

# HaNDS for Older Adults

(Health and Nutrition Directory Service)



## Mission Statement

The mission of HaNDS for Older Adults is to provide a comprehensive nutrition and activity information service to help older adults find valuable resources, in their respective districts, that may help decrease the prevalence of social isolation and related nutritional consequences thus enhancing overall health and well being.



## Congregate Meal and Activity Center, District 8

*1-Bob Ross Senior Multi-Service Health & Resource Center, 2219 Babcock (78229)*

- **Lunch for older adults 60+**

Lunch served at 11:30 AM (Monday-Friday)

50 cents donation is appreciated for lunch

Registration required

☎ Deborah Romo -- 207-5300

- **Nutrition Classes For Healthy Living**

- **Monthly Food Bank commodity distribution for eligible participants**

- **Meal Delivery to homebound older adults**

- **Emergency Assistance**

- **Activities include:**

Dance Lessons

Bingo

Arts & Crafts

Socializing Groups

Birthday Celebrations

Rummage Sales

Exercise

Field Trips

Live Music

Movies

Poetry Reading

Fundraisers

Board Games and more

## Congregate Meal and Activity Center, District 8

- **Transportation for registered participants within a five mile radius**

Medical appointments /non medical Non assistance

Pick-up between 8:00 and 9:00 AM

Drop-off between 1:30 and 2:30 PM

- **Social Services / Case Management**

☎ Call for appointment – 207-5300

- **Personal Care Assistance**

- **Comprehensive needs assessment**

- **Exercise and Fitness classes**

- **Information and Referral**

Assistance agencies coordination

Benefits counseling

Application assistance

Reverse mortgage counseling/ Fair Housing

- **Free Basic Healthcare Screenings**

Walk-in basis for most services

Blood pressure checks

Body mass index (BMI) screening

Well woman screening

Glucose screening/monitoring

Cholesterol screening

Height & weight

Basic vision- glaucoma screening

Hearing screening

Education classes

Resource & Referral

Bone density screening for osteoporosis/  
osteopenia

Flu vaccines

Vision and hearing screening

Basic health counseling

## Congregate Meal and Activity Centers,

*St. Matthews Catholic Church, 10703 Wurzbach (78230)*

- **Lunch and various activities for seniors 60+**

Lunch served at 11:15 AM (Monday-Friday)

50 cents donation is appreciated for lunch

☎ Georgia Wall -- 478-5017

- **Nutrition Classes For Healthy Living**

- **Activities include:**

Bingo

Arts & Crafts

Socializing Groups

Field Trips

Restaurant trips

and more

- **Transportation for Medical appointments / non medical Non assistance**

- **Meal Delivery to homebound older adults**

*Oxford Methodist Church, 9655 Huebner Rd (78240)*

- **Lunch and various activities for seniors 60+**

Lunch served at 11:30 AM (Monday-Wednesday-Friday)

50 cents donation is appreciated for lunch

☎ Eva Herberg -- 696-0192

- **Nutrition Classes For Healthy Living**

## Congregate Meal and Services

***University Baptist Church, 6465 Babcock Rd.  
(78249)***

- **Lunch and various activities for seniors 60+**

Lunch served at 11:15 AM (Monday-Wednesday-Friday)

50 cents donation is appreciated for lunch

☎ Rob Adair -- 699-1065

- **Nutrition Classes For Healthy Living**

***Meals on Wheels of San Antonio***

☎ Outreach Department - (210) 735 - 5115

***Family Service Elder Care Resource & Referral Service***

☎ Pedro Lora.--210-299-2400

***Senior Companion Program***

☎ (210)599-7405, option 4.

☎ ***United Way Help Line– Dial 211***

***Senior Transportation Program***

Transportation to essential medical appointments

(Transportation to appointments, Social Security, Food Stamp and legal assistance offices, the grocery store and the bank are provided when available).

Operating Hours: 6:00 AM to 6:00 PM,

Reservations are taken during : 7:45 AM to 4:30 PM, Mondays-Fridays.

☎ Reservation HOTLINE at 207-6680



# Diet and Nutrition

## **Switch to fat-free or low-fat milk, yogurt and cheese.**

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

## **Make at least half your grains whole.**

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.



## **Make half your plate fruit and vegetables**

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas.

## **Vary your protein choices.**

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.



# Eating Right, Eating Healthfully

## Get Enough Vitamins and Minerals

Vitamins A and C, calcium and iron are essential to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia. Choose more fruits and vegetables to get more of these nutrients.

**Add colors to your plate....**  
use different colors of fruits and vegetables



## Reduce sodium

High levels of sodium can add up to high blood pressure. Add spices or herbs to season your food instead of salt.

## Look for hidden sugars

Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

## Fiber up

Eat more fiber to keep your gut healthy. Choose more fruits and vegetables and whole-grains to fiber up your meals.






