

Super Seniors News July 2014 Newsletter

Dear Friends,

This issue of “Super Seniors News” will be dedicated to Summer Safety Tips for Seniors. We will focus on heat stress, preventing heat-related illness, guidelines for healthier grilling, and food safety.

Sincerely,

Jacquelyn W. Gibson

Jacquelyn W. Gibson
Extension Faculty-FCS



The Family & Consumer Science Program and the 4-H Youth Development Program has a New Home!!

New Location: Amelia Earhart Park

401 East 65th Street
Hialeah, FL 33013
Phone: 305-769-4050
Fax: 305-769-4052

Staff

Jacquelyn W. Gibson, FCS - jwgibson@ufl.edu
Cassandra Weston, 4-H - crweston@ufl.edu
Shirley Bender, Secretary - skbender@ufl.edu

Summer Safety Tips



Summer is a time for enjoying the great outdoors! Unfortunately, the summer sunshine, UV rays and heat can also bring a few dangers, especially for seniors, including sunburn, eye damage, dehydration, heat exhaustion and more.

As the country continues to experience its history of long, hot summers, it is becoming vitally important that we understand the symptoms of heat related illnesses, especially for seniors. Our bodies work hard every day to maintain a normal temperature. Excessive heat (when temperatures reach 10 degrees Fahrenheit or more above average high temperatures for a region), forces our body to work harder than normal.

Essentially the heat forces our bodies to work beyond their limits, causing heat-related illness.

Older adults, as well as young children, are at high risk from excessive heat events. For the growing number of aging Americans, the body's cooling mechanisms may become impaired. They don't "feel the heat" the way younger people do and so



might not be aware of the risks of high temperatures. Also seniors perspire less, making it harder to keep cool, increasing the risk of becoming overheated. High humidity levels can make it even harder for the body to cool itself.

How are Excessive Heat and Heat Stroke Related?

Warning signs vary but may include the following:

- An extremely high body temperature (above 103° F)
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Signs and Symptoms of Heat Exhaustion warning signs may vary but may include the following.

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow



What You Can Do to Protect Yourself

The best defense against excessive heat is prevention. Air conditioning is one of the best protective factors against heat-related illness and death. Even a few

hours a day in air conditioning can greatly reduce the risk. Electric fans may provide comfort, but when temperatures are in the high 90s fans do not prevent heat-related illness.

During excessive heat events, the following prevention strategies can save lives:

- Visit air-conditioned buildings in your community if your home is not air-conditioned. These may include: senior centers, movie theaters, libraries, or shopping malls.
- Take a cool shower or bath.
- Drink lots of fluids. Don't wait until you are thirsty to drink. If a doctor limits your fluid intake, make sure to ask how much to drink when it's hot. Avoid beverages containing caffeine, alcohol, or large amounts of sugar. These drinks cause dehydration.
- Ask your doctor or other health care provider if the medications you take could increase your susceptibility to heat-related illness.
- Wear lightweight, light-colored, and loose-fitting clothing.
- If possible, remain indoors in the heat of the day. The sun is stronger between 10 a.m. and 4 p.m. Limit outdoor activities to the morning and evening.
- Do not engage in strenuous activities.

Sources: "It's Too Darn Hot" - Planning for Excessive Heat Events, EPA 100-F-07-025, July 31, 2009

Heat Stress in the Elderly,

<http://www.bt.cdc.gov/disasters/extremeheat/elderlyheat.asp>

How Much Fluids are Needed?

Most seniors need to drink 6-8 cups of fluids every day. The amount of fluids you need depends on your calorie needs, activity level, and weather. The average adult loses 10 cups of water daily through perspiration, breathing, and other body functions.



When the body is exposed to extremely high temperatures it needs to maintain its normal temperature. When it is hot you will need to drink more fluids and eat more fruits and vegetables so the body won't become dehydrated.

Cool Alternatives to Quench Your Thirst this Summer



- * Mix 100% juice with plain or sparkling water.
- * Mix unsweetened, decaffeinated iced tea with orange juice or lemonade
- * Squeeze a wedge of lemon, lime or orange into unflavored carbonated water.
- * Mix 100% juice and water and freeze into fruit juice popsicles.

Did You Know?

GOING FROM ONE SODA A DAY TO ONE A WEEK WOULD CUT:

65 cups of sugar
43,680 calories
12.5 pounds



SWAP OUT: Soda and sugary drinks

SUB IN: Water and fruit-infused spritzers

On average, Americans consume about a can of soda a day -- 150 empty calories. These calories can contribute to excess weight gain, a factor in cancer risk.

Skip the sugar and opt for fruit-infused waters like strawberry-mint and lemon-basil.

Source: AICR's eNews, 7/11/13

Recipe Corner

Orange Fizz

3/4 cup frozen Florida Orange Juice Concentrate, thawed
2 1/4 cups carbonated water or tonic water, chilled ice cubes
Florida Orange slices, quartered (optional)



Pour thawed orange juice concentrate into a pitcher. Gently stir in chilled carbonated water or tonic water. To serve, pour over ice cubes, in glasses. If desired, garnish with quartered orange slices. Serve at once. Makes 4 (6-ounce) servings.

