

*Helping caregivers through their journey one step at a time.*

## 10 Tips for Family Caregivers

1. **Seek support from other caregivers. You are not alone! Join support groups whether live or virtual.**
2. **Take care of your own health so that you can be strong enough to take care of your loved one.**
3. **Accept offers of help and suggest specific things people can do to help you.**
4. **Learn how to communicate effectively with doctors. Write down questions before each visit.**
5. **Caregiving is hard work so take respite breaks often.**
6. **Watch out for signs of depression and don't delay getting professional help when you need it.**
7. **Be open to new technologies that can help you care for your loved one.**
8. **Organize medical information so it's up to date and easy to find.**
9. **Make sure legal documents are in order. Have a plan in place in case you can no longer take care of your loved one.**
10. **Give yourself credit for doing the best you can in one of the toughest jobs there is!**

Do you have an email address? Want to receive your newsletters electronically? Please submit your email address to me for future correspondence! You can email me at [jferril@thrive-alliance.org](mailto:jferril@thrive-alliance.org). Caregivers of Older Adults support groups are currently held the third Thursday of each month at 2:30 p.m. via Zoom. You can also join the first Thursday of every month at 3:30 p.m. via Zoom or live at the Decatur County Hospital. Relative Caregivers support groups are currently being held the second Tuesday of every month at 1:00 p.m. via Zoom. We also have a Thrive Alliance Caregiver Resources Facebook group. Email me if you would like to be a part of the group.



# FACT OR FICTION?

## National Nutrition Month® 2022 Quiz

**Circle the correct answer.**

1. Most Americans consume more than enough calcium, potassium, vitamin D and dietary fiber. **FACT OR FICTION?**
2. Only people with medical conditions, such as diabetes or high blood pressure, need to limit their intake of added sugars and salt. **FACT OR FICTION?**
3. It's a good idea to wash all fruits and vegetables, even ones with peels that may not be eaten. **FACT OR FICTION?**
4. Drinking milk is the only way to meet the daily recommendation of three cups from the Dairy Group. **FACT OR FICTION?**
5. A vegetarian diet can provide adequate protein for athletes. **FACT OR FICTION?**
6. All carbohydrate foods, also known as "carbs", are the same and provide no nutritional value. **FACT OR FICTION?**
7. Using MyPlate as a guide, half the plate should include fruits and vegetables. **FACT OR FICTION?**
8. All vegetables offer the same types and amounts of vitamins and minerals. **FACT OR FICTION?**
9. Only foods that taste salty are high in sodium. **FACT OR FICTION?**
10. A registered dietitian nutritionist can help you develop a healthy eating plan that is as unique as you are. **FACT OR FICTION?**

# FACT OR FICTION?

## National Nutrition Month® 2022 Quiz

### Answers

1. Most Americans consume more than enough calcium, potassium, vitamin D and dietary fiber.

**FICTION:** *The intake of foods that provide these important nutrients is less than what is recommended for most people in the United States. Including more fruits, vegetables, beans, dairy, and whole grains would help individuals get more of these nutrients that are needed for good health.*

2. Only people with medical conditions, such as diabetes or high blood pressure, need to limit their intake of added sugars and salt.

**FICTION:** *It is recommended that all Americans over the age of 2 limit sources of added sugars to less than 10 percent of their total calories, and children under 2 should avoid all sources of added sugars. For salt, also known as sodium, less than 2,300 milligrams per day is recommended and even less for children under the age of 14.*

3. It's a good idea to wash all fruits and vegetables, even ones with peels that may not be eaten.

**FACT:** *All produce should be washed under running water even if the peel will not be eaten. This is because dirt and bacteria can be transferred from the peel to the inside of the fruit or vegetable as it is sliced or peeled. No soap should be used, but a produce brush is recommended when washing firmer produce, such as melons and potatoes.*

4. Drinking milk is the only way to meet the daily recommendation of three cups from the Dairy Group.

**FICTION:** *Yogurt, cheese, buttermilk, and fortified soy milk also count as a 1 cup-equivalent from this MyPlate food group.*

5. A vegetarian diet can provide adequate protein for athletes.

**FACT:** *A well-planned vegetarian eating style that includes adequate calories and a variety of foods can meet the protein needs of athletes. For personalized nutrition guidance, consult a registered dietitian nutritionist.*

6. All carbohydrate foods, also known as "carbs", are the same and provide no nutritional value.

**FICTION:** *Carbohydrates are the body's main source of energy. Many nutritious foods are sources of carbohydrate, including fruits, vegetables, and whole grains. These foods provide vitamins, minerals and dietary fiber, which can positively affect our health.*

7. Using MyPlate as a guide, half the plate should include fruits and vegetables.

**FACT:** *MyPlate represents a meal that includes fruits and vegetables on half of the plate and the other half is divided to include grains and a protein food. To complete the meal, a serving of dairy is recommended.*

