



Nutrition and Aging Resource Center

Holiday Social

Media Toolkit

Included in the Holiday Toolkit are a few helpful ways to personalize your messages. Be sure to read each post in full before posting on your organizations or agencies social media to ensure all needed material is transferred and nothing additional is needed.

Green Highlight – Idea text that can be added and personalized to target consumers.

Gray Highlight – Link to a toolkit that is offered by a different organization

Please feel free to use any or all of the following sample posts for your social media presence. As always, tag us in your nutrition posts @Aging.Nutrition so we can share your amazing work as well!

January

New Year's Day – Jan 1

Wishing you a Happy New Year from (Insert Name of Organization Here).

#HappyNewYear



World Braille Day – Jan 4

It is World Braille Day. Do you or a loved one have low vision or are blind? Are you in need of services?

Learn more about braille at:

<https://www.afb.org/blindness-and-low-vision/braille/what-braille>

Include possible services you offer for individuals who are blind or have low vision.

#Braille #Communication

World Braille Day

What is Braille?

Braille is "a system of raised dots that can be read with the fingers by people who are blind or who have low vision". Braille is not a language but rather is a code in which languages can be written and read.

What Does Braille Look Like?

"Braille symbols are formed within units of space known as braille cells...A single cell can be used to represent an alphabet letter, number, punctuation mark, or even a whole word".

How Was Braille Invented?

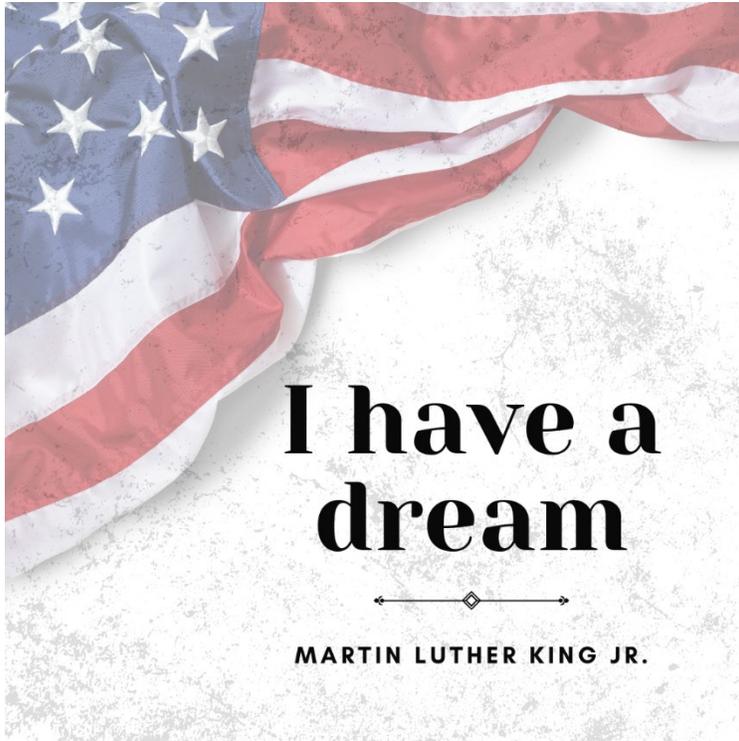
Louis Braille was born in Coupvray, France in 1809. When he was younger he attended the National Institute for Blind Youth and soon began experimenting with ways to create the alphabet that could be read with the fingertips.

Martin Luther King Jr. Day – Third Monday of January

“Not everybody can be famous but everybody can be great, because greatness is determined by service.” – Martin Luther King Jr.

If you or a loved one are in need of (list of services) please give us a call at (555)555-5555 or visit our website at: (Insert website link here)

#MartinLutherKingJr #IHaveADream



Glaucoma Awareness Month

It is Glaucoma Awareness Month. Glaucoma is a leading cause of vision loss and blindness in the United States. There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision.

Learn more at: <https://www.nei.nih.gov/learn-about-eye-health/outreach-campaigns-and-resources/glaucoma-resources/glaucoma-awareness-month#:~:text=January%20is%20Glaucoma%20Awareness%20Month&text=There's%20no%20cure%20for%20glaucoma,African%20Americans%20over%20Age%2040>

Follow @Aging.Nutrition for more information about nutrition and aging!

Include possible services you offer for individuals who have low vision or have glaucoma.

#Glaucoma #GlaucomaAwareness

The only way to know if you have glaucoma is to get a comprehensive dilated eye exam. There is no cure for glaucoma. However, early treatment can help stop the damage and protect vision.