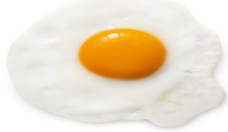











## Enjoy healthful fats

Eating less fat and cholesterol may help reduce your risk for heart disease, high blood pressure and cancer. Healthful fats include polyunsaturated and monounsaturated fat. Saturated fat and trans fat are linked to an increased risk of heart disease.

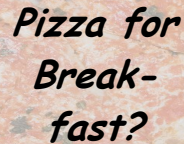
## How Much of these do I Need?

51+ years	Fruits	Vegetables	Grains	Protein Foods	Dairy
Women	1 1/2 cups	2 cups	5 ounce	5 ounce	3 cups
Men	2 cups	2 1/2 cups	6 ounce	5 1/2 ounce	3 cups

## What's a Serving Size Anyway?

<p>1/2 cup = 1/2 cup</p> 	<p>1/2 cup = 1/2 cup broccoli</p> 	<p>One Ounce = 1/2 cup cooked rice</p> 	<p>One ounce = 1 egg</p> 	<p>One cup = 1 cup low fat milk</p> 
<p>1/2 cup juice</p> 	<p>1/2 cup cooked corn</p> 	<p>7 crackers</p> 	<p>3 medium shrimps</p> 	<p>2 slices of cheese</p> 
<p>1/2 grapefruit</p> 	<p>1/2 cup cooked black beans</p> 	<p>1 slice of bread</p> 	<p>1 square inch cube of beef</p> 	<p>1 cup low fat yogurt</p> 

## Tips to Eat More Fruits and Vegetables



### *Pizza for Break-fast?*

- Top a toasted English muffin with tomato sauce, a scrambled egg and fresh spinach. Add grated Mozzarella and melt.
- Make a Mexican Pizza with tortillas, refried beans, salsa and grated low fat jalapeno cheese. Bake and enjoy!

- Make a tropical rainbow fruit salad with fruits of each color: oranges, pink grapefruit, mango, papaya, kiwifruit, bananas, and purple grapes.
- Sauté your own medley of mixed vegetables using each color: red onions, carrots, corn, jicama, broccoli and black beans.



### *Medley*



### *Salad gone Nuts*

- Try a spinach salad with dried cranberries, canned mandarin oranges and red onion with your favorite vinaigrette.
- Make a dried fruit and nut mix for snacks. They make great gifts too. Include dried apples, apricots, cranberries, peaches, pears, cherries and mixed nuts.

- Make fruitsicles: Puree your favorite fruit such as melon, peaches, banana, and/or berries with 100% fruit juice. Freeze in ice cube trays or paper cups or popsicle molds for a refreshing treat.
- Use fresh, frozen or canned.



### *Fruity Fun*

# Shopping Savvy

Prepare a grocery list

Buy in bulk the items you can store for longer periods

Once opened, you'll need to use up canned and boxed goods relatively quickly, so opt for smaller can and box sizes.

Buy dairy – milk, cheese, yogurt in smaller containers so you can eat it before it spoils.



Whole grains such as rice, oats, millet, and quinoa, can be bought in larger amounts. Cheaper if you buy in bulk.

Prepare a weekly meal plan to help you shop more easily.

Purchase family size amounts of meat and then make into small serving sized packages for the freezer.

Shop with a friend and split foods.

Purchase fresh foods more often and in smaller amounts so you can finish it before something spoils.

Herbs & Spice – such as cinnamon, basil, oregano, and curry powder, should be purchased in small amounts.

Stock up when items are on sale

# Reading Labels

Compare your *portion* size (the amount you actually eat) to the *serving* size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

5 percent or less is low. Aim low in total fat, saturated fat, trans fat, cholesterol and sodium.

20 percent or more is high. Aim high in vitamins, minerals and fiber.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
Calories 250	Calories from Fat 110
<b>% Daily Value*</b>	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight.

Daily Values (DV) are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat. Percent DV are for the entire day, not just one meal or snack.

You may need more or less than 2,000 calories per day.



## Cooking for one or two

### **Cook once, eat twice (or more)**

Most soups, stews, pasta and casseroles freeze well, so you can cook once and then freeze single servings to eat another time.

**Cook in a slow cooker** so you do not have to do dirty pots and pans later.

### **Make use of spices and condiments**

A great way to get different flavors into your meal is to keep a variety of spices and condiments on hand. Use pepper, turmeric, curry powder, cumin, cinnamon, oregano, basil and vinegars, to flavor your food.

**Keep a variety of favorite foods on hand**

**Cook foods together** in the oven that need same temperature.



### **Reinvent leftovers**

Having leftovers can be a great starting place for your next meal. For example, wrap leftover chicken, rice, and veggies in a tortilla, then add a little cheese and salsa—and you have a whole new meal.

