



Detroit Area Agency on Aging (DAAA)

# Senior Solution Newsletter

Promoting Nutrition, Wellness, and Healthy Aging

## HEALTH & NUTRITION NEWS

October 2009  
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### October is National Vegetarian Month

World Vegetarian Day on October 1 kicks off National Vegetarian Month, which is dedicated to raising awareness about alternatives to eating meat and the benefits of a vegetarian life-



style. Choosing a non-vegetarian lifestyle has a significant health and medical cost. The total direct medical costs in the United States attributable to meat consumption were estimated to be \$30-60 billion a year, based upon the higher prevalence of hypertension, heart dis-

*(See Vegetarian on page 3)*

### October is also National Breast Cancer Awareness Month



October is National Breast Cancer Awareness Month, and since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

This is exciting progress, but there are still women who do not take advantage of early detection at all and others who do not get mammogram screenings and clinical breast exams at regular intervals.

- Women age 65 and older are less likely to get mammograms than younger women, even

*(See Breast Cancer on page 2)*

### VIEW FROM THE BRIDGE

By Paul Bridgewater,  
President & CEO



This year we have adopted the theme of “*Live Today for a Better Tomorrow*” in an effort to give the seniors that we serve the information to help make healthier decisions and educate them about long term care.

With the growing aging population (approximately 628,500 age 65 and older in southeast Michigan and that number will double by 2035), we want to encourage seniors to focus on adopting healthy aging practices.

In 2003, we commissioned a study “*Dying Before Their Time*” that showed how Detroit adults over 50 and seniors were dying ear-

*(See View on page 2)*



WGPR 107.5 FM

RADIO PROGRAM

Saturdays at 10:00 AM Hosted by DAAA  
President & CEO Paul Bridgewater

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lier due to lack of physical exercise, poor eating habits, and chronic diseases. Our study also showed that chronic health problems can be minimized with education. Through the benefits of regular physical activity and good nutrition, this can change.

With healthier lifestyles and access to quality care, we can begin to reduce the need for long-term care.

The *Live Today for a Better Tomorrow* campaign encourage seniors to live longer by improving their physical exercise routine, eating a balanced diet, start planning and educating themselves about long-term care options and invest their time and financial resources today in order for a better life tomorrow.

DAAA promotes healthy aging. The benefits of regular physical activity, weight loss, stronger bones, muscles and joints, and improving your diet by reducing saturated fats and eating more fruits and vegetables can reduce chronic disease. We want you to live today for a better tomorrow.

(Breast Cancer continued from page 1)

though breast cancer risk increases with age.

Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past two years.

If all older women took advantage of early detection methods – mammography plus clinical breast exam – breast cancer death rates would drop much further, up to 30 percent. The key to mam-

mography screening is that it be done routinely – once is not enough.

For more information about NBCAM, please visit [www.nbcam.org](http://www.nbcam.org).

For additional information, please call one of the following toll-free numbers: American Cancer Society, (800) 227-2345, National Cancer Institute (NCI), (800) 4-CANCER, Y-ME National Breast Cancer Organization, (800) 221-2141.



*(Vegetarian continued from page 1)*

ease, cancer, diabetes, gallstones, obesity and food-borne illness among meat-eaters compared with vegetarians.

A large body of scientific literature suggests that the consumption of a diet of whole grains, legumes, vegetables, nuts, and fruits, with the avoidance of meat and high-fat animal products, along with a regular exercise program is consistently associated with lower cholesterol levels, lower blood pressure, less obesity and consequently less heart disease, stroke, diabetes, cancer, and mortality. In African-Americans, the frequent consumption of nuts, fruits and green salads was associated with 35-44 percent lower risk of overall mortality.

### **Benefits of Vegetarian Diet**

- A vegetarian diet has lower rates of heart diseases and some forms of cancer such as colorectal, ovarian and breast cancer as compared to non-vegetarian diet
- Simple and easy to prepare
- Less risk of obesity
- The chances of developing Diabetes are less
- A vegetarian diet can be of less hassle to a patient with hypertension
- It is good for athletes

- A vegetarian diet is lower in total fat
- Vegetarians eat more antioxidants such as Vitamin C, Vitamin E, Beta-carotenes and phytochemicals. Antioxidants decrease the chance of getting heart disease, cancer and other diseases
- Grains and plant foods contain fiber which is found less in animal products
- A vegetarian diet contains less saturated fat
- More economical. Easy on the budget
- Those following vegetarian diet tend to live longer.





