



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

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**February 26, 2008**

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**Note:** The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Tim M. Catherman  
Director Administrative Services

**DATE:** February 26, 2008

**SUBJECT:** New Executive Director – Lake Country AAA

Gwen Hinzman was recently appointed as President/CEO of Lake Country Area Agency on Aging. Ms. Hinzman joined the LCAAA staff in April 2000 and has served as the Executive Vice President for the past five years. She replaces Ed Taylor who recently was elected as Commissioner of the Revenue for Mecklenburg County.

During her Vice Presidency, Ms. Hinzman served as In Home Care Coordinator and supervised the Title V Senior Employment Program. She contends that the agency's policy on helping elderly people to remain living in their homes is not only the most dignified way of helping the aged, but it is also the most cost-effective. Maintaining home care for the elderly is much less expensive for taxpayers than institutionalization.

Ms. Hinzman holds both a Bachelor of Science and Master of Arts Degree is a former school teacher, Home Economist/4-H Agent and WIC Nutritionist. She views her position as a challenge and looks forward to continuing her work relationships with existing staff as they strive to meet the ever growing demands of the up and coming "baby boomers"

Dean Lytle, has assumed the responsibilities as the LCAAA's Executive Vice President.

The Department for the Aging welcomes you to your new positions.



*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** February 26, 2008

**SUBJECT:** Home Delivered Meals PR Video

Gerald Patesel, Community Services Director at Peninsula Agency on Aging (PAA), shared the link below to a video that is currently on the air force website highlighting military personnel and their efforts with PAA's HDM program. The video is running on base TV at Langley AFB and can be seen world wide on this website. The video was produced by base personnel and does a great job showing the needs of seniors and the help that volunteers and HDM can provide. It is a great PR tool demonstrating what you all do in your communities.

The link brings up the Air Combat Command video index. Click on the Meals on Wheels video. Your computer has to have windows media player to run the video.

<http://www.acc.af.mil/videoarchives/index.asp>



*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen Nau, Human Services Program Coordinator

**DATE:** February 26, 2007

**SUBJECT:** Kinship Care

TANF Benefits

Thanks to the efforts of Kathy Dial, Catholic Charities of Southeastern Virginia, and a member of the Kinship Care Initiative Statewide Task Force and Information Network, legislation passed the General Assembly to amend and reenact § [63.2-612](#) of the Code of Virginia. HB811 states that the 24 month period of ineligibility to receive TANF benefits will not apply to children removed from their parents' homes and placed with relatives as a result of a child protective services report or complaint as defined in State Board of Social Services regulations. For further information, please contact the Virginia Legislative Information System at <http://leg1.state.va.us/> And enter HB811 in the Bills and Resolutions Search.

Virginia Child Protection Newsletter

Volume 81 of this newsletter, sponsored by the Child Protective Services Unit of the Virginia Department of Social Services and published by James Madison University, features articles on the impact of having an incarcerated parent on a child. Various resources are explored to help children cope with this situation. VDA's Kinship Care Initiative Statewide Task Force and Information Network, as well as Mountain Empire Older Citizens' Kinship Care Program, are featured in Spotlight sections of the publication. Visit the Virginia Child Protection Newsletter at <http://psychweb.cisat.jmu.edu/graysojh/>

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Directors  
Area Agencies on Aging

**FROM:** Bill Peterson

**DATE:** February 26, 2008

**SUBJECT:** **Mapping Virginia Communities Workshop: An Introduction to GIS and Community Analysis**

Just an FYI in case you are interested.

These GIS workshops are sponsored by New Urban Research, Inc., and are designed for social service providers, researchers, planners or anyone that performs community analysis. However, they are not inexpensive!

**When:** March 13th or 14th, 2008 (8:30 am - 4:30 pm).

Note: These are One Day Workshops. Participants Choose Which One Day to Attend.

**Where:** Computer Services and Training Center, 1516 Willow Lawn Drive, Suite 100, Richmond, VA 23230.

**Audience:** Beginners and anyone interested in mapping their community.

**Cost:** \$495.00.

**Register/Get More Info:** [www.nur-online.com](http://www.nur-online.com)

Participants will learn to use ArcGIS 9.2 to do the following:

Creat thematic maps - Participants will learn to create thematic maps of their own data, and display spatial trends in information.

Address mapping (geocoding) - Participants will learn to map addresses of their clients, their projects or incidents such as crime and disease.

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229

Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354

E-mail: [aging@vda.virginia.gov](mailto:aging@vda.virginia.gov) • Web Site: [www.vda.virginia.gov](http://www.vda.virginia.gov)

Download and map Census & American Community Survey data - Participants will learn to extract and map current Census data such as poverty, race, language, population, transportation, education and workforce characteristics.