8. All vegetables offer the same types and amounts of vitamins and minerals.

**FICTION:** *Eating a variety of vegetables throughout the week, including beans and peas, dark-green, red and orange, starchy and other vegetables will provide a variety of important nutrients like beta-carotene, vitamin C, zinc, potassium, folate and iron.*

9. Only foods that taste salty are high in sodium.

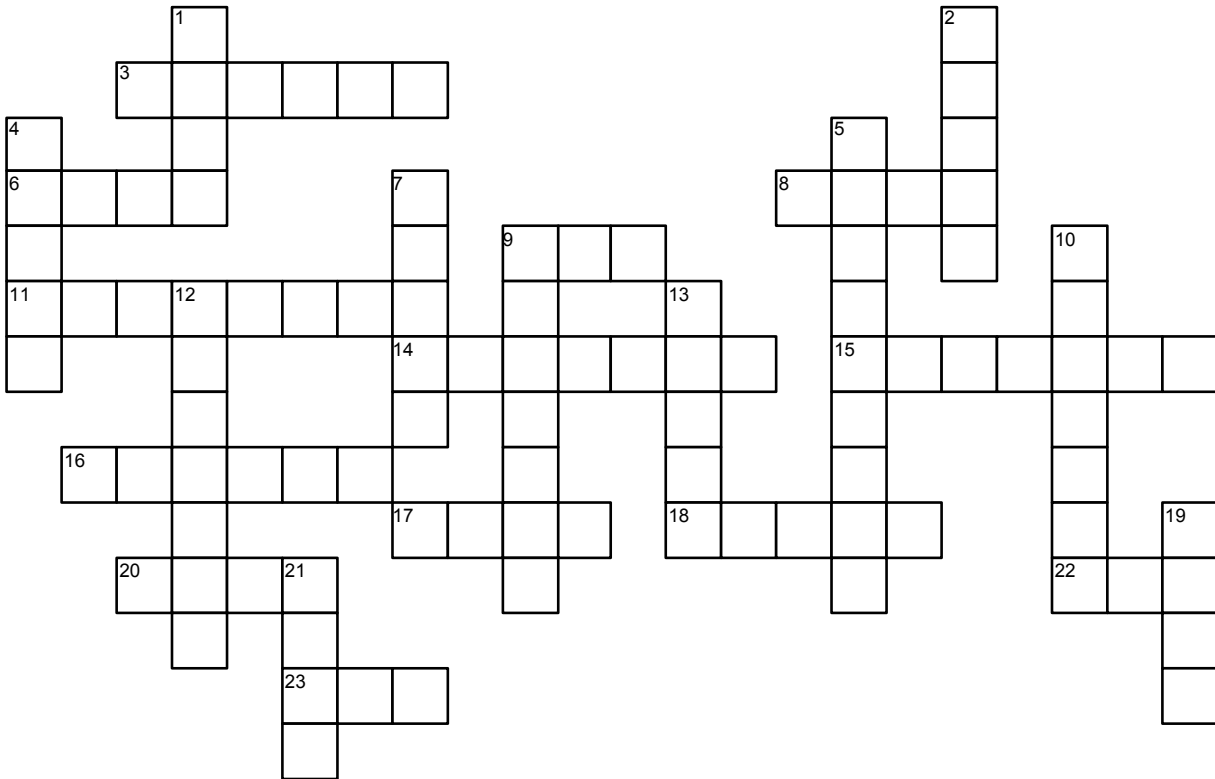
**FICTION:** *While some foods may taste salty, others may not, and this can also vary based on the individual. Most of the salt we consume comes from foods that are already prepared. Choose foods with lower amounts of sodium by comparing their Nutrition Facts Labels and look for descriptions such as "No Salt Added" or "Reduced Sodium" when shopping. Cooking at home allows you to control the amount of salt in your meals. When eating out, request sauces and condiments be served on the side or ask if lower sodium options are available.*

10. A registered dietitian nutritionist can help you develop a healthy eating plan that is as unique as you are.

**FACT:** *When it comes to a healthy eating routine, one size does not fit all - everyone is unique. Nutrient needs vary based on our age, activity level, sex, health conditions and other factors. Registered dietitian nutritionists, also known as RDNs, can provide personalized nutrition advice to meet your goals.*



# Spring Weather



## ACROSS

- 3 Rain \_\_\_\_\_ the earth.
- 6 March comes in like a \_\_\_\_\_.
- 8 It makes kites fly.
- 9 \_\_\_\_\_ makes it hard to see.
- 11 It's supposed to rain today. Take an \_\_\_\_\_.
- 14 March winds bring April \_\_\_\_\_.
- 15 A loud noise associated with storms.
- 16 No matter how long this season lasts, spring is sure to follow.
- 17 Not too hot.
- 18 If it's foggy in the morning, it will be \_\_\_\_\_ in the day.
- 20 Not too cold.
- 22 This gives light to help plants grow.
- 23 Rain mixed with dirt. Don't track it in the house!

