

Meatless Monday

A Y F Z S S N A E B H T Y S E T
 P B I L C N L Z O X U F G N T O
 K K S V E E Y R P S M M E I A F
 V B O T N X F E G P M C M A I U
 N Y D T U S I C B G U L A R L I
 R K I R G N C T T Q S A M G X I
 Q L M G P N Z R A V I E A E L Y
 S U E S F R U I T R P M D L M U
 Q W I K A G K M O R I T E O C H
 M A X N O E Z A K O G A V H Z V
 B I L Y O X P E C O S O N W N O
 W U O K F A R K U R I L A E T S
 C L R E S E E H C T A F W O L O
 G E R P F P U L E I B T O G N W
 P L A N T B A S E D H R C B R N
 S E L B A T E G E V S C O Y J A

Beans	Fruit	Oatmeal	Whole Grains
Chick Peas	Hummus	Plant Based	Yogurt
Edamame	Lentils	Quinoa	
Eggs	Low Fat Cheese	Tofu	
Flexitarian	Nuts	Vegetables	

February Fun



My boss wants me to sign up for a 401K.
I told him there is no way I can run that far.

Be kind to your dentist. He has fillings too!

What do you call birds that stick together? Vel Crows.

My landlord wants to talk to me about my high heating bills.
I told him my door is always open.

If a cookie falls on the floor and you pick it up, that's a squat, right?

Did you know?

Aging Resources provides free nutrition counseling with a registered dietitian. To learn more, call: Carol Schmidt, Nutrition Services Director, at (515) 633-9518.

This Month in History

February 8, 1910

The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.

February 4, 1932

The first Winter Olympics in the U.S. opened in Lake Placid, New York.

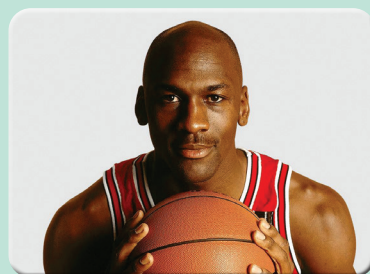


February 3, 1943

An extraordinary act of heroism occurred in the icy waters off Greenland after the U.S. Army transport ship Dorchester was hit by a German torpedo and began to sink rapidly. When it became apparent there were not enough life jackets, four U.S. Army chaplains on board removed theirs, handed them to frightened young soldiers, and chose to go down with the ship while praying. These chaplains included Methodist minister George L. Fox, Reformed Church in America minister Clark V. Poling, Catholic Church priest John P. Washington and Rabbi Alexander B. Goode. Congress established February 3 as "Four Chaplains Day" to commemorate this act of heroism.

February 14th

Celebrated as (Saint) Valentine's Day around the world, now one of the most widely observed unofficial holidays in which greeting cards and gifts are exchanged.



February 17, 1963

Businessman and former basketball player Michael Jordan was born.



Phone (515) 255-1310
 Fax (515) 255-9442
 Email info@agingresources.com
 Web www.agingresources.com

5835 Grand Ave., Suite 106
 Des Moines, Iowa 50312-1444

Happy Valentine's Day!

5 Reasons to Give Meatless Monday a Try

What's for dinner this week?

For many of us, beef, chicken or pork are likely on the menu.

"We tend to build most of our meals around animal proteins, but evidence shows that incorporating more plant-based proteins into your diet can provide significant health benefits," says Angela Snyder, a Wellness Dietitian at Houston Methodist Hospital.

We know, we know: The idea of eating less meat can send us carnivores into panic mode.

But plant-based eating doesn't have to be all or nothing — and that's where Meatless Monday comes in.

What is Meatless Monday?

Meatless Monday is a healthy eating movement that encourages people to skip meat one day per week (it can be adopted for any day), replacing the animal proteins you'd usually eat with plant-based proteins instead.

The rationale for incorporating more plants into our diets is two-fold:

"For starters, we know that plant proteins are more environmentally sustainable than their animal meat counterparts," says Snyder. "Second, eating a plant-based diet comes with many health benefits."

And this doesn't mean you have to go completely vegan or completely vegetarian, by the way. Going meatless even just once a week provides benefit.

"Meatless Mondays is simply about shifting your mindset and actively choosing to incorporate more plant-based proteins into your diet so you can reap the benefits they provide," says Snyder. "It's not something many of us are used to doing, so starting by going meatless just once per week is really approachable for most people."

Plus, Meatless Monday might also be a first step toward eating plant-based food more often.

What are the benefits of a plant-based diet?

Plant-based eating is pretty loosely defined, but Snyder likens it to a flexitarian diet.

"You're open to going meatless either on Monday or even a few times a week, but you're not trying to cut meat or animal proteins out altogether," says Snyder.

It's an eating pattern similar to the Mediterranean diet, which consists of very little red meat and, instead, emphasizes fruits, vegetables, whole grains and plant proteins.

"There's a wealth of evidence showing that the Mediterranean eating pattern provides significant benefits and reduces the risk of several health conditions," adds Snyder. "There's really nothing negative to say about it. The research on this type of eating pattern is very positive. And Meatless Monday is a great way to start."

...continued on page 2



Meatless Monday ...continued from page 1

Here are five reasons to give plant-based eating a try:

1. It can help protect your heart. Several studies show that the Mediterranean diet reduces the risk of heart disease, heart attack and stroke.
2. It can reduce the risk of diabetes. The Mediterranean diet is proven to improve blood sugar and reduce the complications associated with diabetes that lead to heart disease, including high blood pressure and high cholesterol.
3. It may promote better brain health. New research suggests that the Mediterranean diet may potentially decrease a person's risk of cognitive decline and Alzheimer's disease.
4. It may reduce inflammation. Eating plant proteins means more fiber and antioxidants in your diet, both which can help reduce inflammation — an issue that itself is linked to many health conditions, ranging from heart disease and arthritis to dementia and cancer.
5. Eating less meat isn't as difficult as it sounds. Planning meatless meals might sound intimidating and actually enjoying them may seem impossible, but you might be surprised to learn that incorporating plant proteins into your meals is easy and delicious.

