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## Nutritious Bites

### How to Eat Healthy on a Budget

By Mary Grider, Nutrition Educator

In today's economy, most of us have to stick to a budget, and many seniors are concerned about eating healthy while staying within their budgets. Here are several tips to help you with this goal:

#### Make a list

Plan meals for the week, and stick to the grocery list. You will be less likely to pick up “impulse” items along the way if you have a list for your shopping.

#### Look for sales

Use coupons or shop at stores that have sales or discount prices. Weekly sales at most grocery stores start on Wednesdays. Be sure to look at the sales circulars when planning your meals for the week. Find out when your store offers “senior discount day” and shop on that day if you can.



#### Stock up on staples

When you notice shelf-stable items, such as canned fruits and vegetables, rice, dried pasta, or canned tuna, on sale, buy as many as you can to keep in your pantry for quick and affordable meals.

#### Buy fresh produce in season

Always purchase fresh produce in season when it's likely to be on sale. Bonus: it will taste better, too!

Many people believe that fresh is the only healthy way to eat fruits and vegetables, but frozen and canned are also fine options. And you won't need to worry about it getting spoiled before you have a chance to eat it!

For more tips to eat healthy on a budget, visit the following web site:

<https://www.choosemyplate.gov/budget>

Photo courtesy of: <http://up1.stack.com/wp-content/uploads/2012/06/healthy-eating-on-a-budget-image.jpg>

## Recipe of the Month

# Spanish Chicken and Rice

Serves 4

This quick and easy budget-friendly meal is perfect for fall weather. Add a side salad or microwave frozen vegetables for a complete meal.

### Ingredients

- 2 cups cooked brown rice (cook in unsalted water)
- 1 to 1 ½ cups cooked skinless chicken breast, in chunks (fresh or canned, 7-ounce pouch or 10-ounce can)
- 14.5 oz. can diced tomatoes, onion, and green peppers
- ½ teaspoon salt-free seasoning blend
- 1 clove garlic, minced
- 2 teaspoons canola oil
- 1 cup no-salt added tomato sauce

### Directions

1. In a small pan, sauté the tomatoes/onions/peppers and garlic in the canola oil over medium heat until translucent (about 2 minutes).
2. Reduce the heat to medium-low and add the tomato sauce and seasoning blend; heat through, stirring occasionally.
3. In a medium bowl, mix together the rice and chicken; pour in the sauce and gently stir until all ingredients are fully combined.

## Keep on Moving Being Flexible

Flexibility, or stretching, exercises are very important for older adults. Being more flexible gives you freedom of movement and is important for preventing falls. Here are a few safety tips for starting a stretching routine to help you increase your flexibility:

- Warm up with slow walking or marching in place *before* you begin your stretching exercises.
- Breathe while holding stretches – it will help your muscles release tension.
- Hold stretches for at least 10-15 seconds (or more) – don't "bounce" in stretches.
- Stretching tight muscles may feel slightly uncomfortable at first but should not cause burning or stabbing pain. Do not continue to stretch if you feel pain.
- Talk with your healthcare provider if you have any concerns about the best exercises for you.

For more information, visit the following web site:  
<https://nihseniorhealth.gov/exerciseandphysicalactivity/exercisestoty/flexibilityexercises/01.html>

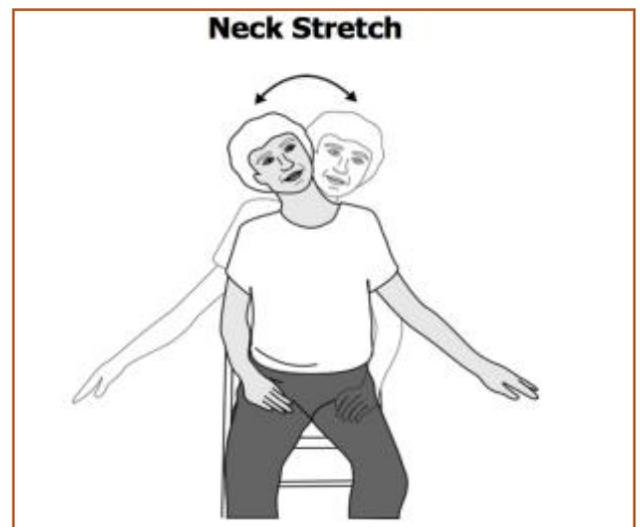
## Monthly Chair Exercise

# Neck Stretch

Many people tend to carry a lot of tension in the neck and shoulder area. It's important to stretch these muscles to increase your flexibility so that you can look behind you when you're driving, or simply look around you while you're walking.

