or processed meats.
- ◆ Avoid beer, gin and whiskey.
- ◆ Avoid flavored coffee, malted milk or herbal tea with malted barley.
- ◆ Look for products marked "gluten-free." As more attention is being given to this disease, more products are becoming available.
- ◆ Foods that do not contain gluten include products made with soybean or tapioca flours, rice, corn, buckwheat or potatoes. Other gluten-free foods include nuts; fresh fish, meat or poultry; fresh, frozen or canned vegetables without sauces; wine; and plain, natural cheeses and yogurt.
- ◆ Current evidence suggests up to 2 ounces of oats each day may be tolerated well by people with celiac disease.

If symptoms are not helped by restricting gluten or if the inflammation in the intestine is severe, your health care professional may prescribe corticosteroids, medication that can reduce inflammation.



Proof of Income Letter Available Online



By: Ken Hess
Social Security Public Affairs Specialist for
Northern Wisconsin

If you need proof that you are receiving income and/or services from Social Security, you can request a “Proof of Income” letter at our web site. This is sometimes called a “budget letter,” a “benefits letter,” or a “proof of award letter.”

1. The letter can be used as proof of your:
 - ♦ income when you apply for a loan or mortgage;
 - ♦ income for assisted housing or other state or local benefits;
 - ♦ current Medicare health insurance coverage;
 - ♦ retirement status;
 - ♦ disability status;
 - ♦ age.
2. You can select which items of information you would like on it.
3. Your “Proof of Income” letter will arrive in the mail in about 10 days.
4. It will be mailed to the address on file for you at Social Security.
5. If you need proof sooner, contact your local Social Security office.
6. You can request a letter only for yourself. Family members must request their own letters.
7. For security reasons, there is a 30 minute time limit to complete each page. You will be given notice when you are about to time out and can get more time to finish.
8. You can read more about Social Security's Internet policy at www.socialsecurity.gov.
9. If you have moved and have not reported this to us, you will need to report this change to us before we can process your request since the requested letter goes to your address of record.

If you would like to know more about any aspect of the Social Security programs, you can visit our website at www.socialsecurity.gov.

Ken Hess is the Public Affairs Specialist for Northern Wisconsin. You can contact Ken at 352 Grand Avenue, Wausau, Wisconsin 54403 or via email at Kenneth.hess@ssa.gov.

Ongoing Consumer Alert - Medicare Beneficiaries Continue to Be Easy Targets! Joanne Welsh, Elderly Benefit Specialist

Consumer Alert Affects Medicare Beneficiaries

Consumers in Wisconsin have reported receiving telephone calls from people who identify themselves as Medicare officials. The caller asks for bank account information, stating Medicare needs this information in order to deposit money directly into the beneficiary's account. In some cases, the caller threatens the person by saying that if the Medicare beneficiary doesn't disclose this bank account information, the person will risk losing Medicare benefits.

If you receive such a call, report it to the Wisconsin Department of Agriculture, Trade, and Consumer Protection by contacting the Consumer Protection Hotline at 800-422-7128. You should also contact your local police department.

Scammers are also targeting seniors regarding the Tax Stimulus payments. The caller will state they are an IRS employee and they will file for their tax stimulus payment over the phone if the Medicare beneficiary will give them their social security number and bank account information. Please be aware that IRS employees do not call people to file for benefits over the phone. If you receive a call like this you should report it to your local police department.

RESOURCES 4 YOU

Research has found that people with low vision who are unaware of resources are more likely to suffer physically, economically, socially and psychologically than people who receive adjustment and rehabilitation services. If you are visually impaired or are trying to adjust to vision loss, staff at the Aging & Disability Resource Center can help you become informed about the services, supports and adaptive technologies available to help you live a more independent, satisfying life. Check out the resources below, or call 647-4616 for more information.

Wisconsin DHFS Office for the Blind & Visually Impaired – Rehabilitation Specialists provide counseling on adjustment to vision loss as well as hands-on training with tips, techniques and adaptive aids for home management, personal management, safety in the home, travel safety, and leisure and workplace activities. Services are provided in the home, in group settings and in the workplace. For more information, contact Judy Heiden, Rehabilitation Specialist for Southwest Wisconsin, at 608-355-1368, or toll-free at 888-879-0017.

National Federation for the Blind – The nation's largest membership organization for the blind and visually impaired. Visit their website at www.nfb.org. The NFB provides a wide range of information, resources and advocacy, including a job-line and a free talking newspaper service available through a telephone menu system. Applications for NFB-Newsline, which offers the blind the complete text of leading national and local newspapers free of charge, are available at the Aging & Disability Resource Center, ground level, Richland County Courthouse.

Richland County Low Vision Support Group - Provides information, education, peer support and socialization for those coping with vision loss. Meets the third Wednesday of each month from 1:30 p.m. to 3:00 p.m. in the ground level of the Richland County Courthouse. Needed transportation to the support group is available to anyone wanting to participate. For more information call Lois Miller at 647-4616.

Wisconsin Lions Camp & Retreat Center – Offers summer camp programs for blind and visually impaired children, ages six through 17 years. Also offers retreat programs for blind and visually impaired adults. For more information call 715-677-4969, or toll-free 877-463-6953.



