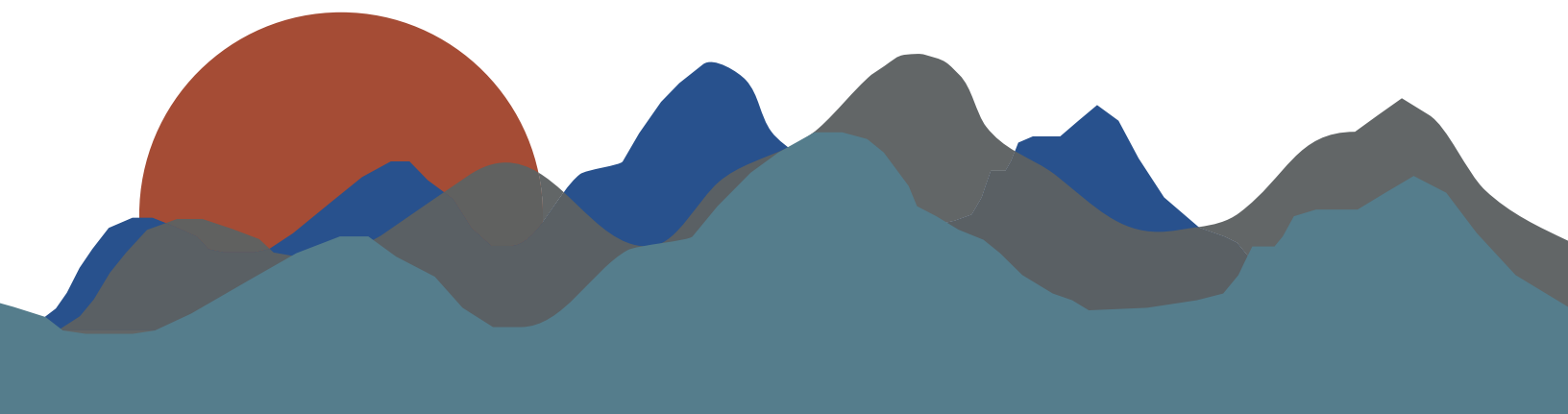


Age-Friendly Carbon County

Newsletter - Summer 2021

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Eating the Rainbow

Nourishing our bodies with colorful fruits and vegetables is important at every age but becomes particularly important as we grow older. A diet that incorporates a rainbow of colors helps prevent chronic diseases and protects us from infectious illnesses. Here are some recommendations to increase the color and variety of foods in your daily diet:

- Buy in season - Check out the fresh produce section at the grocery store. Pick out fruits and veggies that are bright and free of damage (no holes/scuffs/bruising).
- Swing by your local farmer's market. This is a great way to buy veg/fruit in season. Make friends with the vendors. That social connection is great for the soul and you might score some cheap and yummy fruit and veggies.
- Optimize on grocery store specials. Find a recipe that you can incorporate specific produce items that are on special. Stir fry is GREAT for incorporating veggies of all color and honoring your personal preferences. Frozen fruit and veggies are flash frozen at peak ripeness and often have higher nutrient potency than fresh.
- Make it fun! How many colors can you get on your plate? Challenge yourself but don't forget to also ENJOY your food too!
- Make your plate balanced. When building a plate, make sure to incorporate a protein or healthy fat with all that beautiful color. The color will fill you up quick and the fat/protein will sustain your energy.

When in doubt, check in with a Registered Dietitian who can help you make food decisions based upon your individualized needs.

»»» Growing in Carbon County

Growing a few of your own favorite foods is a great way to contribute to the food security of your own household, and if you have a bit of extra patio or yard space to help a few neighbors, too. Here is a short list of some veggies that are easy to grow in our region with a few notes to encourage you in your gardening endeavors!

- **Zucchini / Summer Squash:** One of the most prolific vegetable plants! You can select a vining or a bush variety, depending on your space requirements. You can also grow them up a trellis to save space. One or two plants will usually feed a household all season.
- **Beans:** Also available as bush or vining plants, beans germinate quickly and love the warmer temperatures of Montana summers. The best part about beans is that the more you pick them the more you will have. Extra bounty can be frozen or canned as a pickled vegetable - great in winter salads!
- **Beets & Turnips:** Root vegetables are the staple of all-season eating. Beets and Turnips germinate well and just need a quick thinning to take off. Once established, keep watered and enjoy them from late summer through the first few frosts of the fall - in fact, their flavor improves after a frost or two. Beets and turnips will keep well in a damp cellar or crawl space, for eating in the Winter and early Spring.
- **Kale & Spinach:** Non-fussy greens that are great in salads, or as a healthy ingredient in quiches and grain dishes. Freeze extra bounty and add to smoothies or casseroles! Pay attention to spinach varieties and select varieties that are slow to bolt. Easy to germinate and grow - likes partial shade and cooler weather.
- **Radishes:** Some varieties are ready in as little as 21 days! Spiciness of radishes partially depends on water - the less water the plant has, the spicier the radish will be. These are easy to grow and will do fine in containers or planter boxes as well. Excessive heat will make them bolt (flower) and turn bitter.
- **Cucumbers:** Pickles, cucumber & yogurt salad, sandwich topper... the possibilities are endless with cucumbers. Grow as you would zucchini. Full sun, in a small mound, with room to vine. There are so many varieties of cucumbers - try some for pickling and others for fresh eating.