Seated in a chair with good posture, slowly tilt your head toward your right shoulder. Hold the head in this position, and extend your left arm out to the side and slightly downward so that your hand is at waist level. Release and repeat on the left side. Do 2 times for each side.

**Modification:** For a deeper stretch, gently pull the extended arm behind your back.



For more exercises, visit the following link:  
<http://www.livewellagewell.info/study/2007/12-ChairExercisesUGA113006.pdf>

## Living Better

# Preventing Falls

Did you know that one out of three people over the age of 65 fall each year? Take inventory of your habits and environment to see if you could possibly be at risk.

- Are any of your medications making you dizzy?
- Do you make time to exercise so that your muscles are strong and flexible?
- Do you use a cane or other assistive device if you need it?
- Do you wear sensible and properly fitted shoes?
- Do you keep one hand free and use the handrail when you climb stairs?
- Look around your home and property to see if there are places you could trip, that aren't well lit, or are in need of repair. Most falls happen in or around the home, and many of them can be prevented.

- If your problem is poor balance, consider speaking with your doctor or a physical therapist who specializes in helping people improve their balance.
- You may also want to find a ***Matter of Balance*** class to attend in your area.

Source: *A Matter of Balance*  
*Coach Training Manual*

For more information about ***A Matter of Balance*** program, visit the following web site:

<https://www.mainehealth.org/mob>

## Medication Manager

# Should I Try My Friend's Meds?

When your doctor prescribes a new medication, he or she knows your complete health history. Because your doctor is in charge of prescribing your medications, you should never take any prescription medication that belongs to someone else. Here are a few of the reasons:

- You don't know if the medicine could interact negatively with your current prescription or over the counter medications
- You may not be able to verify the correct way to take the medication (for example with food, etc.)
- You may have an allergic reaction to the medication
- It is actually illegal!

So be safe and always talk with your doctor about any concerns or questions you have regarding your prescriptions. If you are tempted to take another person's prescription medication because you can't afford your medication, please let your doctor know. Often they can find ways to help you.

### Matter of Balance Classes

Elbert County Senior Center  
Elberton, Georgia  
Tuesday's and Thursday's  
9:00 a.m. – 11:00 a.m.  
October 25 – November 17, 2016

### Living Better Workshops

Cornerstone Church  
Athens, Georgia  
Saturday's  
10:00 a.m. – 12:30 p.m.  
September 3 – October 8, 2016

Have an event you'd like to include?  
Want to offer one of our workshops in your community?  
E-mail Whitney (web1975@uga.edu)

Upcoming Events

# Test Yourself

## Examining Your Habits

### How am I doing?

- I currently eat \_\_\_\_\_ servings of fruits most days of the week (circle one)  
a. Less than 1 serving    b. 1-2 servings    c. 3 or more servings
- I currently eat \_\_\_\_\_ servings of vegetables most days of the week (circle one)  
a. Less than 1 serving    b. 1-2 servings    c. 3 or more servings
- I currently eat \_\_\_\_\_ servings of whole grain products most days of the week (circle one)  
a. Less than 1 serving    b. 1-2 servings    c. 3 or more servings
- I currently have \_\_\_\_\_ servings of milk or other dairy products most days of the week (circle one)  
a. Less than 1 serving    b. 1-2 servings    c. 3 or more servings
- I include stretching exercises in my weekly routine (circle one) Yes    No
- I limit the amount of sodium or salt I eat (circle one) Yes    No
- I limit how much sugar or sweet foods I eat (circle one) Yes    No
- I regularly check my habits and home for fall risks (circle one) Yes    No
- I only take medications prescribed by my doctor (circle one) Yes    No

### What do I want to change?

This month, I want to do the following to improve my health and well-being:

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On a scale of 1 to 10 (1 = low confidence, 10 = high confidence), how confident am I that I can make the change I wrote above? (circle one)

1      2      3      4      5      6      7      8      9      10

### Support for this newsletter is also provided by:

#### The University of Georgia

- College of Family and Consumer Sciences
  - Dept. of Foods and Nutrition
- College of Public Health
  - Dept. of Health Policy and Management
  - Institute of Gerontology

### Questions or Comments? Contact us!

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