Laughter- The Best Medicine

Humor can stimulate healing in our physical body, bring peace to our emotions and strengthen our will to live.

A Good Hearty Laugh can Help:

- Reduce stress, anxiety & tension
- Lower blood pressure
- Improve circulation
- Elevate mood
- Boost immune system
- Improve brain function
- Protect the heart
- Increase creativity
- Connect you to others



“A laugh is like an aspirin, only it works twice as fast.”
–Groucho Marx-

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From The Prescription Drug Helpline . . .

Guest Writer: Nancy Edwards, CWAG Prescription Drug Helpline



Are you having trouble getting a prescription covered by your Medicare Part D plan? Here is what you can do:

1) Ask your pharmacist if he/she knows why the plan is not covering your drug. (Write down the explanation for reference later.)

- a. If the drug is 'excluded' from coverage under Medicare Part D, and you have Medicaid, ask the pharmacist to file the claim to Medicaid. If you don't have Medicaid or other insurance that may cover it, you may be responsible for the full cost of the medication.
- b. If the drug is not included on your plan's *formulary* (list of covered drugs), and you cannot use an alternative drug which is covered by your plan, you may ask for an 'exception'. Ask the pharmacist to contact your prescribing physician to let him/her know that your plan will not cover that medication. (You may have to call your plan for information and instructions to request an exception.)
- c. If the medication is not covered because it has a 'restriction' on it, such as a *prior authorization, quantity limit, or step therapy*, you or your pharmacist should contact your doctor to ask for assistance. Usually, the physician will need to provide medical information to the plan in order to get coverage approved.

2) Ask if the Part D drug plan will provide a 'transition fill' which is a temporary fill, usually offered to new members or under certain circumstances. If not, and you end up paying full price, keep your receipts. (You may ask for only a few days supply if you can't afford a full month supply.) Follow up by calling your plan, going to their website, or checking your benefit/coverage materials to investigate your options.

Exceptions/appeals process:

Initial Request: You, your legal representative, or physician may submit an initial request for coverage. Once the Medicare Part D plan receives the request for an 'exception/appeal' for coverage, they have to make a decision within 72 hours (or 24 hours for expedited situations - if your life or health would be seriously jeopardized by waiting). You have 60 days to appeal a denial at this level.

1) Redetermination: If the initial request is denied, the next level of appeal is a request for a redetermination. You, your legal representative, or physician may file this appeal, and it is advised to contact your plan for instructions on their process. The plan has 7 days (72 hours for expedited requests) from the time they receive the request to make a decision. You have 60 days to appeal a denial at this level.

2) Reconsideration: If the plan again decides against

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you, you can request a review by an independent review entity (IRE) within 60 days. This request must be made in writing to the IRE. If your life or health would be seriously jeopardized by waiting, ask for an expedited review. The IRE has 7 days (72 hours if expedited) to notify you of its decision.

- 3) Hearing with Administrative Law Judge: If the IRE denies the request, you may appeal within 60 days and request a hearing with an administrative law judge (ALJ). There is a minimum projected value of claim(s) in order to hold an ALJ hearing. (That amount should be provided in the IRE denial notice.) The ALJ has 90 days to make a decision.
- 4) Review by the Medicare Appeals Council. Again, you have 60 days to submit a request for a Medicare Appeals Council (MAC) hearing. The MAC generally has 90 days to make a decision after receiving the request.
- 5) Review by a Federal Court. You must make the request in writing within 60 days of the notice of the MAC decision. To receive a review by a Federal Court, the projected value of your denied coverage must meet a minimum dollar amount, and that amount should be included in the notice from MAC.

Note: Medicare drug plans should provide you with the plan's appeal procedures, and is usually included in the literature or packet that you receive from your plan. You may also be able to find it on the plan's website.

If you need help:

- Call the **Prescription Drug Helpline** (for people age 60+): **(866)456-8211**
- Call the **Disability Drug Helpline** (for people under age 60): **(800)926-4862**
- Contact the **Benefit Specialist** (if you are age 60 +) by calling your County Aging Unit.
- Or call Medicare: **(800)633-4227**

Nail Nutrition

Wish your nails were stronger and healthier? Maybe you should start at the source — with some sound nail nutrition! Here's my recipe for naturally beautiful hands:



- Make sure you're getting enough vitamin A, which fights dryness and brittleness in your nails. Good sources include dark green and yellow vegetables (such as broccoli, spinach, turnip greens, carrots, squash, sweet potatoes, and pumpkin), yellow fruits (like cantaloupe and apricots), and such animal sources as liver, low-fat milk, and eggs.
- Prevent those white bands across your nails with plenty of protein. To cut the fat and still meet your nutritional needs, choose lean sources like skinless white-meat chicken and turkey, or fish.
- Be sure you're getting enough folic acid (a B vitamin), as it helps fight hangnails. You can find it in leafy green vegetables, asparagus, oranges, strawberries, cantaloupe, melon, sunflower seeds, and beans, as well as folic acid supplements. Hydrate, hydrate, hydrate! Drinking lots of water every day not only helps you lose weight and feel full but helps your nails grow healthy and strong!

Breast-Feeding May Boost IQ

MONDAY, May 5 (HealthDay News) -- Children who were breast-fed exclusively for the first three months of life or longer scored nearly six points higher on IQ tests at the age of 6 than children who weren't breast-fed exclusively, a new study has found.