- Written by Jenn Battles, Local Grower and Farmers Market Vendor

»»» 7 Superfoods for Adults 50+



Berries

- Contain fiber, Vitamin C, and antioxidants
- May improve short term memory and motor skills



Dark-green Leafy Vegetables

- A great source of Calcium for strong bones
- Lowers risk of heart disease



Seafood

- Lean source of protein, rich with B12 and Omega-3 fatty acids



Nuts and Seeds

- Protein to help you feel full
- Fatty acids that help protect your brain



Cottage Cheese

- Great source of whey protein that helps stimulate muscle protein synthesis
- High in calcium and vitamin D



Beans and Legumes

- Help reduce cholesterol
- High in iron, potassium, and magnesium



Water!

- Did you know as we age, our thirst mechanism decreases? We may not register we are thirsty until we are dehydrated.
- Regular water intake helps with bowel functioning.

- Adapted from AARP newsletter, sign up at aarp.org

Food Programs in Carbon County

Meal Programs:

Meals on Wheels

Cost: \$3.50 per day
What: Delivery in Red Lodge, pick up outside of City limits
When: 7 days a week
Who: Cedarwood Villa - 406-446-2525

Valley Senior Citizens Center

Who: Anyone over the age of 50.
Cost: Varies
What: Congregate meals, home-delivered meals, and activities
Meals: W/F 12pm-2pm
Where: 111 West River Street, Fromberg, MT 59029
406-668-7613

Bridger Golden Age Society

Who: Anyone
What: Lunch for dine in or delivery
When: Tuesday/Thursday
Please call by 10:30 am for deliveries
Cost: \$4.00 for dine in, \$4.50 for delivery

Boyd Senior Center

Who: Anyone over the age of 50
What: Lunch to go
When: Pick up at noon on Thursdays (Please call to reserve by Wednesday night. Call Don 962-3613.)

Food Programs:

Seniors Farmers Market Nutrition Program

Who: 60+ years old. Monthly income under \$1,986 for one person or \$2,686 or less for a couple
What: \$50 of coupons for fresh food at the Red Lodge Farmers Market
Where: Contact Tesla at tesla@rlacf.org or stop by the volunteer tent at the market
When: June 18th - September 10th

Double Snap Dollars

Who: Folks who are qualified for SNAP
What: Receive double SNAP dollars up to \$20 at the Red Lodge Farmers Market
Where: Stop by the Red Lodge Farmers market or contact the market manager at Redlodgefarmersmarket@gmail.com
When: June 18th - September 10th

Beartooth Market Fill It Fresh Bags

Who: Anyone
What: Fill bags with feature produce for the flat rate of \$15 per bag
When: the first Tuesday, Wednesday, and Thursday of each month
Where: Beartooth Market

Baretooth Cupboards

Who: Anyone - no income minimums or questionnaires - up to two times per month
When: Monday, 11 am-1 pm, Tuesday 3-5 pm, and Saturday 9-11 am
Where: 17 East 11th St., Red Lodge

Joliet Pantry:

When: Mondays 9 - 11 am
Where: 128 South Main Street, Joliet, MT
Phone: 406-962-3589

