

# COACH MESSENGER

VOLUME 5, ISSUE 7 MARCH 2016

## EATING WELL AS YOU GET OLDER

Eating is one of life's pleasures, but some people lose interest in eating and cooking as they get older. They may find that food no longer tastes good. They may find it harder to shop for food or cook, or they don't enjoy meals because they often eat alone. Others may have problems chewing or digesting the food they eat.

### *Why Not Eating Can Be Harmful*

If you don't feel like eating because of problems with chewing, digestion, or gas, talk with your doctor or a registered dietitian. Avoiding some foods could mean you miss out on needed vitamins, minerals, fiber, or protein. Not eating enough could mean that you don't consume enough nutrients and calories. One reason people lose interest in eating is that their senses of taste and smell change with age.

Foods you once enjoyed might seem to have less flavor when you get older. Some medicines can change your sense of taste or make you feel less hungry. Talk with your doctor if you have no appetite, or if you find that food tastes bad or has no flavor.

If you don't feel like eating because food no longer tastes good, you can enhance the flavor of food by cooking meals in new ways or adding different herbs and spices.

### *Problems Chewing?*

If you have trouble chewing, you might have a problem with your teeth or gums. If you wear dentures, not being able to chew well could also mean that your dentures need to be adjusted. Talk to your doctor or dentist if you're (*continued on back page*)

## ST. PATRICK'S DAY PARTY MARCH 17

The COA will hold a St. Patrick's Day Party on Thursday, March 17 in the town hall auditorium. It includes lunch and a concert by the Do-Re-Mi singers, with music appropriate to the day. There will be a lunch of corned beef sliders, dessert and beverage that will begin at noon. The concert will begin at 1:15PM. The party is free. Transportation is able;

available. Call the COA if you need a ride.

This program promises to be great fun. **PLEASE pre-register-either in person at the COA, or by calling 354-7735. Your cooperation will assure that there will be enough food for all.**

Save  
The  
Date

*If you need a ride to any of these events, please call the COA at 354-7735*

**Tuesday, March 8**  
**12 Noon** Pot Luck  
Luncheon—Senior Room

**1:30 –3 PM** Board Games,  
Community Jigsaw Puzzle,  
Cards

**Wednesday, March 16**  
Foot Care Nurse—\$15 by  
appointment— call 354-  
7735

**Thursday, March 17**  
**12PM—2:30 PM**  
St. Patrick's Day Party  
Town Hall Auditorium  
**PLEASE Pre-register!!!**

### WEEKLY EVENTS

**MONDAYS**  
KNITTING SERVICE GROUP  
1-3 PM **FREE**  
**NEW MEMBERS WELCOME**

**WEDNESDAYS**  
**WEEKLY SHOPPING TRIP**  
CALL 354-6365 TO RESERVE  
YOUR VAN SEAT —FREE

"FUN BOWL" \$7.00  
SOUTHAMPTON LANES  
VAN LEAVES 9:30 AM

**THURSDAYS**  
**DROP-IN 12:15 PM**  
**MATINEE MOVIE**  
**1 PM FREE**  
**REFRESHMENTS**

## Eating Well (continued)

finding it hard to chew food.

Chewing problems can sometimes be resolved by eating softer foods. For instance, you could replace raw vegetables and fresh fruits with cooked vegetables or juices. Also choose foods like applesauce and canned peaches or other fruits.

Meat can also be hard to chew. Instead, try eating ground or shredded meat, eggs, or dairy products like fat-free or low-fat milk, cheese, and yogurt. You could also replace meat with soft foods like cooked beans and peas, eggs, tofu, tuna fish, etc.

### *Is Your Food Hard to Swallow?*

If food seems to get stuck in your throat, it might be that less saliva in your mouth is making it hard for you to swallow your food. Drinking plenty of liquids with your meal might help. Talk to your doctor about what might be causing your dry mouth and the problem swallowing.

### *Problems With Digestion?*

If you experience a lot of digestive problems, such as gas or bloating, try to avoid foods that cause gas or other digestive problems. If you have stomach problems that don't go away, talk with your doctor. If you do not have an appetite or seem to be losing weight without trying, talk to your doctor or ask to see a registered dietitian.

Making small changes in the way you prepare your food can often help overcome challenges to eating well. These changes can help you to enjoy meals more. They can also help make sure that you get the nutrients

## Thursday Matinee Movie Schedule

**Movies begin at 1PM in the Senior Room. Doors open at 12:15 PM. Please use the side entrance to the town hall on Thursdays as the front entrance to the town hall is locked. This program is free. Free refreshments are available.**

**March 3 Little Boy (2015) Drama** An 8-year-old boy with developmental challenges is devastated when his devoted father -- and lone friend -- is drafted during World War II. With his dad out of the picture, the youngster is determined to fight the bullies who torment him at school. PG-13 107 min.

**March 10—Learning to Drive (2015) Romance Drama** When soon-to-be-divorced Wendy Shields signs up for driving lessons, her instructor is Darwan, a Sikh immigrant to America. Though their cultural perspectives are poles apart, the two begin to develop a bond that transcends their differences. Stars Patricia Clarkson and Ben Kingsley R 90 min.

**March 17—NO MOVIE—St. Patrick's Day Party in the town hall auditorium!** Free lunch at noon. Concert with the Do-Re-Mi Singers at 1:15 PM! ***Please register for lunch by phone at 354-7735 or in person at the COA.***

**March 24 The Magic of Belle Isle (2012) Drama,** After alcoholism depletes his enthusiasm for writing, celebrated author Monte Wildhorn finds his creative passion renewed when he moves to quaint Belle Isle and gets to know his next door neighbors -- a single mother and her three daughters. Stars Morgan Freeman. PG 109 min.

**March 31 Like Sunday, Like Rain (2015) Drama** When struggling musician Eleanor takes a position as nanny to 12-year-old cello prodigy Reggie, she's thrust into the role of parent, mentor and confidant -- giving rise to a friendship that has profound effects for them both. R 104 min.

and energy you need for healthy, active living.

Meals are an important part of our lives. They give us nourishment and a chance to spend time with friends, family members, and others. If physical problems keep you from eating well or enjoying meals, talk with a health care professional. If you want to share meals with others, there are local senior dining centers in Huntington and Middlefield several days a week. If you are homebound and have difficulty with meal preparation, Highland Valley Elder Services can help through their Meals on Wheels program (800-322-0551). If you need help getting enough food to eat, call the COA at 354-7735 for free confidential assistance about programs that can help.