Eating Right for Older Adults

Health Tips from the Academy of Nutrition & Dietetics

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.

- Make half your plate fruits and vegetables
  Eat a variety of different colored vegetables; beans, peas and lentils are also good choices. Add fruit to meals, snacks or desserts; fresh, dried, frozen or canned in water are all good options.

- Make at least half of your grains whole
  Choose breads, cereals, crackers and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too.

- Switch to fat-free or low-fat milk, yogurt and cheese
  Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day.

- Vary your protein choices
  Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas and lentil when planning your meals.

- Limit sodium, saturated fat and added sugars
  Look out for salt, or sodium, in foods you eat. Switch from solid fats to oils when preparing foods. Select fruit for dessert more often in place of treats with added sugars.

- Stay well hydrated
  Drink plenty of water throughout the day to help prevent dehydration and promote good digestion.
VOLUNTEER SPOTLIGHT

Nancy is one of CVCJ’s respite volunteers in Monmouth County. She has been such a ray of sunshine for many families. Her presence is comforting and kind, and her visits are looked forward to on a weekly basis!

For many years, Nancy, along with her other siblings, all played a piece in caring for their mother. Even though her mother had a primary caregiver; she saw the need for relief. “Learning from what I saw from my mom's caregiver, I wanted to give back to others. I wanted to give families a piece of mind weekly, even if it was for a handful of hours.”

Our respite program matches volunteers with families who are taking care of loved ones at home. Like Nancy, our volunteers give caregivers a break, respite time, by building relationships and connections with their family members. This time weekly gives caregivers a chance to recharge and reset. Nancy says, “From my experiences with my mom, I know a caregiver cannot pour from an empty vessel. So having the ability to give someone that time to refill, really makes me feel like I made a difference.”

Thank you to Nancy and all of our volunteers for being a positive light to our families!

CONGREGATION SPOTLIGHT

The Co-Cathedral of St. Robert Bellarmine has been a dedicated supporter of Caregiver Volunteers since our expansion into Monmouth County in 2016. They were the first Monmouth Congregation to partner with us and they have remained committed to our mission ever since.

Monsignor Sam not only gave Caregiver Volunteers our new home base in Monmouth County by lending us office space but he is also a vital member of our Board of Directors. We are grateful to Msgr. Sam and St. Robert's for opening their doors for us to do a successful February Volunteer Recruitment.

Our coalition of congregations continues to share in our mission to provide free supportive services to the seniors in our communities. St. Robert's has been an unwavering partner in helping us continue this mission in Monmouth County. We are grateful for the support we receive from the many congregations within our coalition.

Thank you for all you do and continue to do to help us further our mission. To learn more about The Co-Cathedral of St. Robert Bellarmine visit strobert.com.
PARTNER SPOTLIGHT
Thank you to Jersey Shore Online for supporting Caregiver Volunteers as our Media Sponsor for the Jersey Shore Rocks Dementia Event on March 25, 2022.

Don't Forget:

**Volunteer Information Updates**

Do you have a new email address? Has your availability changed? Are you ready to take on another assignment? Please contact the office at 732-505-2273 to update your information.

**Volunteer Hours**

To report your hours visit caregivervolunteers.org/volunteer-corner/submit-volunteer-hours/

**Presentations**

If you are a member of an organization that would like to hear about us and our many volunteer opportunities please give us a call 732-505-2273 to set up a presentation.

**Volunteer Town Hall**

The next Volunteer Town Hall is April 13th at 11am.

Guest Speaker: Cheryl Citron, Executive Care

Join us in-person at our office: 201 Hooper Avenue, First Floor Toms River (call to RSVP) or

Join Zoom Meeting: https://tinyurl.com/4ywp9uke

We look forward to seeing you there to exchange ideas with other volunteers & get the latest CVCJ news!

For more information contact Dena at 732-505-2273 or email denag@caregivervolunteers.org
Without the support of our local partners we would not be able to provide services to the over 1400 seniors in Ocean and Monmouth Counties that we help.

732-505-2273  info@caregivervolunteers.org
caregivervolunteers.org  Like us on Facebook@
Caregiver Volunteers & Caregiver Canines

An Alzheimer’s and Dementia Community that’s Just Like Home
From your home to ours, giving unmatched care for the memory impaired.

In a Safe, Comfortable Setting Like the Home They Have Always Known!
Specialized care for the memory impaired from your home to our home
Safe & Comfortable care - 24-Hour Supervision - Private bedrooms
Safe & Secure grounds - Activities 7 days a week

We are happily accepting new residents. Please call for more information.

732-290-CARE (2273)
www.AlcoeurGardens.com