Tips for Picking Healthy Food as You Get Older

Here are 6 tips to help you find the best foods for your body and your budget.

1. Know what a healthy plate looks like
   You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It’s called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.

2. Look for important nutrients
   Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:
   - Lean protein (lean meats, seafood, eggs, beans)
   - Fruits and vegetables (think orange, red, green, and purple)
   - Whole grains (brown rice, whole wheat pasta)
   - Low-fat dairy (milk and its alternatives)
   Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

3. Read the Nutrition Facts label
   The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings
   To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.

5. Stay hydrated
   Water is an important nutrient too! Don’t let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

6. Stretch your food budget
   Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over 4 million older Americans use SNAP to buy food, and the average senior receives $113 each month. Visit BenefitsCheckUp.org/getSNAP to see if the program can help you.

https://www.ncoa.org/national-institute-of-senior-centers
“By the time you’re eighty years old you’ve learned everything. You only have to remember it.”
» George Burns

Park County Senior Coalition Board Members Needed
Would you, or someone you know who is a Park County resident and 18 or older, like to be a part of the PCSC Board? Board Members attend one meeting per month to assist our organization in achieving and maintaining our mission to help seniors remain in their homes as long as possible. To make a difference in your community, please call 719 836-4295.

Three bean hot dish Recipe
Ingredients
½ lb. bacon diced
1 onion chopped
1 lb hamburger
1 can pork and beans
1 can butter or Lima beans (do not drain the beans)
1 can kidney beans
1 c catchup or ½ cup and ½ c tomato sauce
½ c brown sugar
1 T vinegar
¼ tsp prepared mustard
pinch of ginger
Directions
brown the bacon onion and hamburger. Mix all ingredients together. Bake for 1 hour at 350
Recipes by: www. Cookeatshare.com

Strawberry Shortcake Recipe
Ingredients
For shortcake:
2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
2 1/2 tablespoons granulated sugar
3/4 cup oil
2/3 cup milk
1 quart of fresh strawberries hulled, cored, and sliced.
Sprinkle 2 tablespoons of sugar over the strawberries to sweeten.
Optional: half and half cream
Directions
Stir the dry ingredients together until blended.
Mix the oil and milk and add to the dry mixture, stirring well until blended
Divide into 4 cakes
Preheat the oven to 450 degrees and bake the cakes on ungreased cookie sheet for 10-12 minutes.
Top the cakes with the sliced sweetened strawberries. If desired, serve half and half cream
Recipes by: www. Cookeatshare.com

KNOW THE FACTS ABOUT High Blood Pressure
What blood pressure levels are healthy?
To determine whether your blood pressure is normal, your doctor examines your systolic and diastolic pressures, which the gauge measures in millimeters of mercury (abbreviated as mmHg).

Blood Pressure Levels
Normal systolic: less than 120 mmHg diastolic: less than 80 mmHg
At risk (prehypertension)
systolic: 120–139 mmHg diastolic: 80–89 mmHg
High systolic: 140 mmHg or higher diastolic: 90 mmHg or higher

Can high blood pressure be prevented?
You can take several steps to maintain normal blood pressure levels:
Get your blood pressure checked regularly.
Eat a healthy diet. Tips on reducing saturated fat in your diet are available on the Web site for CDC’s Division of Nutrition, Physical Activity, and Obesity. http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html
Maintain a healthy weight. CDC’s Healthy Weight Web site includes information and tools to help you lose weight. http://www.cdc.gov/healthyweight/index.html
Limit alcohol use. See CDC’s Alcohol and Public Health Web site for more information. http://www.cdc.gov/alcohol
Don’t smoke. CDC’s Office on Smoking and Health Web site has information on quitting smoking. http://www.cdc.gov/tobacco
For More Information
Learn more about high blood pressure at the following Web sites:
Centers for Disease Control and Prevention’s Division for Heart Disease and Stroke Prevention: http://www.cdc.gov/dhsp/index.htm
American Heart Association: http://www.americanheart.org
www.cdc.gov
PARK COUNTY SCHEDULED TRIPS

May

Thursday May 16 Cripple Creek
Bronco Billy’s Casino
A True Colorado Style Casino! Bronco Billy’s has been Voted "BEST CASINO" 4 years in a row!