The finding buttresses previous research that has suggested that children and adults who were breast-fed as infants scored better on IQ tests and other measures of cognitive development, such as thinking, learning and memory, the study authors said.

"Long and exclusive breast-feeding makes kids smarter," said lead researcher Dr. Michael S. Kramer, of McGill University and the Montreal Children's Hospital, in Canada.

Why breast-feeding might increase cognitive skills isn't clear, Kramer said. "It could be something in the milk, or it could be the physical contact between the mother and the baby," he said. "It could be the way the mother interacts with the baby during breast-feeding -- there is no way to know."

The one thing Kraemer is sure of is that it has nothing to do with differences between mothers. The women in the new study were all from the eastern European country of Belarus.

The findings are published in the May issue of the *Archives of General Psychiatry*.

For the study, Kramer's group randomly assigned 7,108 infants in Belarus to exclusive breast-feeding; another 6,781 infants received the usual practice of breast-feeding plus other foods.

When the children were 6.5 years old they were given a standard IQ test. Those children who were exclusively breast-fed scored, on average, 7.5 points higher in verbal intelligence, 2.9 points higher in nonverbal intelligence, and 5.9 points higher in overall intelligence.

In addition, their teachers said the breast-fed children had significantly better academic performance in both reading and writing, compared with children who weren't breast-fed exclusively.

Kramer thinks women should breast-feed exclusively for at least three, and if they can, six months, and try to continue breast-feeding for at least a year.

"For women in developed countries who can achieve exclusive breast-feeding for at least three months, their kids would benefit by about three or four IQ points," he said.

One expert thinks it's the nutrients in mothers' milk -- which aren't found in other foods -- that are essential for brain development and increased IQ.

"I'm not surprised because many studies have had similar results," said Dr. Ruth Lawrence, a professor of pediatrics at the University of Rochester School of Medicine, and a member of the American Academy of Pediatrics executive committee section on breast-feeding. "It's wonderful to have this very large study to confirm what we've known or thought for a long time."

Lawrence thinks that because mothers' milk contains certain amino acids not found in formula, it's better for infants' developing brains. These amino acids include omega three fatty acids and DHA (Docosahexaenoic

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acid), which are important for brain growth, she noted.

Human milk also contains cholesterol, while formula doesn't, Lawrence said. "We learned to fear cholesterol and yet cholesterol is very important for brain tissue, it's very important for nerve tissue," she said. "That's why human milk is a better nutrient to support brain growth."

Many professional organizations, including the American Academy of Pediatrics, recommend breast-feeding as the best way to improve infants' overall health and build their immune system. Breast-fed infants have fewer hospital admissions, ear infections, diarrhea, rashes, allergies and other medical problems than bottle-fed babies, according to the U.S. Food and Drug Administration.

4 Ways to Get More Fiber

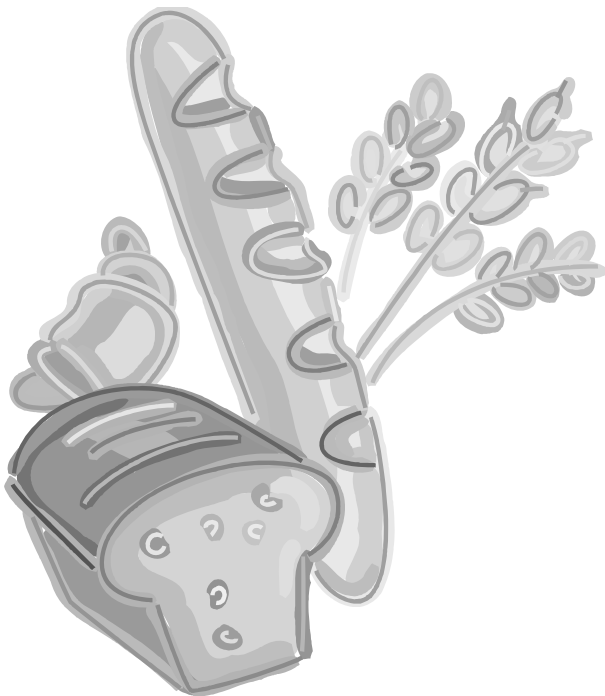
Adding fiber to your diet can help control your blood sugar.

When you eat a high-carbohydrate meal with very little fiber, your blood glucoses may rise and then fall rapidly. Think of fiber as a sponge, absorbing and then releasing glucose. A high-fiber meal will slow down the rapid changes of blood glucose, preventing the "highs and lows" you get with a high-carbohydrate meal. The National Institutes of Health recommends that adults eat 20 to 35 grams of fiber per day. High-fiber foods are low in fat and provide essential nutrients, such as vitamins C, B6, A, E, folate, and carotenoids.

Fiber can be found in many different types of plant foods, including whole-grain breads and cereals, fruits and vegetables, and many types of beans. The best way to add fiber to your diet is to slowly add more high-fiber foods. (If you increase your fiber consumption quickly, you may suffer digestive discomfort.) Try these techniques:

- ◆ Add grated carrots, zucchini, or celery to your usual meals.
- ◆ Use a handful of rolled oats to top casseroles such as macaroni and cheese.
- ◆ Add garbanzo beans or kidney beans to rice dishes.
- ◆ When baking cakes or cookies, replace half of the white flour with oat flour, and the other half with oat bran or oatmeal to provide extra flavor and crunch.

