

Super Seniors News

November 2014 Newsletter

Dear Friends,

This issue of “Super Seniors News” will be dedicated to “American Diabetes Month®.” We will focus on learning more about diabetes and reducing the risk associated with the disease.

Sincerely,

Jacquelyn W. Gibson

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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

November is American Diabetes Month®

Every November, the American Diabetes Association (ADA) encourages the public to learn more about diabetes. It’s mission is to raise awareness of this ever-growing disease, and focus the nation’s attention on the issues surrounding diabetes, and the many people who are impacted by the disease.

This year’s theme is “America Gets Cooking™ to Stop Diabetes®.”

America Gets Cooking to Stop Diabetes is an initiative designed to engage and inspire people to live a more active and healthier lifestyle. The initiative will empower people to cook nutritious and delicious food and encourage them to be more active. This can be done by sharing relevant information such as healthy cooking tips, diabetes and nutrition facts, and recipe ideas.



About Diabetes

Prevalence

- Nearly 30 million children and adults in the United States have diabetes.
- Another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- Recent estimates project that as many as one in three Americans adults will have diabetes in 2050 unless we take steps to Stop Diabetes.



The Toll on Health

- People with diabetes are nearly twice as likely to be hospitalized for a heart attack or stroke.
- Diabetes causes nearly 50% of all cases of kidney failure.
- More than half of all amputations in adults occur in people with diabetes.
- More than half a million American adults have advanced diabetic retinopathy, greatly increasing their risk for severe vision loss.
- About 60-70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.



Cost of Diabetes

- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.
- One in 10 health care dollars is spent treating diabetes and its complications.
- One in five health care dollars is spent caring for people with diabetes.



2014 Diabetes Guidelines from the American Diabetes Association (ADA)

Nutrition and Dietary Guidelines

It's important to work with a dietitian to create a plan that fits your lifestyle, usual eating pattern, likes, goals, dislikes and culture.

Weight loss is advised for people who are overweight, primarily by reducing portion sizes and increasing physical activity.

Carbohydrates—Monitoring carbohydrate intakes continues to be the main approach for managing blue glucose levels. Although there are no recommendations for the specific amount of carbohydrates to eat, many experts still use 45-60 grams of carbohydrates per meal as a starting point. The carbohydrates are then adjusted based on glucose levels and your preferences.

Food good health, the guidelines recommend that most of your carbohydrates come from vegetables, fruits, whole grains, legumes and dairy products and that sugar-sweetened beverages be limited or avoided.

Other Nutrient Recommendations

- Fat - the guidelines for fat, sodium and fiber are the same as for people without diabetes. There is no specific amount of fat, but foods higher in unsaturated fat (liquid fats) are recommended instead of saturated and trans fats.
- Sodium - Total daily sodium guideline is 2,300mg.
- Fiber - Guideline is 25-30 gm per day.
- Protein - has little noticeable impact on glucose readings, but lean meats and meat substitutes have less saturated fat. This helps to support a healthy heart.
- Alcohol - can be used in moderation.
- Vitamins, minerals, herbs - there is still no evidence that vitamin and mineral products, herbal products or cinnamon are helpful in managing diabetes.



The ABCs of Diabetes

A1C of 7%	This remains the goal for most people with diabetes.
A1C of less than 6.5%	This tighter goal may be recommended for those who have had diabetes for a short time, are expected to live for many years and have no significant heart and blood vessel disease.
A1C of less than 8%	This higher goal may be recommended for those who have a shorter expected life span, have difficulty reaching a lower goal without severe low blood glucose events, have had diabetes for a long time or have multiple complications.
Blood pressure	Reading of 140/80 for most people.
Cholesterol (“Bad” LDL)	Reading of 100 mg/dL
Cholesterol (“Good” HDL)	Reading or more than 40 mg/dL for men and 50 mg/dL for women
Triglycerides	Reading of less than 150 mg/dL

VEGGIE FACTS

- All vegetables have carbohydrates.
- A single serving of vegetable is 1/2 cup cooked or 1 cup raw.
- Nonstarchy vegetables, such as leafy greens, asparagus, and summer squash, contain about 5g of carbohydrate per serving.
- Starchy vegetables like corn, peas, winter squash, cassava, yams, taro, and potatoes have three times the amount of carbohydrate (15 g) as nonstarchy vegetables. Cooked cassava and taro have about 22 g of carbohydrate per 1/2 cup serving.
- A serving of a starchy vegetable, such as 1/2 cup corn, has the same amount of carbohydrate as 1 slice of bread (15 g of carbohydrate).
- Salad greens like chicory, endive, lettuce, romaine, spinach, and arugula are free foods that you can enjoy in any amount.
- For lunch and dinner, fill half of your plate with non-starchy vegetables.