Exercises are designed for beginners; however, **intermediate Excel skills are required.**

Participants will receive the following materials:

- + Comprehensive workbook (75 pages), which includes the presentation, exercises and reference worksheets.
- + ArcGIS (ArcView 9.2) software 60-day trial CD set.
- + Thirty day free access to new 2005 Tiger/Line geography files (converted to shapefiles) which include streets, zip codes, school districts, voting districts, census tracts and many other useful geographies.
- + Thirty day free access to our *Analyzing Your Community: Local Demographic Analysis Online Workshop*.



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors,  
Area Agencies on Aging

**FROM:** Ellen Nau, Program Coordinator

**DATE:** February 26, 2008

**SUBJECT:** Caregiving

**The Telephone Learning Series Next Session: Rosalyn Carter Institute**

Wednesday, February 27, 2:00 p.m. EST.

**Families Starting the Conversation**

Dr. Patricia Clark from the Byrdine Lewis School of Nursing at Georgia State University discusses the critical issues families need to address in preparation for caregiving. Listeners will learn how to start a family conversation about living arrangements, living wills, durable power of attorney, and the sharing of caregiving duties.

For registration information, contact: The Rosalyn Carter Institute –  
[www.rosalynncarter.org/tlsreq/](http://www.rosalynncarter.org/tlsreq/)  
or call 229-931-2707

***Partnering with Your Doctor***

MaryAnn Johnson, Program Director of the Alzheimer's Association Greater Richmond, will lead a live discussion on *Partnering with Your Doctor* at 12 P.M. EDT on February 29, 2008. A background text for the webinar is available at <http://www.alzpossible.org/newsletter/may07.html>. The one hour session will be held online as a combination of PowerPoint slide presentation and audio (via a toll-free telephone conference.) Should you wish to send questions ahead of the live event,

please forward them to [virtualcenter@alzpossible.org](mailto:virtualcenter@alzpossible.org). Space is limited. Reserve your webinar seat now at: <https://www1.gotomeeting.com/register/715335772>. Questions? Contact: 1-773-784-8134 or [virtualcenter@alzpossible.org](mailto:virtualcenter@alzpossible.org)

### **DHHS Satellite Broadcast on Family Caregiving**

**Supporting Rural Family Caregivers** is the topic for a March 19 DHHS satellite broadcast. The broadcast will be held from 1:00 to 3:00 P.M. More information on the local downlink sites as well as a resource document will be added to the CMS website (<http://registration.casals.com/cms/>) in the near future. In addition to satellite downlink sites around the country, this broadcast will have **phone in capacity** to allow persons to listen to it. HHS is also finalizing agreements to allow the broadcast to be held **via the web**.

### **Call for Caregiver Curricula and Training Programs**

With funding support from the UniHealth Foundation and the ILC-USA, **The Caregiving Project for Older Americans** is in the process of conducting a comprehensive review of caregiver curricula and training programs throughout the United States. If you are training in-home caregivers, you may wish to participate in a survey issued by The Caregiving Project for Older Americans. Research findings from the surveys will highlight the importance of educating and training paid-in-home caregivers, as well as improving knowledge of best practices and opportunities for standardization. The final report will include recommendations from a caregiver training task force comprised of experts from across the United States. For further information, contact the International Longevity Center-USA website at [www.ilcusa.org](http://www.ilcusa.org) or Mr. Kenneth A. Knapp, Senior Research Analyst at ILC-USA at 212.517.1304.

### **Caring for Your Parents Film on PBS**

WGBH Boston and the National Alliance for Caregiving announce their outreach partnership for the film **Caring for Your Parents** that will air on PBS April 2, 2008 at 9 P.M. (check local listings) The 90 minute film will be followed by a 30 minute discussion by a panel of experts. The film event will serve as a stimulus for projects across the country focused on creating community conversations around caregiving. WGBH has created extensive online resources to accompany the film. A downloadable Caregiver Handbook and accompanying handouts will be available on [www.pbs.org/caringforyourparents](http://www.pbs.org/caringforyourparents) in March 2008. A number of free outreach toolkits will also be available. You can order a toolkit at <http://www.pbs.org/wgbh/caringforyourparents/request.html>.

### **Two Publications for Family Caregivers – Can Be Downloaded**

**"Respite Services: Enhancing the Quality of Daily Life for Caregivers and Care Receivers"** is available at the following link:

<http://aging.utah.edu/gerontology/RespiteBooklet.pdf>

Dale Lund, PhD

Professor of Gerontology & Sociology

University of Utah

***Elder Care at Home*** 28 chapters of practical advice for the family caregivers, and text can be down loaded free ([www.healthinaging.org](http://www.healthinaging.org)), copied and distributed as needed (must not be altered or sold for profit).