Individuals at higher risk include:

- Individuals over the age of 60; especially Hispanics/Latinos
- African Americans over the age of 40
- People with a family history of glaucoma

 **Glaucoma Awareness Month**

Thyroid Awareness Month

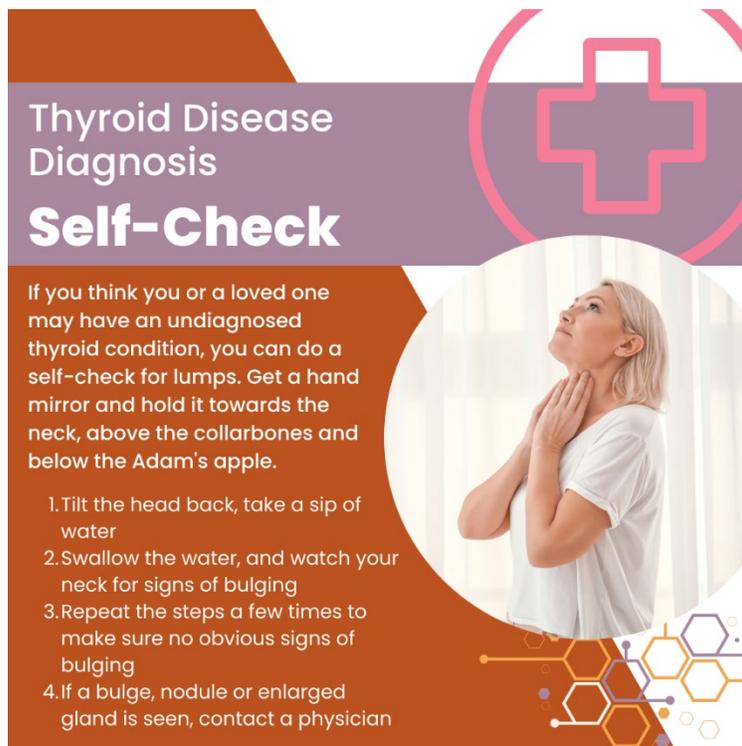
January is Thyroid Awareness Month – The thyroid is a gland in the neck. It is in charge of your metabolism and the creation of new proteins, and so much more. Take some time today to learn up on the thyroid and become educated on signs and symptoms of illnesses and diseases related to the thyroid.

<https://www.unicityhealthcare.com/january-is-thyroid-awareness-month-calling-attention-to-thyroid-disease-in-seniors/>

Follow @Aging.Nutrition for more information about nutrition and aging!

Include possible services you offer for individuals who may suffer from a thyroid disease.

#Thyroid #ThyroidAwareness



The infographic features a purple and orange color scheme. At the top right is a pink cross icon. Below it, the text reads 'Thyroid Disease Diagnosis Self-Check'. To the right is a circular image of a woman with blonde hair, wearing a white shirt, looking up and touching her neck. Below the image is a list of four steps for a self-check. At the bottom right, there is a decorative graphic of interconnected hexagons and lines.

Thyroid Disease Diagnosis Self-Check

If you think you or a loved one may have an undiagnosed thyroid condition, you can do a self-check for lumps. Get a hand mirror and hold it towards the neck, above the collarbones and below the Adam's apple.

1. Tilt the head back, take a sip of water
2. Swallow the water, and watch your neck for signs of bulging
3. Repeat the steps a few times to make sure no obvious signs of bulging
4. If a bulge, nodule or enlarged gland is seen, contact a physician

February

National Wear Red Day – First Friday in February

Will have a social media kit that is free to use - <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/wear-red-day>

National Wear Red Day is celebrated on the first Friday in February. The purpose of this day is to “bring greater attention to heart disease as a leading cause of death for Americans.” Show us your red today!

Learn more about the heart at:

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness>

Follow @Aging.Nutrition for more information about nutrition and aging! For heart healthy meals check out the following Pinterest board

<https://www.pinterest.com/AgingNutrition/heart-healthy-mealsrecipes/>

Include possible services you offer for individuals who may be at risk or have been diagnosed with a heart disease.

#WearRedDay #HeartHealth



The graphic features a large red banner at the top with the text 'NATIONAL WEAR RED DAY' in white. Below the banner is a portrait of a smiling woman with grey hair, wearing a light blue denim shirt. The background is white with faint pink and red circular accents.

NATIONAL WEAR RED DAY

World Cancer Day – February 4

Held every year on February 4th, World Cancer Day has the mission to raise worldwide awareness about cancer, treatment, and care for all.

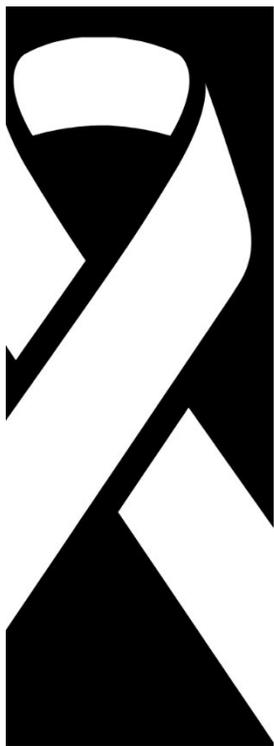
<https://www.worldcancerday.org/about-us>

Include possible services you offer for individuals who are undergoing cancer treatments

Follow @Aging.Nutrition for more information about nutrition and aging! For recipes to help ensure your loved ones are getting the nutrients they need while going through cancer treatments go to the following Pinterest board for inspiration.