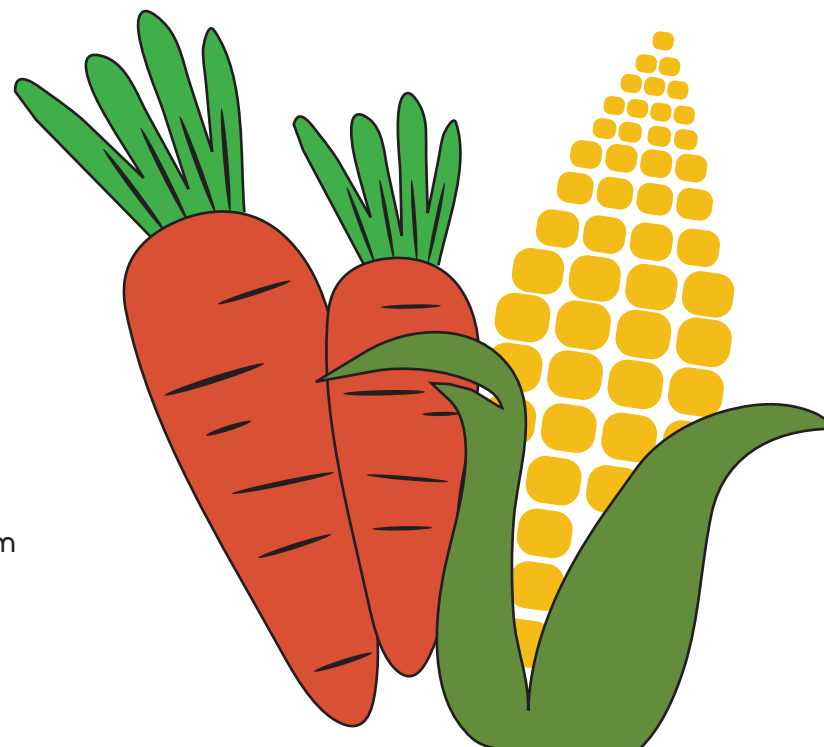
Bridger Community Food bank

When: 2nd and 4th Wednesday 9:30-11:30 am
Where: 206 North D Street, Bridger
Phone: 406-662-1060

Other:

It's in the Bag!

Where: Boys and Girls Club of Carbon County
What: Provides 2 breakfasts, 2 lunches, and 2 dinners for K-8 kiddos who may miss a meal
How: Sign up for the kids in your life online or call 406-446-2582



What's New with Alzheimer's Disease?

Alzheimer's disease is steadily increasing, with Montana expected to see 25% more cases in next 5 years. Some good news is that two promising approaches to treatment are emerging. First is a drug, Aduhelm, that reduces amyloid plaque deposits in the brain, a key feature of brain changes with this process. Unfortunately, its yearly cost is projected to be more than \$50,000. Another exciting development is a vaccine that blocks the formation of abnormal Tau protein, important in protecting brain cells.

For now, we should help ourselves by following:

- Good nutrition, maintaining an ideal body weight and normal blood sugar levels.
- Not smoking and consuming minimal alcohol.
- Stay active and socially engaged in community activities, games, music, dancing, and mental stimulation—like learning new skills and exploring new ideas.
- Finally, see your healthcare professional for annual checkups and when symptoms arise. Seek help to control blood pressure and diabetes.

What's New with Covid?

Covid has been responsible for decreasing our life expectancy by 2 years, so it continues to be of great concern. The emergence of variants from the initial genetic code is of great importance--especially the Delta variant which spreads much more rapidly and causes more severe illness. For this reason, it is so vital that we vaccinate as many people as possible, especially our vulnerable elderly. Fortunately, current vaccines appear effective against the variant viruses as well.

Caution is still appropriate in attending gatherings and visiting hospitals and care homes. A large reduction in Influenza this past year has been due to our vigilance and measures taken to limit the spread of Covid, showing us the value of hand washing and face covering.

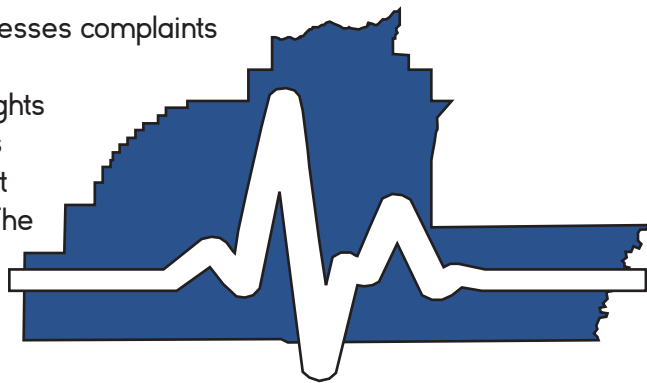
- Written by Jack Exely, MD

What Does an Ombudsman Do?

The Long-Term Care Ombudsman Program is Under the Federal Older American's Act. Every state is required to have an Ombudsman Program that addresses complaints by providing advocacy for residents in Long Term Care.

The Ombudsman advocates for residents and Resident Rights in the Nursing Homes, Assisted Living Facilities and Critical Access Hospitals. The Ombudsman works to resolve concerns the resident faces and ensures the resident has access to the Ombudsman. The Ombudsman make routine unannounced facility visits. Through COVID, the Ombudsman used Virtual Visitation.

For further information contact Karen Ulrickson, Regional Ombudsman, for Area II Agency on Aging 406-860-9993.



Connecting you with the food you need! Book CART for your next lunch outing or grocery run. Call 406-426-4506. Now operating 5 days a week!



For additional copies of the newsletter, contact Tesla at tesla@rlacf.org or 406-446-2820