

Commission on Aging  
Minutes of the Meeting  
August 20, 2018

Present: Chair Chris Robertson, Marion Freer, Kathleen Brennan, Sheila Silverman, Mary Morrisroe , Advisor Karen Gaudian, Mary Ann O'Grady, Debra Francheschini-Gatje

Absent: Dayna Sierakowski

The meeting was called to order by Chair Chris Robertson at 2:30pm.

Minutes from last month were reviewed and accepted. Debra Francheschini-Gatje made a motion to approve. Seconded by Mary Morrisroe.

Dean Miller President of Meals on Wheels

Business since 1972

400 Meals a week, 20,000 Meals per year

Must be a Ridgefield resident. No federal or state funding. All donation based.

Offer service to all who need help either permanently or short term.

5 part time employees, 120 volunteers.

Kitchen is open Monday, Wednesday and Friday. Examples of menus were provided. All meals are cooked in are kitchen. Also receive donations from Cake Box, Ross' Bread, and Ridgefield Organics

Schools decorate bags that Meals are delivered in. Also give out Birthday bags with gifts and cupcake.

Gift delivered at the holidays with Meals.

Summer promotion- sign up and one Meal is free.

Anyone can sign up online or by calling our kitchen.

Meals are tailored to low sodium requirements and type 1 & type 2 diabetes.

Tuscan Chicken, banana cake and lemon cake were served.

Meg Whitbeck RVNA Dietician

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As we age we need less calories. Aging people tend to gain weight due to decrease in movement.

Decreases ability to function.

Higher protein levels are needed as we age. Protein is needed for Lean body mass and to keep you immune system strong.

If you have issues of chewing have fish, hummus, eggs, nut butters, and beans.

Carbohydrates are important because they give us energy. Fruits are carbs. We don't want to skimp on our complex carbs. Need sweet potatoes, etc Also help you meet your fiber needs.

No saturated fats in coconut oil or avocado oil.

Cut down on saturated fats such as baked goods, cakes, cookies. They also Contribute to Heart disease.

A low fat diet can also help improve rheumatoid arthritis.

Osteoporosis can be helped with weight loss.

Vitamin A goes up as you age. It's an antioxidant.

Vitamin D is needed for bone strength. Best source of vitamin D is cod liver oil.

B12 comes from meat. Vitamin B becomes deficient as you age, you may need to take a supplement.

Water, Mineral and Older Adults - Dehydration is a major concern as it can cause urinary tract infection. Also causes brain fog. 6-8 glasses of water are recommended a day. It also helps bowel movements.

Iron improves later in life for women.

Zinc deficiency blunts the sense of taste

Calcium absorption decrease as you age.

Factors that have been found to influence the physiological age of individuals:

- Moderate use of alcohol

## Nutrition for Alzheimer's

Lower sugar intake  
Stay hydrated  
Eat nutritious meals regularly  
Low refined carbs

Where you can find help with nutrition:

Meals on Wheels  
Social Services  
Snap  
RVNA

Eat five colors of food a day.

1000 mil of turmeric recommended for anti-inflammatory needs

Alternative to Ensure is Kate Farms has less sugar. Medicare does cover with script from your doctor.

Diverticulitis: ease slowly back into foods such as 1 piece of ww toast. Then toast with berries. Then toast with berries and broccoli.

Coffee- 8 ounces a day

E-Meals is a great subscription for Meals with shopping and nutrition info.

COA meeting

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September meeting is on Medicare with Darryl Willenbrock

Deb will market the event thru press, Hamlet Hub, and Facebook.

Senior picnic is on Sept 12 from 11-2pm. Transportation will be available.

Medicare cards are being received by many seniors in town.

Flu clinics start in September.

Need refreshments for September. Small bottles of water, cookies and pretzels.

Seniors need to be aware that not all medical supply companies are approved by Medicare. If you need durable medical equipment check with the company before you order anything to make sure they are an approved supplier through Medicare.