But can you still get enough protein without meat? **Yes!**

It may be hard to see beyond the steaks, burgers, tenders and links you're used to eating, but Meatless Monday is a great way to introduce yourself to the many meatless ways you can hit your daily protein intake.

Plant-based protein sources include:

- Beans (black beans, pinto beans, cannellini beans, etc.)
- Red and green lentils
- Peanuts and almonds
- Chickpeas
- Edamame
- Tofu
- Tempeh
- Quinoa



But beware! Watch out for the packaged, "I can't believe it's not meat" options you find at the grocery store and restaurants.

"Plant-based meats are convenient, but many are highly processed and often contain additives, high amounts of salt and added saturated fat," warns Snyder. "Instead, I recommend choosing one of the whole plant protein sources listed above."

Here are Meatless Monday ideas for every meal to help get you started.

Meatless breakfast options:

- Oatmeal with nuts and berries
- Greek yogurt topped with fruit
- Vegetable frittata
- Egg omelet or quiche packed with vegetables
- Whole grain pancakes or whole grain waffles with a side of fruit

Meatless lunch options:

- Salad packed with veggies and topped with beans or chickpeas
- Vegetable and bean soup
- Black bean and sweet potato tacos
- Grilled veggie and cheese sandwich

Meatless snacks:

- A handful of nuts and fruit
- Crispy chickpeas
- Hummus and veggies, try baby carrots!
- Whole grain crackers with low fat cheese
- An apple with peanut butter

Meatless dinner options:

- Lentil chili
- Homemade black bean and quinoa burgers
- Vegetable lasagna
- Bean & barley stew
- Spinach & cheese enchiladas
- Stuffed peppers
- Chickpea curry
- Three-bean enchiladas

Google "Vegetarian Recipes" for more ideas!

"The key to Meatless Monday isn't to just eat anything that doesn't contain meat, like cheese pizza and ice cream," adds Snyder. "It's to eat a well-balanced meal that's full of the vegetables, plant proteins and whole grains that help you reap the health benefits of getting plenty of fiber and antioxidants."

SOURCE: HOUSTONMETHODIST.ORG



Caregiver Question of the Month

My parents could really benefit from someone coming into the home to help them out. Isn't home care paid for by Medicare?

Answer: Non-medical care to assist with activities of daily living, referred to as ADLs, and instrumental activities of daily living, referred to as IADLs, is not covered by Medicare. Medicare can cover skilled home care such as occupational therapy, physical therapy, speech therapy and nursing care from a registered nurse. There may be a co-pay involved with skilled home care services.

Assistance with activities of daily living such as hygiene, grooming, showering, transferring in and out of a chair, toileting and eating can be provided by a caregiver from a non-medical home care agency. A caregiver from a non-medical home care agency may also assist with instrumental activities of daily living such as light cleaning, laundry, grocery shopping, transportation, food preparation and medication reminders.

Assistance with ADLs and IADLs from a non-medical home care agency can be paid for one of three ways:

Non-medical home care can be paid for out-of-pocket. There is generally an hourly cost for services from a non-medical home care agency. Most home care agencies have a minimum requirement of 2-3 hours per visit, but some home care agencies do not have a minimum hourly requirement per visit.

Non-medical home care can be paid for by Medicaid through a program called the Medicaid Elderly Waiver, which is a Medicaid program for people 65 years of age or older that meet the financial eligibility requirements as well as the level of care eligibility requirements.

Non-medical home care can be partially or fully funded by a long-term care insurance policy, if this was purchased by an individual at an earlier time. Long-term care insurance policies are quite variable, depending on the policy. Most, if not all, long-term care insurance policies require "activation" which usually involves meeting a level of care component, such as requiring assistance with two or more ADL tasks.

If you would like to speak with an Aging Resources Family Caregiver Specialist, please call (515) 255-1310.



Emotional Predators!

Don't be victimized this Valentine's Day! As many people know, scams are more prominent than ever, taking on many forms to prey on unsuspecting victims. Older adults especially are targeted by scammers and should be wary of texts, phone calls and even online relationships from people they do not know. The prevalence of romance scams has been steadily increasing, with online dating being an easily accessible way for older adults to meet new people and seek companionship. Romance scams occur when a criminal adopts a fake online identity to gain a victim's affection and trust. The scammer then uses this relationship to manipulate and solicit money from the victim. Scammers will often seem sincere, loving, and convincing. The scammer's intention is to establish a relationship as quickly as possible and gain trust. They then use this intimate relationship to manipulate and steal money from the victim. Romantic relationships not only end in financial loss, but also heartbreak and emotional unrest. Here are tips on how to protect yourself against fraudulent online courtships:

1. Be careful what you post online. Scammers may use this info to gain insight into you and your personal life.
2. Research the person's photo and name for legitimacy.
3. Take it slow and ask questions about the person.
4. Beware if the individual requests photos of financial documents or information.
5. Beware if the individual promises to meet in person but then always comes up with an excuse as to why he or she can't. A huge red flag is when they state they are from the U.S. but are abroad for work, travel, or are in the military.
6. Never send money to anyone you have only communicated with online or by phone!

If you do find yourself a victim of a scam, don't be afraid or embarrassed to ask for help. Call Aging Resources at (515) 255-1310 and ask to speak to an Elder Rights Specialist.