Moiria Fordyce MD, MB ChB, FRCPE, AGSF

Adjunct Clinical Professor Stanford University School of Medicine

Chair Executive Committee CA Coalition for Caregivers (CCC)



*COMMONWEALTH of VIRGINIA*  
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**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** February 26, 2008

**SUBJECT:** Traumatic Brain Injury and Fall Prevention for Seniors

“Help Seniors Live Better, Longer: Prevent Brain Injury”

The Virginia Department of Health (VDH) is leading the Commonwealth of Virginia’s participation in “Help Seniors Live Better, Longer: Prevent Brain Injury” project, a national initiative from the Centers for Disease Control and Prevention (CDC), National Center for Injury Prevention and Control, Division of Injury Response.

Falls are the leading cause of traumatic brain injury (TBI), and people ages 75 and older have the highest rates of TBI-related hospitalizations and death. The goal of the CDC initiative is to promote fall prevention awareness among caregivers and the children of older adults to prevent TBI. In addition, the initiative will teach caregivers and others to recognize and respond appropriately to an elder’s TBI incident. The initiative will be formally launched by CDC in March 2008 during Brain Injury Awareness Month.

As part of the ***Help Seniors Live Better, Longer: Prevent Brain Injury*** initiative, CDC has developed easy-to-use English- and Spanish-language materials for older adults and their caregivers. Each of these materials uses a concise question–and–answer format to provide information that older adults and their caregivers can use to take an active role in preventing, recognizing, and responding to TBI. These materials will be available for download online. It will also be possible to place bulk orders.

Please let me know if you would like to order any of the following materials because we may be able to get them through a VDH "pre-order".

***Helping Seniors Live Better, Longer: Prevent Brain Injuries***

CDC Materials

- **Preventing Traumatic Brain Injury in Older Adults"** (booklet for older adults; English and Spanish)
- **Preventing Traumatic Brain Injury in Older Adults: Information for Family Members and Other Caregivers"** (brochure; English and Spanish)
- **Preventing Traumatic Brain Injury in Older Adults: A Fact Sheet for Family Members and Other Caregivers"** (fact sheet; English and Spanish)
- **Signs and Symptoms of TBI"** Poster (English)
- **Facts about TBI in Older Adults"** Poster (English)
- **Refrigerator Magnet** (lists signs and symptoms of TBI; English)

Or, use CDC's [Online Order Form](#) to request any of the listed materials. CDC also has event planning and media access guides available at: [www.cdc.gov/BrainInjuryInSeniors](http://www.cdc.gov/BrainInjuryInSeniors).

Following is a planning form for AAAs or other organizations to use to plan and report any events or activities that promote the "Help Seniors Live Better, Longer: Prevent Brain Injury" initiative. Please complete and return the form to any of the contact people listed at the bottom of the form.

**Planning Form**  
**Traumatic Brain Injury Initiative**  
*Help Seniors Live Better, Longer: Prevent Brain Injury Initiative*

Name of Your Organization: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Contact Information: \_\_\_\_\_

Our organization is planning to:

1. Host an event that focuses on any one (or all) of the four prevention messages:  
(Check your selections.)
  - a. Encouraging exercise: \_\_\_\_\_
  - b. Make home surroundings safer: \_\_\_\_\_
  - c. Review all medications with health providers: \_\_\_\_\_
  - d. Vision Exams: \_\_\_\_\_
2. Sponsor dissemination of information and materials through local caregiver support groups, community groups, faith-based programs, at workplaces, etc.? \_\_\_\_\_
3. Work with local merchants to promote TBI and fall-related information through poster and brochure displays during Brain Injury Awareness Month? \_\_\_\_\_
4. Promote the initiative on your organization's web site, in your newsletters, etc.? \_\_\_\_\_
5. Other activities: \_\_\_\_\_

*Feel free to use additional sheets to describe your plans.*

For further information and materials:

Contact: Lenny Recupero

Community Injury Prevention Coordinator  
Division of Injury and Violence Prevention  
Virginia Department of Health  
109 Governor Street, 8<sup>th</sup> Floor  
Richmond, VA 23219

[Leonard.recupero@vdh.virginia.gov](mailto:Leonard.recupero@vdh.virginia.gov)

Phone: 804-864-7734  
FAX: 804-864-7748

Elaine Smith, Program Coordinator  
Virginia Department for the Aging  
Richmond, VA 23229  
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[Elaine.Smith@vda.virginia.gov](mailto:Elaine.Smith@vda.virginia.gov)

Ellen Nau, Program Coordinator  
1610 Forest Avenue Suite 100  
Toll Free: 1-800-552-3402  
804-662-9340

[Ellen.Nau@vda.virginia.gov](mailto:Ellen.Nau@vda.virginia.gov)



*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** February 26, 2008

**SUBJECT:** Resources for National Nutrition Month®—March 2008

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme this year is *Nutrition: It's a Matter of Fact*. Key nutrition messages are found in the following guide, which contains web resources and several food and nutrition related activities for seniors. These activities could be conducted at any time but no more appropriate time than in March for National Nutrition Month®. There are also instructions and helps for several nutrition related games.