Departure: 7:30 AM Fairplay
8:00 AM Hartsel
8:45 AM Lake George
Return: 3:00 PM Fairplay

Thursday May 23 Golden
Coors Brewery Tour
See and taste traditional brewing at the foot of the Rocky Mountains in the largest single-site brewery in the world! Lunch at Bowles Café and shopping at Walmart.

Departure: 8:00 AM Fairplay
8:50 AM Shawnee
Return: 4:15 PM Fairplay

June

Saturday June 8 Thornton
Senior Law Day
Information and education to age gracefully and intentionally. Classes for seniors, family members, caregivers and service providers.

Topics include:
- Estate planning
- Understanding Medicare
- Advanced Directives
- Powers of Attorney
- ID Theft and scams
- End of Life Options

Complimentary Breakfast and Lunch
FREE copy of the 2019 Senior Law Handbook
Suggested $10 Donation

Departure: 5:30 AM Fairplay
6:20 AM Shawnee
Return: 3:45 PM Fairplay

TBD – A second is anticipated for this month but has not been set.

CALL NOW TO RESERVE YOUR SEAT 719-836-4295

Non-senior guest 18 or over are welcome for a fee. RT fee is $20.40 with $27.00 without RSVP.

Suggested Donations for seniors 60+is $5.00 per one-way trip.

Programs are made possible through Federal and state funded grants, donations and fundraisers. Special thanks to Pikes Pike Area Agency on Aging (PPAAA) for governing our Older American, Older Coloradoan, and Title IIIB grants. This program allows continuity in our programs and services.

Thanks also to those who donate their time, funds, and services to help the Park County Senior Coalition remain a strong presence in our communities.

Your additional contributions can help us expand these services. We received our non-profit 501c3 status in 1984.

PLEASE NOTE: ALL TIMES ARE APPROXIMATE
Trips are subject to cancellation due to weather and driver availability.

CONTACT THE COALITION OFFICE FOR TIMES AND PICK-UP LOCATIONS!
CALL 719-836-4295
SERVING PARK COUNTY SENIORS SINCE 1977
“How old would you be if you didn’t know how old you was?” — Satchel Paige

**MAY CALENDAR**

**May 11th** World Migratory Bird Day
Eleven Mile State Park 10:00 – 11:00 am
4229 CR 92 Lake George 80827

**May 12th** Mother’s Day

**May 15th** South Park Museum
Opens 100 4th St Fairplay 80440

**May 27th** Memorial Day

**JUNE CALENDAR**

**June 6th – 9th** Fairplay Rock, Gem and Jewelry Show 9:00 am – 5:00 pm
River Park Event Site

**June 9th** Rhubarb Festival, Pine CO
North Fork Fire Station 2 16675 CR 126 Pine 80470

**June 14th** Flag day

**June 16th** Father’s Day

**June 22nd** Bailey Day
Main St, Bailey

**ONGOING EVENTS**

**1st Sunday of the month** ~ VFW
Breakfast in Shawnee Community Center,
57 CR 64, Shawnee, 7:00-11:30 AM, $9,
$5 for children under 12.

**2nd & 4th Thursday of the month** ~ Alma Foundation Bingo 7pm.
Pre-bingo potluck dinner 6pm
59 Buckskin St, Alma. 719-836-2712

**2nd Friday of the month** ~ SilverSET
Lunch, Noon, Shawnee Community Center,
57 CR 64, Shawnee, $7/member, $8/non-member

**3rd Saturday of the month** ~ Como
Bingo 7pm Dinner 6pm $5, Como Civic Center 303-807-4273

**3rd Sunday of the month** ~ All you can eat breakfast, American Legion Hall, 601 Clark Street, in Fairplay, 8am – Noon $12,
$6 under 12/Free under 5. 719-836-2720