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Drug Resistant Staph an Increasingly Common Problem

You may have heard occasional news reports about Methicillin Resistant Staphylococcus Aureus (MRSA). Did you know that it is one of the most common causes of skin and soft tissue infections seen in emergency rooms? This type of infection is well known in hospitals, but now a new variant is common in the community. Infection caused by MRSA can cause major complications, including blood poisoning, pneumonia, and even death. In addition, MRSA infection is resistant to many common antibiotics. Medical experts say this underscores why we should avoid overusing antibiotics – to reduce the risk of developing antibiotic resistance.

The reason we have this resistant infection is because the germs have become “smarter” and have adapted to a whole class of antibiotics. The best way to prevent being infected is to practice good hygiene: wash your hands frequently, keep cuts and scrapes clean and covered with a bandage until healed, avoid other people’s wounds or bandages, and avoid sharing personal items such as towels, washcloths, etc.

To learn more about MRSA, consult the following resources:

- ◆ Your primary care physician
- ◆ [Http://www.cdc.gov](http://www.cdc.gov) – U.S. Centers for Disease Control and Prevention
- ◆ <http://mayoclinic.com> – Mayo Clinic
- ◆ <http://www.nlm.nih.gov/medlineplus> – this Internet site is a service of the National Library of Medicine and the National Institutes of Health

Energy Drinks Could Pose Blood Pressure Risks

TUESDAY, Nov. 6 (HealthDay News) -- Energy drinks boost blood pressure and heart rate and could pose risks to people with hypertension and heart disease, say Wayne State University researchers.

They found that drinking two cans of a popular energy drink increased blood pressure and heart rate in 15 healthy adults, average age 26.

Within a few hours of having the energy drinks, the volunteers' systolic blood pressure (top number) increased by as much as 9.6 percent, and diastolic blood pressure increased by as much as 7.8 percent. Heart rate increased by as much as 11 percent.

"This occurred while participants were sitting in chairs watching movies," study leader James Kalus noted in a prepared statement. "The increase in heart rate and blood pressure weren't enough for something to happen acutely, but a person on hypertension medication or who has a cardiovascular disease may not respond as well."

"While energy drinks increase concentration and wakefulness, people with risk factors for heart disease could have a bad reaction. The subjects in this study were healthy with low blood pressure," Kalus added.

He and his colleagues noted that most energy drinks con-

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tain high levels of caffeine and an amino acid called taurine, both of which have been shown to have effects on heart function and blood pressure. The researchers emphasized that energy drinks are different from sports drinks, which don't contain ingredients designed to heighten alertness.

The study was expected to be presented Nov. 6, 2007 at the American Heart Association annual meeting, in Orlando, Fla.

More information go to:

http://kidshealth.org/teen/food_fitness/nutrition/energy.html

The Nemours Foundation has more about energy drinks and food bars.

Everyday Tips for Living With Hypertension

Day-to-day strategies for managing your blood pressure.

10 Delicious Ways to Lower High Blood Pressure



The DASH eating plan (Dietary Approaches to Stop Hypertension) has been shown to prevent and reduce high blood pressure.

It's rich in fruits, vegetables, and low-fat dairy products; moderate in total fat; and low in saturated fat and cholesterol.

It's even more effective if you also reduce your salt and sodium intake.

If losing weight is a concern in addition to lowering your blood pressure, you can benefit from DASH — especially if you stick to low-fat foods.

1. Be spicy instead of salty. In cooking and at the table, flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends.
2. Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
3. Eat moderate portions, and when snacking, eat fruit, vegetable sticks, unbuttered and unsalted popcorn, or bread sticks.
4. Choose "convenience" foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings that are high in sodium.
5. Start your day with breakfast cereals that are lower in salt and sodium.
6. Cook rice, pasta, and hot cereals without salt; cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
7. Buy fresh, plain frozen, or canned with "no-salt-added" vegetables.
8. Drink water or club soda instead of soft drinks high in sugar.
9. When eating out, put the saltshaker away — limit condiments, such as catsup, pickles, and sauces with high salt-containing ingredients.
10. Cut back on processed and fast foods that are high in salt and sodium.

(Continued at top of this page)

Managing your arthritis

There are more than 100 different types of arthritis, but all have one thing in common: The pain can interfere with your ability to do the things that you enjoy.

Five ways to treat arthritis - naturally!

- Exercise
- Diet
- Heat and cold therapy
- Acupuncture
- Glucosamine and chondroitin

Arthritis is the leading cause of disability in Americans older than 15.

The number of people with arthritis is staggering. In 2005, 66 million adults in the United States — nearly one in three — had either been diagnosed with arthritis or were living with undiagnosed chronic joint pain and other symptoms. Although the risk of some types of arthritis, such as osteoarthritis, increases with age, more than half of those affected by all types of arthritis are younger than 65.

It doesn't have to be that way. If you have arthritis, there are steps you can take, starting today, to protect your joints, reduce pain, and improve mobility. But living with arthritis often requires a multi-faceted approach, which can involve drug treatment, physical therapy, exercise, and even complementary therapies.