I hope these materials will be useful to you in your efforts to promote healthy eating and physical activity. Please let me know at 804-662-9319 or [Elaine.Smith@vda.virginia.gov](mailto:Elaine.Smith@vda.virginia.gov) if you use any of these materials and how they were received by the seniors.

# NATIONAL NUTRITION MONTH® 2008:

## Nutrition: It's a Matter of Fact

### Leader's Guide

#### Learning Objectives

Nutrition program participants will be able to:

- Understand that healthful eating includes a variety of foods from all the food groups.
- Name the food groups of the MyPyramid food guide.
- Give an example of a menu that includes foods from all of the food groups.
- Share information about unusual or favorite foods with other participants.

#### Key Messages

The Top Ten Facts about Nutrition

#### THE EXPERTS HAVE IDENTIFIED THE FOLLOWING FACTS:

- 1 Eating right doesn't have to be complicated. Use [Mypyramid.gov](http://Mypyramid.gov) to develop a personalized plan for lifelong health.
- 2 The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based in scientific fact.
- 3 Get your food and nutrition facts from the expert: a registered dietitian. RDs are uniquely qualified to translate the science of nutrition into reliable advice you can use every day.
- 4 Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.
- 5 Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients — and lower in calories.
- 6 Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.
- 7 Prepare, handle and store food properly to keep you and your family safe from food-borne illness.
- 8 Don't fall prey to food myths and misinformation that may harm rather than benefit your health.
- 9 Read food labels to get nutrition facts that help you make smart food choices quickly and easily.
- 10 Find the healthy fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.

## Suggested Activities

- Create "Food Bingo" cards and play the game at the meal site, church, or senior center.
- Invite participants to bring their favorite recipes - illustrated with their own photos or food art --and prepare a cookbook. This can be as simple as stapling together or doing a 3-hole punch with rings purchased from an office supply store.
- Encourage seniors to write and illustrate a story with food as a central part. This can be a fantasy (with foods being characters) or a more serious focus - how do people survive who are not getting enough to eat or a historical perspective on preparing favorite, healthy recipes.
- Have a "blind taste test" and review the concepts of sweet, sour, bitter and salt. Take turns blindfolding seniors while they are tasting to see if they correctly recognize the various tastes.
- Play the alphabet game. One participant begins with: "I own a grocery store, and I sell apples." The next participant says, "I own a grocery store, and I sell apples and bananas." The game continues with each senior taking a turn reciting the entire list and adding a new item for the next letter of the alphabet.
- Arrange a tour of the kitchen so that participants can see how the food service staff prepares the meals for the site.
- Display pictures of foods and ask participants to name the MyPyramid food group each belongs to.
- Encourage group involvement: Try one new fruit or vegetable each week in March. Everyone in the group should take at least one taste.
- Another group activity: Everyone sets a goal of eating the recommended servings from all five food groups every day for one week. Keep a chart. (See the MyPyramid resources.)
- And one more: Ask seniors to go through the newspaper at home and cut out food ads to plan a nutritious dinner.

## Suggested Resources:

MyPyramid: [www.mypyramid.gov](http://www.mypyramid.gov)

[Modified MyPyramid for older adults](#)

USDA Food and Nutrition Information Center Resource Lists:

<http://www.nal.usda.gov/fnic/pubs/olderadults.pdf>

### Activity 1

#### Old Favorites

- Ask the participants to tell the group what their favorite foods are and why.
- Ask them to share a story about eating their favorite food with their family or friends.
- Have the participants share a story about a food or special recipe that is unique to their family's special celebrations.

## Activity 2

Plan a menu for a day!

- Split the participants into 5 teams. Each team is responsible for planning breakfast, lunch, afternoon snack, dinner, or bedtime snack. They plan a meal or snack using MyPyramid as a resource. Then, each group tells the leader their meal or snack, and she writes the menu where all may see it.
- Together the participants decide if they are getting enough servings from each group in the MyPyramid food guide. If not, they can think of ways to get what they need. See the following chart, and also go online to [www.MyPyramid.gov](http://www.MyPyramid.gov) to compare serving amounts for other age groups. Participants should be encouraged to be physically active as well.

## MyPyramid Food Guide

Grains	Vegetables	Fruits	Milk	Meat & Beans
Start smart with breakfast. Look for whole grain cereals. Make sure the first word is "whole" (like "whole wheat").	Color your plate with all kinds of great-tasting veggies: try broccoli, spinach, carrots, and sweet potatoes.	Fruits are nature's treats - sweet and delicious. Go easy on juice and make sure it's 100%.	Move to the milk group to get your calcium. Calcium builds strong bones.	Eat lean or lowfat meat, chicken, turkey, and fish. Remember nuts, seeds, peas, and beans, too.
For a 2,000 calorie diet, you need the amount below.	For a 2,000 calorie diet, you need the amount below.	For a 2,000 calorie diet, you need the amount below.	For a 2,000 calorie diet, you need the amount below.	For a 2,000 calorie diet, you need the amount below.
Eat 6 oz. every day; at least half should be whole.	Eat 2 ½ cups every day.	Eat 2 cups every day.	Get 3 cups every day.	Eat 5 ½ oz. every day.