### **Stay clean and organized**

Keep your pantry, cupboard, refrigerator, and freezer organized, you'll be able to find ingredients quickly.

**Keep the pantry well stocked.** Use all types of foods, fresh, frozen, canned or dried.

## Recipe Reduction

Serves four	Half (serving for two)	1/4 (serving for one)
1 cup=8 oz= 16 Tb	1/2 cup=4 oz=8 Tb	1/4 cup=2 oz=4 Tb
1oz=2 Tb=6 tsp	1/2 oz=1 Tb=3 tsp	1/4 oz=1/2 Tb=1 1/2 tsp
2/3 cup	1/3 cup	2 Tb+2 tsp
3/4 cup	6Tb= 1/4cup+2Tb	3 Tb



# Hydration and Exercise

Water helps flush our systems of waste products and toxins.

Find something active that you like to do and add it to your day.

Staying well hydrated will help you make healthier food choices.



Aim to be active at least 30 minutes a day at a minimum of three days a week.

Swimming

Dehydration causes tiredness, low energy, and headaches.

Always consult your doctor before starting a new exercise regimen.



**Start Slow!**  
Do exercise in 10 minutes episodes and increase the time according to your tolerance.

Gardening

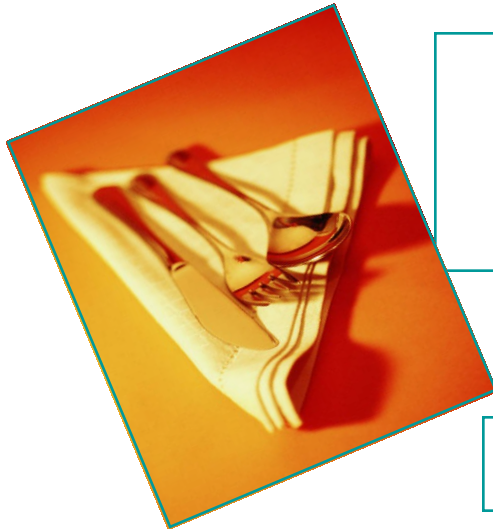
Aim to drink at least 8 cups of water per day.... More in hot and humid weather.

Yoga

Walking briskly

There are numerous benefits of lifelong exercise. Regular exercise may even motivate you to make healthy food choices a habit.

## Tips to Enjoy the Meals



Set the table with your best silverware .....you deserve it!  
Use flowers or herbs from your garden to give your dining table a touch of color.

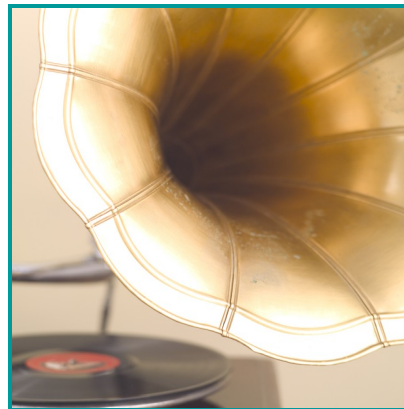


Eat your hot food while its hot, it will taste better

Make food appealing----add fresh herbs and spices

Plan to have some company at meal-time! Invite a friend, neighbor or a relative.

Do light exercise before the meal to increase your appetite.



Keep the portion sizes smaller so you do not have to sit for longer periods to finish your meal.

Play your favorite music.  
Music enhances mood.

## **Numbers to Remember for Food Safety**

- **The freezer temperature should be 0 degrees Fahrenheit.**
- **The optimal temperature for the refrigerator should be 35-40 degrees Fahrenheit.**
- **Refrigerate perishables within 2 hours**
- **Consume cooked refrigerated foods within 72 hours**

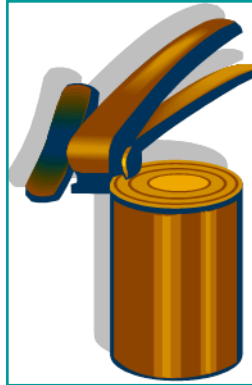


# Store Food Safely

Lettuce and other greens are very sensitive so they spoil quickly. Use them within a day or two of purchasing.

Carrots, celery, and cabbage will stay good for a few days without refrigeration, if in a cool place.

Root vegetables such as potatoes, yams, and onions do best stored in a cool dry place above floor level.



Store leftovers in thick plastic bags or shallow plastic containers.

Store leftovers in the refrigerator or freezer. Remember to write the date and place it on the front.

Avoid dusty, dented or damaged canned and packaged products.

Store food away from the stove, oven and direct sunlight.

**Vegetable storage** -Wrap them in paper towels or brown paper bags and store in the crisper drawers of the refrigerator.

Throw away packaged items once the "use-by" date has passed.