## Medicare Annual Enrollment from November 15 to December 31

The Centers for Medicare & Medicaid Services is reminding people with Medicare that starting November 15 and continuing through December 31, 2009 during Medicare's annual coordinated election period for Medicare Advantage and Medicare prescription drug plans (Part D), that they will be able to make changes in their health and prescription drug coverage for next year. Each year during this time, people with Medicare can add, drop or change their prescription drug coverage, and they can also select a health plan for their 2010 coverage.

Your talents and skills are needed for the MMAP Volunteer Team. It's simple to become a MMAP volunteer and there's free training available. Your experience can have a meaningful impact on our program and the lives of Michigan residents. Volunteer opportunities available are as a Counselor, Counselor Assistant, Outreach Assistant and Administrative Assistant. Call 1-800-803-7174 today to join the Team.

Did you know that you can change your Medicare Part D prescription drug plan at any time? You can find out if your Medicare Part D plan is the best one for you by calling the Detroit Area Agency on Aging's Medicare/Medicaid Assistance Program (MMAP) at 1-800-803-7174. You can speak with a MMAP counselor about your dual coverage benefit to get assistance with your health insurance needs.



### You Can Help Fight Medicare Fraud and Abuse!

The vast majority of Medicare and Medicaid service providers are honest. However, billions of dollars are lost each year because of Medicare and Medicaid errors and fraud. If you suspect Fraud & Abuse of Medicare ....we can help if you contact the MMAP Senior Medicare Patrol by calling 1-800-803-7174.

## Sweet Potato Casserole

### Sweet Potato Casserole:

2 1/2 pounds sweet potatoes, (3 medium),  
peeled and cut into 2-inch chunks  
2 large eggs  
1 tablespoon canola oil  
1 tablespoon honey  
1/2 cup low-fat milk  
2 teaspoons freshly grated orange zest  
1 teaspoon vanilla extract  
1/2 teaspoon salt

### Topping:

1/2 cup whole-wheat flour  
1/3 cup packed brown sugar  
4 teaspoons frozen orange juice concentrate  
1 tablespoon canola oil  
1 tablespoon butter, melted  
1/2 cup chopped pecans

Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to the pan. Mash with a potato masher. Measure out 3 cups. (Reserve any extra for another use.)

Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray.

Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potatoes and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish.

To prepare topping: Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the casserole.

Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes.

### Nutrition Information:

Makes 10 servings, about 1/2 cup each

Per serving: 242 calories; 10g fat (2g sat, 5g mono); 46mg cholesterol; 36g carbohydrates; 5g protein; 4g fiber; 170mg sodium; 351mg potassium. Nutrition bonus: Vitamin A (280% daily value), Vitamin C (25% dv). Exchanges: 2 starch



## Easy Vegetable Soup

- 6 cups boiling water
- 3 chicken bouillon cubes
- 1 onion, chopped
- 1 potato, cut into very small cubes
- 2 large tomatoes, pureed (or equal amount tomato sauce)
- 1 1/2 cups frozen peas
- 1 1/2 cups frozen corn
- 1 cup frozen lima beans
- 1 cup carrot
- 1 cup frozen green bean
- 1/2 head cabbage, shredded
- Salt, to taste
- Pepper, to taste
- 1 teaspoon ground cumin



2-3 tablespoons quick oatmeal (optional)

### Directions

1. Put water in a large pot, add bouillon cubes, onion and potato, cover and simmer for 15 minutes, until potatoes are soft.
2. Add all the vegetables, salt, pepper and cumin, cover and simmer for at least 1 hour.
3. If you want a thicker soup, add the oatmeal.

### Nutrition Information:

Calories 133, Total Fat 1.0g, Saturated Fat 0.2g, Monounsaturated Fat 0.2g, Polyunsaturated Fat 0.4g, Trans Fat 0, Cholesterol 0 mg, Sodium 417 mg, Potassium 647 mg, Total Carbohydrate 28.0g, Dietary Fiber 6.5g, Sugars 6.6g, Protein 6.2 g

8 -12 oz Servings

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