Healthy Living Recipes

Grilled Salmon With Lime

Serves 4

- 2 tbsp. olive oil
- 2 minced garlic cloves
- 1/4 cup lime juice
- 1 tbsp. white cooking wine
- 2 tbsp. grated lime peel
- 1 tsp honey
- 1 tbsp. dried dill nonstick vegetable cooking spray
- 4 6-oz (24 oz) salmon fillets
- 4 cups broccoli florets
- 1 cup cauliflower florets
- 1 cup sliced carrots
- 1 cup long-grain brown rice, cooked according to directions, without salt or fat



- Preheat grill or broiler to medium heat. In a small saucepan add olive oil and minced garlic. Cook 1 minute and stir in lime juice, cooking wine, grated lime peel and honey. Remove from heat and stir in dill.
- Brush salmon with olive oil mixture. Spray grill or broiler pan with nonstick vegetable cooking spray. Grill or broil salmon 3 to 4 minutes per side, basting occasionally and turning, until fish flakes easily when tested with a fork.
- Meanwhile, steam broccoli, cauliflower and carrots and served with hot brown rice.

Nutrition Information Per Serving: Cal. 488, **Total Fat** 15 g, (Sat. 2 g, Trans 0.g), **Cholesterol** 89 mg, **Carbs** 49 g, **Fiber** 6 g, **Protein** 42 g, **Sodium** 190 mg

Guilt Free Dessert

Molten Chocolate Lava Cakes

Makes 4 servings

- 3 ounces dark chocolate (21.45 ounce Hershey’s Special Dark bars or 6 squares from a 6.8-ounce bar)
- 1 tablespoon butter
- 2 tablespoons low-fat milk
- 1 teaspoon vanilla extract
- 3 large eggs, room temperature, separated, divided



2 tablespoons cocoa powder, preferably Dutch-processed
 2 tablespoons all-purpose flour
 1 tablespoon granulated sugar
 1 tablespoon powdered sugar, optional, for dusting



1. Preheat oven to 400°F. set oven rack to lower third of oven. Lightly spray four 6-ounce ramekins with cooking spray. Set aside.
2. Reserve either eight squares of chocolate from the small bars, or two from the large one. Place remaining chocolate in a medium, microwave-safe bowl with the butter and microwave on high for 60 seconds, or until chocolate is mostly melted. Remove and stir until smooth. Whisk in milk, vanilla and egg yolks until smooth. Sift in cocoa powder and flour and whisk to combine.
3. In a medium bowl, with an electric mixer on high speed, beat the egg whites until foamy. Gradually add 1 tablespoon sugar and beat to soft peaks. Gently fold the egg whites into the chocolate mixture to lighten, taking care not to deflate the 3egg whites.
4. Divide the batter among the ramekins. If using the small chocolate bars, press two squares in the center of each cake. For the larger bar, cut one square in half and press into each cake. Bake for 8 to 9 minutes, or until tops are just firm to the touch and the cakes still jiggle slightly in center. Let cool for 2 minutes and serve immediately with a dusting of powdered sugar, if desired.

Nutrition Information Per Serving: (1 LAVA CAKE) Cal. 210, **Total Fat** 12 g, (Sat. 7 g, Trans 0 g), **Cholesterol** 150 mg, **Sodium** 85 mg, **Carbs** 21 g, **Fiber** 2 g, **Sugars** 15 g, **Protein** 7 g **Exchanges:** 1 1/2 carb, 1 lean meat, 1 1/2 Fat

Medicare Open Enrollment

Open enrollment is a time when people can change their Medicare Advantage and or Part D prescription drug plans.



In years past, open enrollment has been held from November 15 to the end of December. Now, election period starts on October 15 and runs through December 7, 2014.

The change was made in 2011 to ensure that Medicare has enough time to process beneficiaries plan choices in time and to avoid any hiccups in coverage at the start of the new year when plans take effect. Completing open enrollment by December 7th will give the computer systems time to catch up and for people to have their election effective and ready to go on January 1st.

If you have original Medicare with a Medigap supplement plan and you are happy with it, you don't need to take any action.

People can join a Medicare Advantage plan or a Part D prescription drug plan for the first time. If you are already in one of these plans, you can switch. If you don't want the plan you have, you can unenroll and go back to original Medicare.

Don't forget about your doctor when evaluating your plan during annual enrollment. Make sure he or she is still accepting your particular Medicare Advantage plan next year.

If your doctor is out of network, you'll either have to choose a new health-care provider or be on the hook for higher out-of-pocket costs in order to stay with the doctor you have.

Medicare Open Enrollment is Open Season for Scams



Medicare scams occur all the time, but open-enrollment is prime time for thieves to unleash their attempts to scam seniors.

According to AARP, it's open season for identify thieves.

One of the most common tricks is for crooks to pose as employees from the Center for Medicare & Medicaid Services, the federal agency that administers the Medicare program.

A scammer will tell Medicare beneficiaries that the caller needs their social security number, bank account numbers or other personal information so the government can issue a new Medicare card.

Don't believe it. The Centers for Medicare & Medicaid Services will never call and request such data.

It's illegal for someone to call and ask for your Medicare number, social security number, or bank or credit card information. A Medicare representative or a private insurance plan working with Medicare will never call and ask for this information, and will never come to your home uninvited to see Medicare products.

So guard your social security number and your Medicare card. Your Medicare number is usually your social security number.



Don't let anyone borrow or pay you to use your Medicare card or your personal information.

Finally, be suspicious of people offering free medical equipment or services, and requesting your Medicare number.



If you suspect Medicare fraud, call Medicare toll free at 1-800-633-4227.