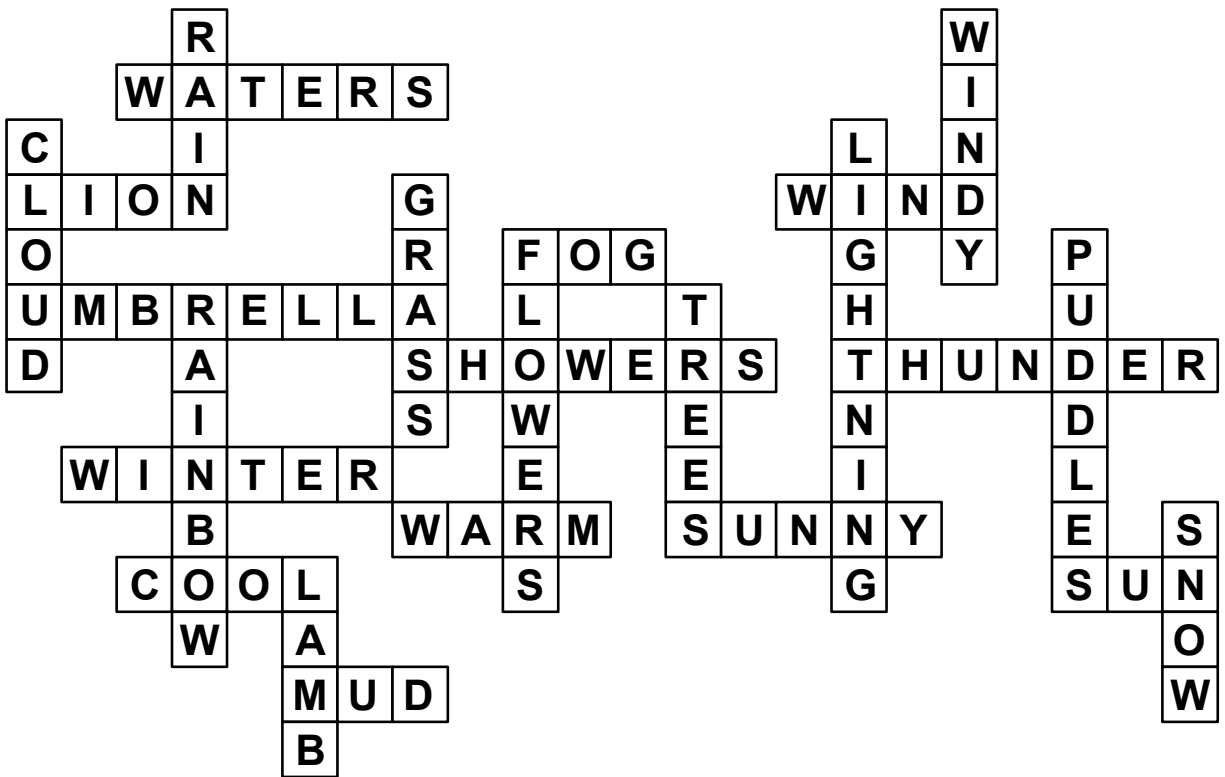
## DOWN

- 1 Dark clouds often bring this.
- 2 Hold onto your hat. It's \_\_\_\_\_ today.
- 4 I may be white and puffy or dark and threatening.
- 5 \_\_\_\_\_ flashes in the sky.
- 7 This turns green as days grow warmer.
- 9 April showers bring May \_\_\_\_\_.

- 10 Rain leaves these behind on the ground (but your mother probably doesn't want you to splash in them!).
- 12 I can be seen after a storm.
- 13 These bud with new leaves in early spring.
- 19 This wintery substance sometimes falls in the spring.
- 21 March goes out like this animal.



# Answer Key



## Bread Pudding in the Microwave

### INGREDIENTS:

- 3 cups cubes of whole grain bread
- 1/2 cup raisins
- 1 tablespoon margarine or butter
- 1/4 cup packed brown sugar
- 1 1/4 cups nonfat or 1% milk
- 3 eggs
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 teaspoon vanilla

### DIRECTIONS:

1. Butter bread and cut into small cubes.
2. Combine buttered and cubed bread, brown sugar and raisins in a one-quart microwave safe dish.
3. In a microwave safe bowl or measuring cup, blend together the eggs, milk, cinnamon, salt, and vanilla.
4. Heat on high for 2-3 minutes until hot, but not boiling.
5. Pour over bread mixture and lightly blend together.
6. Microwave uncovered at 50% power for 5-8 minutes, or until edges are firm and the center is almost set.
7. Let rest for 10 minutes before serving.

Refrigerate leftovers within 2 hours.

**Adjusting the time:** Microwaves of 700 watts or less will take 5-8 more minutes to fully cook. Can be baked in a 350 degree F oven for 45 minutes.

Can be made with any kind of bread. Serve with low-fat vanilla or lemon yogurt.



Prep time:  
5 minutes



Cook time:  
10 minutes



Servings:  
3 cups