## Activity 3

Working on the Web

If your seniors have computer and Internet access, the MyPyramid website is well worth browsing. Following are some tips to make the most of their time on the site.

- Ask participants to go to [www.mypyramid.gov](http://www.mypyramid.gov), enter their age, sex, and physical activity level, then print their MyPyramid plan.
- Handout copies of the MyPyramid Worksheet. Ask seniors to fill out the worksheet with the foods they ate and drank for the previous day.
- Ask the participants to compare this with their MyPyramid plan. How well do their food choices match up to the MyPyramid plan recommendations?

## Activity 4

### Investigating and Researching New and Exotic Foods

- Ask participants to work in groups or individually to select one or more of the following foods (or others you may have in mind).
- Ask seniors to find as much information as they can about the food. For example, the origin or history, where and how it grows, where it fits into the Food Pyramid, and how it is prepared. If possible, bring the foods to the meal site for participants to see, feel, and taste.

### Foods from around the World:

Lychee	Couscous	Kiwi	Star Fruit
Kohlrabi	Plantain	Pomegranate	Basmati rice
Bulgur	Jicama	Kumquat	Bok choy

### Foods from the Americas:

Chocolate	Hot peppers	Squash	Beans
Tomatoes	Corn	Turkey	

## Activity 5

### Fearless About Food

- Assemble a variety of unfamiliar fruits and vegetables. Suggestions: blood oranges, bok choy, edamame, papaya, and fresh pineapple.
- Formulate questions about these foods, such as "Where is edamame grown?" "What are some good ways to use bok choy?"
- Choose teams.
- Moderator asks a question, and whoever calls out the answer first gets a point for their team.
- When all questions have been asked, distribute to the participants samples of the foods on small plates. On a given signal, they begin eating. Prizes can be given to everyone who tastes all the foods. (Go to [www.eatright.org/nnm](http://www.eatright.org/nnm) and see the catalog for NNM stickers, pencils, etc. which may be used as prizes.)

## Activity 6

### What is a fad diet?

#### Ask participants to:

- Make a list of some fads they've heard about and participated in. (poodle skirts, platform shoes, go-go boots, bellbottom pants, tie-dye shirts, pet rocks, bouffant hair)
- Bring in at least one example of a fad item. It can be the real thing or a picture from a magazine or Web page.

Discussion starters; look at the fad items participants have collected.

- When were these items popular? What have you heard people say about them?
- Describe a fad you've participated in. Why did you want to be part of the fad?
- Have you heard people speak about "fad diets"? What would be involved with "fad diets"? (Eating only certain foods, like grapefruit; perhaps avoiding certain food groups.)
- What might be some problems with "fad diets"? (Missing certain foods or even whole food groups, eating the same food or foods every day, etc.) Review MyPyramid food guide emphasizing the important of including foods from every food group and choosing a variety of foods in the appropriate portion sizes.

### **Activity Guides for other Games**

#### **"Jeopardy" Game**

This game consists of a layout with food group questions and answers, as well as instructions for play.

#### **"Fill in the Blanks" Game**

A take-off on the old "Hangman" and "Wheel of Fortune", the game includes suggested food-related titles as well as instructions for play.

#### **"Test Your Memory" Game**

Seniors may remember the television show "Concentration". This game offers participants an opportunity to recognize different foods and see if they remember where the matching picture is placed. The game may be adapted for use by participants of different abilities, depending on the food pictures you provide.

#### **"Food Group Password"**

This fun game permits clues of more than one word - it even allows gesturing and movement to help the contestant get the word. A good team game.

