



# January 2021

## Meals on Wheels Gazette

Broome County  
Office for  
Aging   
778-2411

### Put Your Best Foot Forward Each Morning

Breakfast is traditionally the most important meal of the day, and this is particularly true for older adults who may have different nutritional needs. Here are some easy and healthy breakfast ideas:

- ❖ **Eggs:** Eggs are a natural source of protein, so they are a great meal to help you feel full of energy to start the day. They are also full of vitamin D, which is important for calcium absorption, which helps prevent osteoporosis.
- ❖ **Fruit Smoothies:** Make your own fresh fruit smoothie by mixing low-fat or skim milk with small chunks of pineapple and mango, then add cottage cheese, almonds, and vanilla. Blend together until smooth, then chill. This breakfast contains protein, fiber, calcium, and vitamins A, B6, C, and D.
- ❖ **Oatmeal:** Oatmeal can offer a solid foundation on which to build plenty of variations. Regular intake of oatmeal can provide fiber to help with digestive and bowel disorders. It is also full of vitamins and minerals. Try mixing in fresh fruit such as blueberries, blackberries, strawberries, bananas, or pineapple. This will add variety to the oatmeal flavor.
- ❖ **Whole Grain Toast:** It may seem like a boring choice, but it is full of protein, fiber, iron, calcium, magnesium, and vitamin B. Change things up by adding different toppings such as peanut butter, smashed avocado, fresh fruit, mashed or sliced bananas, low-fat Greek yogurt, hummus, or cottage cheese.
- ❖ **Yogurt:** Yogurt provides probiotics that are important for nutrient digestion and absorption. Choose plain, sugar-free yogurt and sweeten with honey, nuts, or fresh fruit. Avoid adding sugar.
- ❖ **Potatoes:** Potatoes can be a healthy choice. Sauté them in olive oil and add tasty fresh vegetables. They contain even more potassium than bananas.

#### Fun Fact

The phrase “put your best foot forward” means to start a task or set out on a new journey with purpose and gusto. Traditionally, when young ladies curtsied and young men bowed, they were advised to “put their best foot forward” to make the best curtsy or bow possible. It seems that people are left or right-footed, just as they are left or right-handed. Parents wanted their children to put forward their “best” foot, depending on whether they were left or right-footed.

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*If you have any questions, please call 607-778-6205.*



## Stay on Your Feet

Falls are common and costly among Americans age 65 and older. One out of four older adults fall every year in the United States. One out of every five falls causes an injury such as broken bones or a head injury. There is good news, however, because falls are preventable and do not need to be an inevitable part of aging and there are steps you can take to stay safe and independent.

You can start by taking the following questionnaire which was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center. Add up the number of points for each “yes” answer, if you score 4 points or more, you may be at risk for falling.

**Circle “Yes or “No” for each statement below. Add up the number of points for each “yes” answer. If you score 4 points or more, you may be at risk for falling.**

1. Yes (2) No (0) **I have fallen in the past year.** *(People who have fallen once are likely to fall again.)*
2. Yes (2) No (0) **I use or have been advised to use a cane or walker to get around safely.** *(People who have been advised to use a cane or walker may already be more likely to fall.)*
3. Yes (1) No (0) **Sometimes I feel unsteady when I am walking.** *(Unsteadiness or needing support while walking are signs of poor balance.)*
4. Yes (1) No (0) **I steady myself by holding onto furniture when walking at home.** *(This is also a sign of poor balance.)*
5. Yes (1) No (0) **I am worried about falling.** *(People who are worried about falling are more likely to fall.)*
6. Yes (1) No (0) **I need to push with my hands to stand up from a chair.** *(This is a sign of weak leg muscles, a major reason for falling.)*
7. Yes (1) No (0) **I have some trouble standing up onto a curb.** *(This is also a sign of weak leg muscles.)*
8. Yes (1) No (0) **I often have to rush to the toilet.** *(Rushing to the bathroom, especially at night, increases your chance of falling.)*
9. Yes (1) No (0) **I have lost some feeling in my feet.** *(Numbness in your feet can cause stumbles and lead to falls.)*
10. Yes (1) No (0) **I take medicine that sometimes makes me feel light-headed or more tired than usual.** *(Side effects from medicines can sometimes increase your chance of falling.)*
11. Yes (1) No (0) **I take medicine to help me sleep or improve my mood.** *(These medicines can sometimes increase your chance of falling.)*
12. Yes (1) No (0) **I often feel sad or depressed.** *(Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.)*

Steps you can take to prevent falls include speaking openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines. You can try an exercise program to improve your leg strength and balance, replace your eyeglasses as needed, and make your home safer by removing clutter and tripping hazards.