Better drugs with fewer side effects are also available for treating the pain of arthritis

There is a large arsenal of medications available to treat the various kinds of arthritis. New drugs have brought significant relief to rheumatoid arthritis patients, although not without some potentially dangerous side effects. Other promising new drugs are emerging. For example, the U.S. Food and Drug Administration recently approved an interleukin-1 inhibitor for use in treating rheumatoid arthritis. Better drugs with fewer side effects are also available for treating the pain of osteoarthritis. Despite the variety of medications available for arthritis, physical therapy remains a cornerstone of traditional treatment. Physical therapists focus on restoring or maintaining physical function by designing an individualized treatment program for you. The physical therapist first will thoroughly evaluate your pain, functional ability, strength, and endurance levels, then will provide advice about ways to ease pressure on your joints while building muscles to support them. Physical therapy can take place at a hospital or outpatient clinic, in the therapist's office, or in your home. Some activities can be done alone; others require the therapist's assistance.

One in four people with arthritis use some type of complementary therapy

You are likely to have much less guidance when it comes to deciding whether to use complementary therapies, and which ones. Such

(Continued at top of next page)

Summertime Activities

The kids are out of school and they have the long lazy days of July and August ahead. They could spend their summer days in front of the TV or your children could be using their imaginations to create projects that are a reflection of their own unique talents.

Does it matter what kids do on their summer vacation? After all, they are in school 10 months of the year and most do take some art classes. Don't they get enough art classes in school?

Creative and artistic are not the same thing. Creativity is an approach to life. Creative thinkers know that problems have many different solutions. When they encounter an obstacle, they find a way around rather than giving up. They have to be willing to take risks as they learn new skills. These are important life skills that need to be encouraged in children.

Summer activities, children's crafts and science projects give children the opportunity to learn and practice these skills. Even if they follow a project guide exactly, they will still to make decisions about shades of colors and where to place items. Once they are familiar with the project, most children will want to make it again. That is when they get really creative. First the colors change, then the shapes, and suddenly it is a new project from their own imagination.

Creative projects encourage children to find the resources to make what they want, rather than opening up a box that has all the supplies in one place. The first project in the weekly project list (see below) uses an old knee-hi or pair of pantyhose. What if none are available? Should the children wait until someone else finds all the 'right' materials. No, have them start thinking about what they could substitute. Would an old sock work? How about a dish cloth? It is fun to sit back and watch children solve their own problems.

These Summer Activities encourage children to work with a wide variety of materials. One of the best things about summer projects is that they can be done outside. Less mess to clean up!

Fuzzy Head Craft Project

Materials: old knee hi or cut off panty hose, grass seed, dirt, 2 small elastics, and decorations

Directions:

1. Have the children put 2 tsp of grass seed in the bottom of toe of the panty hose.
2. Add 1-2 cups of dirt. Make sure the seeds stay in the top of the head, otherwise you'll have hair sprouting from under the eyes.
3. Use the small elastic to pinch off a nose about half way up the head.
4. Use the second elastic to tie off the bottom.
5. The children can decorate by pasting on eyes, mouth, ears, or what ever else intrigues the kids. Use paper, felt, colored plastic, markers, pipe cleaners, any materials you have on hand.



Keep the Fuzzy Head in a small dish with water in the bottom. The 'hair' should sprout in less than a week. Kids can style the hair with elastics, clips and scissors.

Warning: My daughter decided to cut her own hair after

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therapies literally run the gamut from A to Z — from acupuncture to zinc supplements. And they're popular: One widely cited 1997 paper estimated that one in four people with arthritis used some type of complementary therapy. Although hundreds of such therapies exist, only a few have actually proved to be effective when evaluated in rigorous studies. To become a wise consumer of complementary therapies, become a skeptical one. Don't buy into any treatment that promises a cure. If you are contemplating any physical or complementary treatment, you should first discuss it with your doctor to make sure it will support, rather than hinder, your arthritis management plan.

Reprinted from Arthritis: Keeping your joints healthy — A Special Health Report from Harvard Medical School, Copyright © 2007 by the President and Fellows of Harvard College. All rights reserved.

July & August Holidays, Celebrations and Did You Know?

July 4 - Independence Day
July 24, 1897 - Amelia Earhart's Birthday
July 27, 1858 - 1st Use of Fingerprints as a Means of Identification
August 1, 1969 - The Birth of the Internet
August 2, 1909 - The Lincoln Penny Issued
August 5, 1884 - Lady Liberty's Corner Stone Laid
August 6, 1945 - America Drops the Bomb on Hiroshima, Japan
August 10, 1846 - The Smithsonian Institute was Founded
August 17, 1786 - Davy Crockett's Birthday
August 19, 1871 - Orville Wright's Birthday
August 21, 1959 - Hawaii Becomes the 50th State

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

Editor: Patrick Metz.

All questions regarding this newsletter should be addressed to:
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Richland Center, WI 53581
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To view this newsletter as well as past editions of this newsletter please visit our website.

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

The information available from Family and Friends Newsletter is intended as a general reference source. Information provided should be carefully evaluated for its source, accuracy, currency, completeness and relevance for your purposes, and you should obtain appropriate professional advice relevant to your particular circumstances. The information and links contained in the Family and Friends Newsletter are not endorsed nor supported by the Richland County Health and Human Services.

