



Support for military veterans with chronic conditions



by Priscilla **ANGULO**
Falls Prevention Coordinator

Those who served in the military carry a heavier health burden than non-veterans. According to a CDC report, veterans are significantly more likely to have two or more chronic diseases, such as diabetes, heart disease, and high blood pressure, as well as other health problems.

Nearly 1 in 5 vets between the ages of 45 and 54 reported at least two chronic conditions compared to less than 15 percent of non-veterans. Close to 1 in 3 former service members who are 55 to 64 said they had more than one chronic disease compared to one-quarter who never served.

“The effects of military service on physical and psychological health, especially after extended overseas deployments, are complex,” write the researchers. “There may also be long-term consequences of military service for the health and health care utilization of veterans as they age.”

The report was produced by the National Center for Health Statistics, a division of the CDC. It draws on data from the 2007-2010 National Health Interview

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— **Researchers**

Survey, and it covers veterans aged 25 to 64, directly comparing their health with that of non-veterans.

One of our very own RSVP Meals on Wheels volunteers, Manuel Martinez, is a Marine Corps veteran who served in Vietnam. During his tour the U.S. military used Agent Orange, a powerful herbicide to eliminate forest cover and crops. Agent Orange contained the deadly chemical dioxin. It was later proven to cause serious health issues including cancer, birth defects, rashes and severe psychological and neurological problems – among the Vietnamese people as well as among returning U.S. servicemen and their families.

Manuel was diagnosed with diabetes and learned that there is a correlation between those who were exposed to Agent Orange and chronic conditions. He recently took a Living Well workshop and learned important information about how to manage the disease. The six-session evidence-based workshop is designed for those dealing with a chronic or limiting health condition. Participants learn self-management techniques and skills needed in the day-to-day management of any type of ongoing health condition. The program has also been proven to be effective for caregivers. To find a class near you visit www.livingwell.utah.gov.

November is National Caregiver Month

by Megan **FORBUSH**
DCHD Senior Services

Davis County Senior Services recognizes the stress caregivers face every day as they care for family members, friends, neighbors, or others in need. Many caregivers give care around the clock. This can be exhausting, causing frustration and burnout. If you find yourself in this situation, know you are not alone and help is available. For information regarding resources for caregivers and older adults contact Davis County Health Department's Senior Services at 801-525-5050, option 5 and a case manager will assist you.

In celebration of National Caregiver Month this November, we offer Caregiver Stress: Tips for Taking Care of Yourself by Mayo Clinic Staff.

- Accept help. Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for you.

- Focus on what you are able to provide. It's

Older adults and malnutrition: should we be concerned?

by Amy COVINGTON
MS, RDN

In our country of overabundance, a discussion on malnutrition may seem counterintuitive. The definition of malnutrition may surprise you. Malnutrition is a state of nutrition in which a combination of varying degrees of overnutrition or undernutrition have led to a change in body composition and diminished function. This highlights that previous notions of malnutrition equating only to someone who is frail are inaccurate.

Research by Defeat Malnutrition Today found that one out of two older adults are at risk for malnutrition and one in 20 people aged 65 and older are malnourished. Some older adults may not appear malnourished but may still be at risk.

Common signs of malnutrition that should be discussed with your healthcare provider are:

- unplanned weight loss

- decreased appetite
- feeling weak or tired
- swelling or fluid accumulation.

Some effects of malnutrition are decreased function, decreased ability to heal from wounds or infection, and increased risk of falls and hospital readmissions. To avoid malnutrition, consume adequate calories and protein, eat a variety of foods with half your meal being fruits and vegetables, take care of and fix any issues with teeth that hinder intake, use herbs and spices to enhance flavor, and engage in weight bearing exercises regularly. If access to adequate food is a concern contact Davis County Health Department's Senior Services to connect to food programs in your area. For more individualized recommendations meet with a registered dietitian (RDN). Malnutrition among older adults is a concern, but awareness and making these small efforts can help decrease risk among older adults.

Events in November

Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

M/W/F - EnhanceFitness 9:30 a.m. 10:30 a.m. (sign-up required)
T - Food Sense class 10 a.m. 19/21 - Foot clinic (by appointment only)
(4-week course)
11 - Closed for Veterans Day 28/29 - Closed for Thanksgiving and Day After Thanksgiving
13 - Trip to the Maddox restaurant and Amish market at

South Davis Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

M/W/F - EnhanceFitness 8 a.m. pointment)
M/W - Bingo 12:30 p.m. 15 - Vietnam Through My Lens production at Kingsbury Hall 11 a.m.(sign-up required)
T - Tai Chi for Arthritis and Fall Prevention 9:30 a.m. 22 - Birthday party 11 a.m.
TH - Waffles 8:30 a.m. 28/29 - Closed for Thanksgiving and Day After Thanksgiving
11 - Closed for Veterans Day
13 - Legal consultation (by ap-

North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

M/W/F - Bingo 12:30 p.m. 8 - Veterans Day program by Utah Military Academy 11 a.m.
M/W - Arthritis Foundation Exercise Program(AFEP) 10:30 a.m. 11 - Closed for Veterans Day (starts Nov. 4)
T/TH - EnhanceFitness 9:30 a.m. 28/29 - Closed for Thanksgiving and Day After Thanksgiving
W - EnhanceFitness 3 p.m.

See more at daviscountyutah.gov/seniors

Holiday gift donations sought for senior citizens

Davis County Health Department's Senior Services is holding a gift drive to help make the holidays a little brighter for senior citizens who may be alone this holiday season or not have the financial resources to celebrate this year.

There are many who are in need of gift cards for groceries. Gift cards to local grocers and stores are greatly appreciated. Other items needed may include

bath soap, shampoo, laundry soap, dish soap, blankets, socks, and other items that may get day-to-day use. Gift request will not exceed \$50.

Please turn in all gifts unwrapped or in an open gift bag. The deadline to turn in gifts is Friday, Dec. 13, by 5 p.m., to the Davis County Health Department (22 South State Street, Clearfield) or at one of the county's three senior activity

centers:

- Central Davis Senior Activity Center, 81 E. Center Street, Kaysville
- South Davis Senior Activity Center, 726 S. 100 E., Bountiful
- North Davis Senior Activity Center, 42 South State Street, Clearfield
- For more details or to receive a specific gift request, contact Priscilla Angulo at 801-525-5087 or email her at pangulo@daviscountyutah.gov.

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normal to feel guilty sometimes, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.

- Set realistic goals. Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.

- Get connected. Find out about caregiving resources in your community. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery or housekeeping may be available.

- Join a support group. A support group can provide validation

and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.

- Seek social support. Make an effort to stay well-connected with family and friends who can offer non judgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.

- Set personal health goals. For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water.

- See your doctor. Get recommended vaccinations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

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