## FOOD GROUP “JEOPARDY”

FRUITS	VEGETABLES	MILK	GRAINS	MEAT & BEANS
It keeps the doctor away.	It comes in ears.	Rocky Road and Mint Chocolate Chip	Popular in China, we have it in brown or white.	This is the biggest part of Thanksgiving dinner.
It’s yellow, and a lady named Chiquita made it famous.	It’s dark green, very good for you, and breaks apart into something like little flowers.	Pizza would be dull without it.	Spaghetti is one type of this product.	This is also a slang word for “disagreement.”
It’s also a color.	They are small, round, green and come in pods.	This is meant for the very “cultured.”	Popular in Mexico, add a favorite filling to it.	You can have this scrambled, fried or poached.
A homonym for this word means “two.”	They have “eyes.”	Molars, wisdom and canines.	Saltines and oyster are two kinds.	Cashews and almonds are two kinds.
If someone calls you this, they think you’re nice.	Some say this is really a fruit. Most of us think of this red delight as a veggie.	Use it on toast or mashed potatoes.	<b>DAILY DOUBLE</b>	Salmon, trout and herring are three kinds.
It’s green, fuzzy and has four letters.	We bake this in pies at Thanksgiving.	It’s udderly ridiculous to have cereal without this.	Breakfast product, sometimes with a prize in the box.	Placed in a bun, these are popular at baseball games.
It’s red, white and green with seeds of two colors.	Tofu is made from these.	<b>DAILY DOUBLE</b>	Made with an “iron” and drizzled with syrup.	“The Colonel” sells this in buckets.

**DAILY DOUBLE – Milk**

**DAILY DOUBLE – Grains**

Name one nutrient provided by the MILK group.

True or False: Foods labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are ALWAYS whole-grain products.

## FOOD GROUP "JEOPARDY"

FRUITS	VEGETABLES	MILK	GRAINS	MEAT & BEANS
APPLE	CORN	ICE CREAM	RICE	TURKEY
BANANA	BROCCOLI	CHEESE	PASTA	BEEF
ORANGE	PEAS	YOGURT	TORTILLA or TACO	EGGS
PEAR	POTATO "eyes"	TEETH	CRACKERS	NUTS
PEACH	TOMATO	BUTTER, MARGARINE	<b>DAILY DOUBLE</b>	FISH
KIWI	PUMPKIN	MILK	CEREAL	HOT DOGS
WATERMELON	SOYBEANS	<b>DAILY DOUBLE</b>	WAFFLE	CHICKEN

**DAILY DOUBLE – MILK**      Name one nutrient provided by the MILK group (Calcium, potassium, Vitamin D and protein.)

**DAILY DOUBLE – GRAINS**      The answer is "false." Always check the food label.

## FOOD GROUP "JEOPARDY"

### PREPARATION

1. This game may be played with individual contestants or with teams (for more discussion and possibly a more enthusiastic effect). You may also create your own food questions, of course.
2. You may take this file and create a computer display on the chalkboard, or print it out on a transparency to use with your projector. If you wish, each square may be individually enlarged, cut out and pasted on the board. (Be sure to delete the "Daily Double" questions and answers from the bottom of the grid. These are for your use only.)
3. Cover each answer under each category with a piece of paper labeled \$100, \$200, \$300, etc. (See attached which have been prepared for you.) As contestants choose, remove the paper to see the answer for which they need to guess the question.
4. See also "Simpler Procedure" below.

### PLAY

1. First contestant chooses the food group from which she would like to hear an answer. For example, MILK.
2. Moderator removes the cover; for example, "Rocky Road and Chocolate Chip"
3. Contestant states: "What is ice cream?" That response is correct. Contestant gets "the money" indicated for that question.
4. Proceed as above with next contestant. A contestant may choose whatever square she wishes. For example, if she is the first contestant and wants to go directly to a \$700 square, that is permitted.
5. If any contestant responds incorrectly, give the next contestant the opportunity to respond and receive the money.
6. When someone selects the "Daily Double," he may wager some or all of his money. If he responds correctly, he receives double the amount wagered. If he is incorrect, he loses the money wagered.
7. Play continues until all squares are uncovered. Contestant or team with the most money wins.

### SIMPLER PROCEDURE

1. Write the five food group names horizontally across the board: FRUITS, VEGETABLES, MILK, GRAINS, MEAT & BEANS.
2. First contestant chooses the food group from which she would like to hear an answer. For example, MILK.
3. Moderator states an answer from the attached grid; for example: "Rocky Road and Chocolate Chip."

## FOOD GROUP "JEOPARDY"

- Contestant states: "What is ice cream?" That response is correct. Contestant gets a point.
- Proceed to next player as above. Play continues until all questions have been answered.

**MONETARY AMOUNTS – TO BE TAPED OVER THE "ANSWER" SQUARES. THESE MAY BE ENLARGED.**

\$100	\$100	\$100	\$100	\$100
\$200	\$200	\$200	\$200	\$200
\$300	\$300	\$300	\$300	\$300
\$400	\$400	\$400	\$400	\$400
\$500	\$500	\$500	\$500	\$500
\$600	\$600	\$600	\$600	\$600
\$700	\$700	\$700	\$700	\$700



Discussion Variation:

Have each team decide as a group on the letter they want to call during each turn. One member should be the spokesperson, but the letter is agreed on by the group. When one team member has an idea on the solution, discussion will begin about whether it is correct or not.

## **TEST YOUR MEMORY**

(Can be adapted to various abilities.)