Immunization Clinics Richland County Health & Human Services, Public Health (608) 647-8821

Richland Center

Second Wednesday of the month, 1-4 p.m.
July ONLY Fifth Thursday of the month, 1-6 p.m.
August Fourth Thursday of the month, 1-6 p.m.

Location:

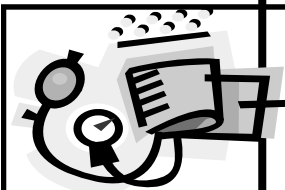
RCHHS Public Health
Community Services Building
221 West Seminary Street
Richland Center, WI 53581

Childhood immunizations and Adult Tetanus are provided at no charge.

Please bring your immunization record to clinic.

Adult Hep B is available at a nominal charge.

Signature of a parent or legal guardian is necessary on our permission form unless child is 18 years of age.



FREE Blood Pressure Clinics

Blood pressure clinics will be held at 11:30 a.m.—12:30pm on the following dates:

Richland Center Meal Site
Town and Country Church
Tues.—July 8th and August 12th

Viola Meal Site
Old Grade School
Tues.—July 22nd and August 19th

Rockbridge Meal Site
Elementary School Building
Monday—July 7th and August 6th

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

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

**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
Aging & Disability Resource Center.**

**For more information, call
608-647-4616.**

How to Drop Pound-Packing Habits

Are you sabotaging your weight loss program with eating habits you don't even know you have?

Three experts tell WebMD how to spot those hefty habits - and change them!

By Colette Bouchez (WebMD Feature)



Dieting your butt off, but still not able to lose all the pounds? It could be you're eating more than you realize!

How is that possible, you say? Experts report it's easier than you think, thanks to our "hefty habits" -- unconscious pairings of food with activities that sometimes cause us to eat more than we realize.

"Too often we eat on 'auto pilot' -- we associate food with certain activities or even times of the day, and without really paying attention to how much we're consuming, we overeat," says Warren Huberman, PhD, a psychologist with the NYU medical program for surgical weight loss.

Whether it's subconsciously crunching chips while surfing the Net, grabbing that 20-ounce bottle of soda every time the phone rings, or sometimes, just automatically pairing two foods together -- like reaching for a chocolate doughnut every time you smell your morning coffee -- experts say old habits die hard, even when we're on a diet.

"Your brain stores things in a way that makes life easy for you, so if you do things in a certain manner a number of times your brain says, 'OK this is how we do things'; when those habits include food, overeating can become a simple matter of unconscious association," says Huberman.

Weight control psychologist Abby Aronowitz, PhD agrees: "If a response to a stimulus is rewarded continually, that response quickly becomes connected to the stimulus. So if you always reward the thought of having a cup of coffee with reaching for a doughnut, than those two thoughts become connected in your mind," says Aronowitz, author of *Your Final Diet*.

But it's not just associations that are set in our brain. It's also cravings. Huberman tells WebMD that if, for example, we have that coffee and doughnut together enough times, not only are we conditioned to reach for those two items together, our brain actually sets up a craving system to ensure that's what we do.

"This means if you have coffee and a doughnut every morning for 90 straight mornings, on the 91st morning when you pour that cup of coffee, you are going to be *craving* a doughnut because those two foods are linked in your brain," says Huberman.

Cravings, he says, are not random, but rather learned. "You never crave foods you have not tasted. You have to learn certain things in order for your brain to crave it, and when you repeat something enough times the craving becomes part of your brain's repertoire," he says.

Breaking the Chains That Bind

Because the first step to breaking any habit is a desire to break it, motivational psychologist Paul P. Baard, PhD, says it's important to understand why you want to change.

"The building platform is always motivation -- and in order to make it work, the motivation must be intrinsic. The change has to represent benefits you want," says Baard, an associate professor at Fordham University in New York City.

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If you're simply trying to please a spouse, a parent, or even your doctor, Baard says success will be harder to achieve.

Once you're clear on your motivations, experts say the next step is to identify where your hefty habits really lie.

"Do you always plop down on the same spot on the couch, with the same television show on and the same bowl of chips in your hand?" asks Huberman. If so, he says it's a good bet you will eat all the chips, even if you didn't plan on doing so.

"Behavioral eating really is a lot like links in a chain; when you continually find yourself in a situation that is conducive to eating, or conducive to eating a particular food, and you follow through by eating that food, you reinforce a chain link of behaviors that is very much like being on autopilot, says Huberman.

To begin to change that behavior, he says, break just one link in the chain.

"Change the time you eat, the TV show you are watching, the bowl you put the chips in - eat with your left hand instead of your right hand. The point is to make your brain work a little so that every bite you take is a conscious decision and not a learned, automatic behavior," says Huberman.

What can also help: Keeping a food diary, and then studying it to see how you may be associating certain foods not so much with hunger, but with activities, events, or even times of the day.

"A lot of people eat by external cues. They see a clock and they eat, they hear a theme song come on the TV and they eat, a lot of eating is based on associations and not really hunger," says Huberman.

Substitute Good Habits for Bad Ones

While changing environmental cues is one approach, another is to keep the habit but try to make it healthier.