Nutrition facts per serving: 73 cal., 1 g pro., 18 g carbo., 0 g total fat (0 g sat. fat), 0 mg cholesterol, 0 g dietary fiber, 28 mg sodium. Daily Value: 98% vit. C, A, 37% folate, 12% thiamine, 14% potassium.

Florida Department of Citrus

Apple Pie Smoothie

1 cup low-fat vanilla yogurt
1/4 cup apple juice
1/2 apple
1/4 cup unsweetened applesauce
1/4 tsp ground cinnamon
1/4 tsp ground nutmeg

Blend all ingredients until smooth and creamy. If you use frozen fruit, no ice is needed. Otherwise, blend with 2 ice cubes. Enjoy!

7 Guidelines for Healthier Grilling

Research has suggested a link between grilled food and cancer. There isn't enough evidence to show that grilled meat specifically increases risk for cancer. However, cooking meat at a high temperature—like grilling—creates cancer-causing substances to form. These carcinogens can cause changes in the DNA that can lead to cancer.

You can cut down on that risk with these simple tips for healthier grilling.

- Stay clear of charred meats. Consuming well-done or charred meat may increase your risk of developing pancreatic cancer.



Try choosing leaner meats and trim the fat before grilling, because when fat and juices drip from meat, flames flare up and create smoke, which leads to carcinogen formation. Also, flip frequently to reduce chemical formation. If you do char your meat, trim it away before eating.

- Marinate your meat. The marinade acts like a barrier between your meat and carcinogens. Marinate meat for at least 30 minutes to reduce the formation of carcinogens.
- Cut back on grill times. Cooking meat for a long time also leads to formation of carcinogens, because you are exposing it for a longer time to smoke and flame. Try fish, which cooks significantly quicker than chicken or beef, or make skewered kebobs with cubes of meats, which take less time to be done.

If you are grilling larger cuts of meat, you can reduce the time the meat is exposed to the flames by partially cooking it in a microwave, oven or stove first. Immediately place the partially cooked meat on a preheated grill to protect against bacteria and other pathogens that cause illness.

- Avoid processed meats. Skip the hotdogs and sausages. They may taste good, but cancer-causing substances form when these meats are preserved.
- Keep flames at bay. Turn your grill to a low-heat setting, which makes it harder for meat to

burn or char. To prevent meat from sticking and burning, oil the grill rack. You can also avoid flames near your food by placing meat or veggies on a sheet of foil for meat, poke holes to let the fat drip), which will protect food smoke and cut back on flame flare-ups.

- Grill veggies or fruit. You can still enjoy that grilled flavor you love and reduce your cancer risk by swapping meat for veggies, veggie burgers, or fruit, all safer choices because cancer causing substances called polycyclic aromatic hydrocarbon (PAHs) and heterocyclic amines (HCAs) form in muscle proteins, and not in plant-based foods.
- Clean the grill. Scrape down your grill when you're done cooking to get rid of carcinogenic residue that can build up. With a dirty rack, you run the risk of transferring those leftover chemicals to your food next time you grill.

Picnic and BBQ Food Safety Tips



Did you know that foods should be handled very carefully during the summer months?

Food borne illness, also known as “food poisoning” is more prevalent in warmer weather. Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather activities also present opportunities for foodborne bacteria to thrive.

To protect yourself, your family and friends from foodborne illness during the months of summer, safe food handling with eating outdoors is critical. Follow these simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you arrive.

- ☺ **Keep Food Cold** - Start at the store by keeping a cooler or ice chest in the trunk for transporting perishables. You may also want to purchase perishable food last. Keep the cooler in an air conditioned car while in transit. During a picnic, be sure to keep the cooler in the shade with the lid on. Only take out the meat that will immediately be placed on grill.
- ☺ **Wash Hands Frequently** - When working with raw meat, wash hands with soapy water frequently. If no water faucet is available, use disposable wet wipes to clean hands before and after handling raw meat or poultry.
- ☺ **Marinate Wisely** - Marinate food in the refrigerator, not on the counter. Marinade should not be re-used if used on raw meat or poultry. Reserve a portion of marinade before putting raw meat or poultry in it. However, if the marinade used on raw meat or poultry is to be re-used, make sure to let it come to a boil first to destroy any harmful bacteria.
- ☺ **Keep Everything Clean** - To prevent food-borne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.
- ☺ **Cook Thoroughly** - Cook food to a safe internal temperature to destroy harmful bacteria. Use a food thermometer to be sure the food has reached a safe internal temperature.
- ☺ **Cook immediately after partial cooking meats** - If you partially cook food to reduce grilling time, do so immediately before the food goes on the hot grill.
- ☺ **Keep Hot Food Hot** - After cooking meat and poultry on the grill, keep it hot until served - at 140 °F or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook.
- ☺ **Leftovers** - Refrigerate any leftovers promptly in shallow containers.

Whole poultry should reach	165 °F
Breast	
Hamburgers (Beef)	160 °F
Ground Poultry	165 °F
Beef, Veal, Lamb Steaks, Roasts and Chops	145 °F