1. Copy TWO pictures (one identical pair) of as many fruits, vegetables, grains, dairy products, and meats & beans products as you feel appropriate for the ability of the age group. Cut them into 3" or 4" squares.
2. Shuffle these and spread them out -- face down -- on the floor, table, etc.
3. First participant turns over one picture, looks at it, and leaves it turned face up in the original spot. Same participant then turns over another picture, hoping to match the first one.
4. If participant has matched the two, she picks up both and places them beside her. These will be counted later to determine the winner.
5. She repeats her turn until she makes no more matches.
6. If no match is made, remind the participants to note where the two pictures were; participant turns the two pictures face down and leaves them in their original position. Next participant now takes a turn.
7. Emphasize to participants to pay attention to where pictures are turning up. This is a memory game, and we want to see how well they remember!
8. Continue around the circle, each participant taking a turn. Turn ends when a participant makes no matches. Play continues to next participant.
9. Obviously, play becomes easier as fewer pictures are left to match. The last participant to play often gets quite a few pairs. When the final pictures are turned over, have everyone count how many pairs they have.
10. Appropriate prizes would be apples, bananas, etc. Pictures can be reshuffled and replayed several times, with discussion of the healthy foods the participants are seeing.
11. **MORE CHALLENGING:** Don't use identical pictures. See if the participants can remember that cheese and ice cream are part of the dairy group, and thus a match! (Chicken and hamburger – both meats; bread and crackers – both grains, etc.)

## FOOD GROUP “PASSWORD”

*Object of the game:* Get your team member to say the word. Leader/moderator will provide the food-related words on individual pieces of paper. (See suggested list of words attached.) Leader/moderator will keep score on the chalkboard. Team that scores 10 points first wins.

1. Divide players into two teams, and seat each team together in separate areas of the room – near enough so they can still hear each other.
2. One person on each team will be the contestant, and the other members of his team will take turns giving him clues to the word.
3. Each team gets one turn; play then turns to the other team. Alternate back and forth.
4. Play begins with Team A receiving a piece of paper from the leader with their word – let’s say it’s BREAD:
  - a. First questioner on Team A gives contestant a clue to make him say “bread.” Allow participants to use a phrase, gestures, jump around, etc. Possible clue for “bread” might be: “Two slices of this are used for a sandwich.” Contestant gets one guess.
  - b. If contestant guesses the word, Team A gets a point; play goes to Team B. (Team B gets their own new word from the leader.)
  - c. If contestant misses the word, questioner hands the word to next questioner in line – who WAITS until Team’s next turn to give a new clue to the contestant.
  - d. Play reverts to Team B and proceeds as with Team A. (Team B gets their own new word from the leader.)
5. If Team A scored a point, a new contestant from that team moves into place. The original contestant goes to end of line and becomes a questioner. Wait until next turn to begin new questioning.
6. If Team A did NOT score a point, the second questioner now gets a turn to give a clue for BREAD to the contestant. Proceed as above.
7. Continue alternating between teams until a team scores 10 points. Game may be replayed as time permits.

## FRUITS

Apples  
Apricots  
Avocado  
Bananas

*Berries:*  
strawberries  
blueberries  
raspberries  
cherries

Grapefruit  
Grapes  
Kiwi fruit  
Lemons  
Limes  
Mangoes

*Melons:*  
cantaloupe  
honeydew  
watermelon

*Mixed fruits:*  
fruit cocktail

Nectarines  
Oranges  
Peaches  
Pears  
Papaya  
Pineapple  
Plums  
Prunes  
Raisins  
Tangerines

*100% Fruit juice:*  
orange  
apple  
grape  
grapefruit

## MILK

Milk\*  
All fluid milk:  
fat-free (skim)  
low fat (1%)  
reduced fat (2%)  
whole milk

flavored milks:  
chocolate  
strawberry

lactose reduced milks  
lactose free milks

Milk-based desserts\*  
Puddings made with milk  
ice milk  
frozen yogurt  
ice cream

Cheese\*  
Hard natural cheeses:  
cheddar  
mozzarella  
Swiss  
parmesan

soft cheeses  
ricotta  
cottage cheese

processed cheeses  
American

Yogurt\*  
All yogurt  
Fat-free  
low fat  
reduced fat  
whole milk yogurt

\*Selection Tips

Choose fat-free or low-fat milk, yogurt, and cheese. If you choose milk or yogurt that is not fat-free, or cheese that is not low-fat, the fat in the product counts as part of the [discretionary calorie](#) allowance.

## OILS

- canola oil
- corn oil
- cottonseed oil
- olive oil
- safflower oil
- soybean oil
- sunflower oil
-

Some oils are used mainly as flavorings, such as walnut oil and sesame oil. A number of foods are naturally high in oils like nuts, olives, some fish and avocados.