"As a strategy it's known as behavioral intervention. You substitute something that is good for you and that you like for something that is not so good for you, but you also like," says Aronowitz.

So if, for example, you always have a glass of milk and chocolate chip cookies before going to bed, when bedtime rolls around keep the milk, the glass, the cookie plate, and the place where you normally have the snack all the same -- but substitute a chocolate graham cracker for the high-fat, high-calorie cookie.

"In this way you won't be putting too much strain on your brain. Your habit will be similar, so it's easy to accept, yet different enough to take you out of autopilot and have an impact on your weight loss," says Huberman.

Once that happens, Baard says environmental influences will kick in to help form a new habit. "It's going to take some discipline, but if you can just make that one initial break in your habit, those environmental changes will begin reinforcing a new behavior in your brain," he says.

That said, Huber also reminds us that we have to be willing to tolerate a little bit of discomfort every time a habit is changed.

"It doesn't have to be pain, you don't have to be miserable, but you do have to stretch out your comfort zone and recognize that you are going to feel out of sorts until the new behavior pattern is created," says Huberman.

Baard tells WebMD you make the whole process easier if you find a sense of satisfaction in breaking your food habit.

"You want to feel good about yourself, you want to know that food is not telling you what to do, that you can do with food whatever you choose," says Baard. This, he says, is calming to the brain and can help balance the discomfort you feel from veering from the familiar to new, uncharted territories.

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Overcoming Food Habits: Some Practical Tips

While changing the way we think -- and the associations we make -- may seem hard, changing our actual behavior may be easier than we think. To help you get started, here are six things you can do right now to put change in motion.

Eat anything you want -- but always do it sitting at the kitchen or dining room table. "Changing not the foods you eat, but where you eat them, will help break some of the association with that food, which in turn may help alter how much and how often you eat it," says Huberman.

Change anything about your food habit you can, including the way you eat it. "If you always hold the ice cream spoon in your right hand, hold it in your left; if you always eat out of the container, put it in a bowl. The idea here is to take yourself off autopilot so you begin to think about what you are eating and why you are eating it," says Huberman.

Avoid visual cues that tell you to eat. "If you always think of eating a candy bar every time you pass the vending machine, consciously go out of your way not to pass the vending machine," says Aronowitz. The same is true if TV is your food trigger. "Make a point not to eat in front of the television -- or change the channel away from the show you always associate with that pizza or bowl of chips," she says.

Institute the '15 minute' rule. As soon as you get a "cue" to eat, train yourself to wait just 15 minutes before you do. Aronowitz says this will help break the automatic response cycle in your brain that, ultimately, helps cancel out the old associations.

Don't try to break all your nasty food habits at once. "If you do, your level of discomfort will grow so high that your brain will immediately regress to that state which is most comfortable," says Baard. At the same time, working on just one or two food habits will allow your brain enough of a comfort zone to allow you to cope with, and eventually learn, the new behavior.

Make eating a sole focus activity and give it your full concentration. "Put down the BlackBerry, step away from the computer, get off the telephone, and just concentrate on eating," says Huberman. The more you disassociate food with other activities, the more likely you are to not allow outside cues to dictate where and when and how much you eat.

Summertime Activities (cont'd)

(Continued at bottom of page 8)

giving her Fuzzy Head a trim!

Egg Head Craft

Materials: egg shells, dirt, grass seed, markers

Directions:

- ◆ Break an egg and try to keep as much of the shell in one piece as possible. (You may want to use a knife to help break the egg.)
- ◆ Pour the egg into a bowl to be cooked later. Carefully wash out the egg shell.
- ◆ Use the marker to draw a face on the shell. Encourage the kids to get as creative as they want.
- ◆ They can make wings out of paper, or a beak out of craft foam.
- ◆ Fill it 2/3 full with dirt and then sprinkle some seeds on the top.
- ◆ Water your Egg Head every day and it should start sprouting hair in 2-3 days.

Presentations at Meal Sites

July and August 2008

**Given by
Danielle Varney, UW Extension**



VIOLA

Tuesday, July 8— Food Safety

RICHLAND CENTER

Tuesday, July 15—Dining Out

ROCKBRIDGE

Wednesday, August 6—Enhancing Foods Flavor

The public is invited to attend any of the presentations. For more information, or if you wish to eat at the site please call by 1 p.m. the day before the presentation to make your reservation.

Viola Meal Site	627-1869
Richland Center Meal Site	647-2323
Rockbridge Meal Site	647-9187

**Surfing the Web?
Here are some friendly sites!**




Some websites of interest:

- ◆ U.S. Centers for Disease Control and Prevention -
- ◆ <http://www.cdc.gov>
- ◆ Mayo Clinic - <http://mayoclinic.com>
- ◆ <http://www.nlm.nih.gov/medlineplus> – this Internet site is a service of the National Library of Medicine and the National Institutes of Health
- ◆ Alzheimer’s Association—www.alz.org
- ◆ Alzheimer’s Disease Education and Referral Center - www.alzheimers.org
- ◆ American Cancer Society—www.cancer.org
- ◆ American Diabetes Association—www.diabetes.org
- ◆ American Heart Association—www.americanheart.org
- ◆ American Institute for Cancer Research—www.aicr.org/
- ◆ Diabetes Care and Education Practice Group (ADA)- www.dce.org
- ◆ Food Allergy and Anaphylaxis Network- www.foodallergy.org

