



# PEAS AND CARROTS

Indiana FSSA's Division of Aging

November 2020

## Influenza (Flu)

People 65 years and older are at higher risk in developing complications from the flu. The flu is a contagious respiratory illness infecting the nose, throat, and sometimes the lungs caused by viruses called influenza.

The flu can result in the following symptoms which some may experience some or all of: fever, chills, cough, sore throat, runny or stuffy nose, body or muscle aches, headaches, tiredness, vomiting, and diarrhea.

The Centers for Disease Control (CDC) recommends flu vaccination seasonally for almost everyone 6 months of age and older. After vaccination immunity occurs in about 2 weeks.

People 65 years and older are not recommended to take a nasal spray vaccine. It is recommended to take a regular flu shot that is approved for use for those 65 years or older, a high dose flu vaccine (contains 4 times the amount of the inactivated virus), or an adjuvanted flu vaccine (made with MF59 adjuvant).

Side effects from the high dose and adjuvanted flu vaccines include: pain, redness or swelling at the injection site, headache, muscle ache, or a general feeling of discomfort. These side effects will typically last 1 to 3 days.

Treatment for the flu involves treating the symptoms, so medicine to lower the fever, rest, plenty of fluids to stay hydrated, cough drops for sore throat, etc. An influenza antiviral medicine may be described if diagnosis for the flu is made early.

Vaccination is the first and most important step in preventing the flu; however precautions such as staying away from those that are sick, covering coughs and sneezes, and frequent handwashing are recommended by the CDC as everyday preventative methods.

Sources: <https://www.cdc.gov/flu/highrisk/65over.htm>  
<https://www.cdc.gov/flu/about/keyfacts.htm>

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“He who has health has hope, and he who has hope has everything.”

-Arabian Proverb

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# National Family Caregivers Month

Caring for YOUR Nutrition Are you a family caregiver? You may not think of yourself that way, but if you spend time tending to the needs or concerns of a person with an ongoing illness, injury or disability you are considered a caregiver.

Approximately 85% of people with dementia and chronic illness are cared for exclusively in their own homes. On average, their loved ones provide 12 hours of assistance a day.<sup>1</sup> That can be difficult to juggle with work and other responsibilities, and it often takes an economic and physical toll. As a result, caregivers often report significant stress, depression, anxiety and fatigue.

Caregiving also can take its toll on caregiver nutrition. Limited time to cook or shop may result in reaching for sweets or picking up fast food, which don't need a lot of preparation or advance planning. Nutrients that can fall short include protein and fluids, as well as fiber, vitamins and minerals from fruits and vegetables that may not be present in convenience items.

That leaves the caregiver at risk of malnutrition, and, in turn, more susceptible to the physical effects of stress. The good news is that eating a healthful diet can reduce the negative effects of stress. So, while caregivers are often rightfully focused on making sure they provide healthy meals for those they care for, it is very important for caregivers to keep their own nutrition and hydration at the top of their priority list.

How can you do this to your full list of items on your "to do" list? A good way to start a new habit is to take the first few steps first. Begin with drinking beverages at each meal and 2-3 times between meals. Examples of healthy drinks include: water, milk, juice (for those fruits/vegetables you may be missing), or non-sweetened drinks. Next, focus on protein, a key nutrient that builds strength and provides important minerals. Ways you can add protein to your day include:

- \* At meals, eat your protein first
- \* Snack on cheese
- \* Replace cereal with eggs
- \* Top your food with chopped almonds
- \* Choose Greek yogurt
- \* Have a protein shake
- \* Include a high-protein food like fish, chicken, beef, eggs with every meal
- \* Pair peanut butter or yogurt with fruit
- \* Try a variety of plant proteins like nuts, Peanut butter, beans, and tofu
- \* Drink a liquid supplement like Ensure or Glucerna

To find more ideas for high protein foods, increasing fluids and other ways to prevent malnutrition, visit <https://order.nia.nih.gov/sites/default/files/2019-05/whats-on-your-plate-508.pdf> for a resource on "Smart Food Choices for Health Aging", consult your healthcare provider, contact a dietitian, or go to reliable websites like the Academy of Nutrition and Dietetics, US Department of Agriculture and the National Council on Aging.

<sup>1</sup> Schneider J, Murray J, Banerjee S, Mann A. EURO CARE: a cross-national study of co-resident spouse carers for people with Alzheimer's disease: I--Factors associated with carer burden. *Int J Geriatr Psychiatry*. 1999 Aug; 14(8):651-61

## Word Search Bank

ADJUVANT

ASSISTANCE

CAREGIVER

CONVENIENCE

FATIGUE

HYDRATE

IMMUNITY

INFLUENZA

MALNUTRITION

NUTRITION

PREVENTATIVE

RESPIRATORY

RUTABAGA

SYMPTOMS

VACCINATION

## WORD SEARCH

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



## Produce Spotlight Rutabagas

Rutabagas are in peak season fall and winter, a root vegetable part of the cruciferous family (other cruciferous vegetables include: cauliflower, brussels sprouts, broccoli, cabbage, arugula, and collards)

**Nutritional Profile** for 1 medium rutabaga: Calories-143cal; Fat-1g; Sodium-46mg; Carbohydrates-33g (9g Dietary Fiber, 17g Sugars); Protein-4g; Calcium- 166mg; Iron- 2mg; Potassium- 1175mg

**Edible portions:** Rutabagas can be eaten raw when peeled or cooked by boiling, roasting, frying, or steaming; while the leaves can be used in soups or salads.

**Flavor Profile:** compared to turnips; only milder in taste when raw. Sweet yet savory when cooked.

**Tip for cutting:** Grocery store rutabagas have paraffin wax for moisture retention. To cut rutabagas, cut both ends to make it easier for them to stand on cutting board and then peel with knife from top to bottom.

Sources:

<https://snaped.fns.usda.gov/seasonal-produce-guide/rutabagas>

[https://www.healthline.com/nutrition/rutabagas#TOC\\_TITLE\\_HDR\\_8](https://www.healthline.com/nutrition/rutabagas#TOC_TITLE_HDR_8)



## Rutabaga Mash

Try swapping your Thanksgiving mashed potatoes with Rutabaga.

Serves 8-10

### Nutritional information per serving:

115cal; 6g Total Fat (4g Sat Fat);  
15mg Cholesterol; 167 mg Sodium;  
15g Carbohydrates (4g Dietary Fiber,  
8g Sugars); 2g Protein

### Ingredients:

3 lbs rutabaga (about 1 large rutabaga)  
Kosher salt and freshly ground black pepper  
1 C chicken stock  
4 Tbsp (1/2 stick) unsalted butter

### Directions:

1. Put the chopped rutabaga in pot, cover with water, add a pinch of salt. Bring to simmer & simmer until soft, about 30 minutes. Drain
2. While rutabaga is simmering, put chicken stock and butter in a medium pot and heat over medium heat until warmed through
3. Combine rutabaga and warm stock and puree. Season with salt and pepper.

Recipe courtesy of: <https://www.foodnetwork.com/recipes/rutabaga-mash-3201880/>. Image courtesy: oberholster venita from Pixabay

## Contact Us

Contact the Division of Aging at

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