## MEAT & BEANS

### Meats\*

#### *Lean cuts of:*

beef  
ham  
lamb  
pork  
veal

#### *Game meats:*

bison  
rabbit  
venison

#### *Lean ground meats:*

beef  
pork  
lamb

#### *Lean luncheon meats*

#### *Organ meats:*

liver  
giblets

### Poultry\*

chicken  
duck  
goose  
turkey  
ground chicken and turkey

### Eggs\*

chicken eggs  
duck eggs

### Dry beans and peas:

black beans  
black-eyed peas  
chickpeas (garbanzo beans)  
falafel  
kidney beans  
lentils  
lima beans (mature)  
navy beans  
pinto beans  
soy beans  
split peas  
tofu (bean curd made from soy beans)  
white beans

### *bean burgers:*

garden burgers  
veggie burgers

### tempeh

texturized vegetable protein (TVP)

### Nuts & seeds\*

almonds  
cashews  
hazelnuts (filberts)  
mixed nuts  
peanuts  
peanut butter  
pecans  
pistachios  
pumpkin seeds  
sesame seeds  
sunflower seeds  
walnuts

### Fish\*

#### *Finfish such as:*

catfish  
cod  
flounder  
haddock  
halibut  
herring  
mackerel  
pollock  
porgy  
salmon  
sea bass  
snapper  
swordfish  
trout  
tuna

#### *Shellfish such as:*

clams  
crab  
crayfish  
lobster  
mussels  
octopus  
oysters  
scallops  
squid (calamari)  
shrimp

#### *Canned fish such as:*

anchovies  
clams  
tuna  
sardines

### \*Selection Tips

Choose lean or low-fat meat and poultry. If higher fat choices are made, such as regular ground beef (75 to 80% lean) or chicken with skin, the fat in the product counts as part of the discretionary calorie allowance. [Click here for more details on discretionary calories.](#)

If solid fat is added in cooking, such as frying chicken in shortening or frying eggs in butter or stick margarine, this also counts as part of the discretionary calorie allowance. [Click here for more details on discretionary calories.](#)

Select fish rich in omega-3 fatty acids, such as salmon, trout, and herring, more often (See [Why is it important to include fish, nuts, and seeds?](#)).

Liver and other organ meats are high in cholesterol. Egg yolks are also high in cholesterol, but egg whites are cholesterol-free.

Processed meats such as ham, sausage, frankfurters, and luncheon or deli meats have added sodium. Check the ingredient and [Nutrition Facts label](#) to help limit sodium intake. Fresh chicken, turkey, and pork that have been enhanced with a salt-containing solution also have added sodium. Check the product label for statements such as "self-basting" or "contains up to \_\_\_% of \_\_\_", which mean that a sodium-containing solution has been added to the product.

Sunflower seeds, almonds, and hazelnuts (filberts) are the richest sources of vitamin E in this food group. To help meet vitamin E recommendations, make these your nut and seed choices more often.

## VEGETABLES

### Dark green vegetables

bok choy  
broccoli  
collard greens  
dark green leafy lettuce  
kale  
mesclun  
mustard greens  
romaine lettuce  
spinach  
turnip greens  
watercress

### Orange vegetables

acorn squash  
butternut squash  
carrots  
hubbard squash  
pumpkin  
sweetpotatoes

### Dry beans and peas

black beans  
black-eyed peas  
garbanzo beans (chickpeas)  
kidney beans  
lentils  
lima beans (mature)  
navy beans  
pinto beans  
soy beans  
split peas  
tofu (bean curd made from soybeans)  
white beans

## GRAINS

### Whole grains:

brown rice  
buckwheat  
bulgur (cracked wheat)  
oatmeal  
popcorn

### *Ready-to-eat breakfast cereals:*

whole wheat cereal flakes  
muesli

whole grain barley  
whole grain cornmeal  
whole rye  
whole wheat bread  
whole wheat crackers  
whole wheat pasta  
whole wheat sandwich buns and rolls  
whole wheat tortillas  
wild rice

### *Less common whole grains:*

amaranth  
millet  
quinoa  
sorghum  
triticale

### Starchy vegetables

corn  
green peas  
lima beans (green)  
potatoes

### Other vegetables

artichokes  
asparagus  
bean sprouts  
beets  
Brussels sprouts  
cabbage  
cauliflower  
celery  
cucumbers  
eggplant  
green beans  
green or red peppers  
iceberg (head) lettuce  
mushrooms  
okra  
onions  
parsnips  
tomatoes  
tomato juice  
vegetable juice  
turnips  
wax beans  
zucchini

### Refined grains:

cornbread\*  
corn tortillas\*  
couscous\*  
crackers\*  
flour tortillas\*  
grits  
noodles\*

### *Pasta\**

spaghetti  
macaroni

pitas\*  
pretzels

### *Ready-to-eat breakfast cereals*

corn flakes

white bread  
white sandwich buns and rolls  
white rice.