JULY, 2008

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	1 Tuna Casserole, Peas, Cottage Cheese, Pineapple, Cookie	2 Roast Turkey, Mashed Potatoes, Gravy, Peas & Carrots, Cranberries, Pumpkin Dessert	3 BBQ Beef, Bun, Macaroni Salad, Baked Beans, Mixed Fruit, Cookie	4 Sites Closed 
7 Baked Ham, Sweet Potatoes, Italian Blend Vegetables, Pears	8 Spaghetti & Meat Sauce, Garlic Bread, Tossed Salad, Peaches	9 Swiss Steak, Mashed Potatoes, Gravy, Corn, Pudding Torte	10 Chicken Salad, Bun, Potato Salad, Melon Mix, Sugar Cookie	11 Chop Suey w/ Oriental Vegetables, Rice, Cabbage Salad, Fruit Crisp
14 Fish, Potatoes, Beets, Lemon Bar	15 Roast Pork, Mashed Potatoes, Green Beans, Applesauce	16 Meatloaf, Baked Potato, Sour Cream, Carrots, Cucumber Salad, Cheesecake w/ Fruit	17 Beef Stew Over Biscuits, Coleslaw, Mandarin Oranges	18 Hamburger/ Bun/ Cheese/Tomato/ Onions, Pickles on the side, Baked Beans, Potato Salad, Brownie
21 Turkey Tetrazini (Pasta), Cheese Bread, Peas, Salad, Apricots	22 Beef Stroganoff, Buttered Noodles, California Blend Vegetables, Fruited Jell-O	23 Baked Chicken, Mashed Potatoes, Gravy, Green Beans, Cook’s Choice Dessert	24 Goulash, Corn Bread, Honey, Cabbage Salad, Peaches	25 Pork Chop, Cheesy AuGratin Potatoes, 3 Bean Salad, Carrot Cake w/ Cream Cheese Frosting
28 Polish Sausage, Sauerkraut, Macaroni & Cheese, Mandarin Oranges	29 Chicken ala King, Baking Powder Biscuits w/ Honey, Peas, Cottage Cheese, Pineapple	30 Roast Beef, Mashed Potatoes, Gravy, Corn, Short Cake w/ Strawberries	31 Ground Beef Tater Tot Casserole, Mixed Vegetables, Sliced Tomatoes, Tollhouse Bar	

For Information (or reservation) about the Nutrition Program, please call:
Richland Center – Town & Country Presbyterian Church – Paula White @ 647-2323
Viola – Lorraine White @ 627-1869
Germantown – Judy Thompson @ 983-2786
Rockbridge – Mon., Wed., Fri. – Juanita Wahl @ 647-9187
Boaz – **Karen’s Supper Club** - Serve on Wednesdays only at 11:30 – 536-3792

AUGUST, 2008

Richland County Nutrition Program	Enjoy the Bounty of Richland County Support the Richland Area Farmer’s Market Fresh from the farm, locally grown products - Wednesdays at Krouskop Park from 3 to 6:30 p.m.; Saturdays at Richland County Courthouse Lawn from 7:30 a.m. to Noon.			1 Lasagna, Garlic Bread, 7 Layer Salad, Melon
4 Spaghetti & Meat Sauce, Soft Bread Sticks, Cook’s Choice Salad, Pears	5 Pork Chop, AuGratin Potatoes, Beets, Apple Crisp	6 Chicken Chow Mein over Rice, Chinese Vegetables, Tossed Salad, Pineapple	7 Cook’s Choice Sandwich and Salad, Baked Beans, Cookie	8 Country Fried Steak, Potatoes, California Blend Vegetables, Spice Cake
11 Baked Fish, Potatoes, Peas, Lemon Bar	12 Ham, Sweet Potatoes, Green Beans, Applesauce	13 Baked Chicken, Mashed Potatoes, Gravy, Carrots, Fruit Cobbler	14 Goulash, Cornbread, Honey, Cabbage Salad, Apricots	15 Bratwurst, Bun, Sauerkraut, Hot German Potato Salad, Baked Beans, Cookie
18 Swiss Steak, Mashed Potatoes, Gravy, Carrots, Mixed Fruit Cup	19 Chicken/Rice, Peas, Cottage Cheese, Peaches	20 Roast Pork, Potatoes, Corn, Cook’s Choice Dessert	21 Chicken Filet, Bun, Potato Salad, Broccoli Salad, Mixed Melon	22 Meatloaf, Baked Potato, Sour Cream, Stewed Tomatoes, Pudding Torte
25 Chicken & Noodles, Cheese Bread, Peas, Pineapple Tidbits	26 Hamburger, Bun, Cheese, Tomato, Onion & Pickles, Potato Salad, Baked Beans, Chocolate Chip Cookie	27 Roast Beef, Mashed Potatoes, Gravy, Carrots, Birthday Cake	28 Pork Chop, Sweet Potatoes, Green Beans, Applesauce	29 Chicken Breast w/Mushroom Sauce, Baked Potato, Sour Cream, California Blend Vegetables, Blueberry Torte