<https://www.pinterest.com/AgingNutrition/cancer-treatment-nutritious-recipes/>

#WorldCancerDay



KEY FACTS ABOUT **CANCER**

- 10 Million people die from cancer each year
- At least 1/3 of common cancers are preventable
- Cancer is the second-leading cause of death across the world
- 70% of cancer deaths occur in low-to-middle income countries
- Millions of individuals lives could be saved by implementing resource appropriate strategies for prevention, early detection and treatment

Toothache Day – February 9

Ouch! It is toothache day. A toothache is pain in or around a tooth. There are a number of causes, such as;

- Tooth Decay
- Abscessed tooth
- Tooth fracture
- A damaged filling
- Repetitive motions, such as chewing gum or grinding teeth
- Infected gums

Learn more about symptoms and treatment at:

<https://www.webmd.com/oral-health/guide/toothaches>

Learn more about oral health for older adults at:

<https://acl.gov/sites/default/files/nutrition/Oral%20Health%20Quick%20Guide.pdf>

Follow @Aging.Nutrition for more information about nutrition and aging!

Include possible services you offer for individuals for dental care.

#Toothache

Toothache Day

| | |
|---|---|
| Toothaches may be caused by: <ul style="list-style-type: none">• Tooth decay• Abscessed tooth• Tooth fracture• A damaged filling• Repetitive motions (chewing gum or grinding teeth)• Infected gums | Symptoms may include: <ul style="list-style-type: none">• Pain that is sharp, throbbing, or constant• Swelling around the tooth• Fever or headache• Foul-tasting drainage from the infected tooth |
| Foods for Healthy Teeth, Gums, & Body <ul style="list-style-type: none">• Cheese, Milk & Yogurt• Water• Celery and Carrots• Leafy Greens• Apples and Pears• Whole Grains | <ul style="list-style-type: none">• Nuts• Meat & Fatty Fish• Strawberries & Sweet Potatoes• Cranberries & Raisins (sugar free) |

Valentine's Day – February 14

Looking for something sweet? Check out some Valentine's Day themed recipes from the Nutrition and Aging Resource Center!

<https://www.pinterest.com/AgingNutrition/valentines-recipes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#Valentines



Congenital Heart Defect Awareness Day – February 14

It is Congenital Heart Defect Awareness Day. A Congenital Heart Defect (CHD) is a result of the heart or blood vessels near the heart that have not developed normally. For some great resources and more information go to:

<https://www.heart.org/en/health-topics/congenital-heart-defects>

Include possible services you offer for individuals who have or are at risk of a Congenital Heart Defect.

Follow @Aging.Nutrition for more information about nutrition and aging! For heart healthy meal inspiration go to:

<https://www.pinterest.com/AgingNutrition/heart-healthy-mealsrecipes/>

#CongenitalHeartDefectAwarenessDay

Understand the Risk

Over 2.4 million Americans have some form of congenital heart defect. Some are born with it. Causes are still in research phases but physicians and scientists are making progress. Congenital heart defects could be genetic. There is a 2-15 percent chance of a recurring heart defect in a family.

Diagnosis

A cardiologist will take a medical history and perform a physical exam. A number of tests may also be ordered such as; an electrocardiogram (EKG or ECG), a chest x-ray, or an echocardiogram. Blood tests can also be done for specific types of heart defects. The cardiologist will explain results and determine if follow-up is needed.

Washington's Birthday (President's Day) –

February 20

Happy Presidents Day from (insert organization name here) to you!

#PresidentsDay



National Eating Disorders Awareness Week

It is National Eating Disorders Awareness Week.

Eating disorders can affect people of any age, sex, gender, race, ethnicity, and socioeconomic group.

To learn more about eating disorders go to:

<https://www.nationaleatingdisorders.org/learn>

Follow @Aging.Nutrition for more information about nutrition and aging!

Include possible services you offer for individuals who may suffer from or be at risk of an eating disorder. For example, provide contact information for participants to meet with your Registered Dietitian for one-on-one counseling.

#NationalEatingDisordersAwarenessWeek

Eating Disorders

Mid-Life and Beyond



There is no age limit to eating disorders. Research has shown that the rates of eating disorders and body dissatisfaction occurring later in life are on the upward. Symptoms may not differ much depending on age, but the context can be drastically different.



Triggers:

- Divorce
- Natural signs of aging
- Death of a loved one
- Retirement
- Aging parents
- Empty nest
- Becoming a grandparent

Age-Related Complications:

"Older bodies often have less ease in bouncing back from an eating disorder, and gastrointestinal, cardiac, bone and even dental effects of eating disorders can worsen as people mature. This means clinicians should keep eating disorders on their radar regardless of the age of the patient."

Rare Disease Day – Last day of February

This website will provide materials for download closer to the holiday -

<https://www.rarediseaseday.org/>

Today is Rare Disease Day. It is celebrated to help raise awareness for those individuals living with a rare disease around the world. This day is also for their families and their caregivers. To learn more about this day and about rare diseases go to: <https://www.rarediseaseday.org/what-is-a-rare-disease/>

Include possible services you offer for individuals who may be diagnosed with a rare disease.

#RareDiseaseDay

Characteristics of Rare Diseases

"Over 6000 rare diseases are characterized by a broad diversity of disorders and symptoms that vary not only from disease to disease but also from patient to patient suffering from the same disease.

Relatively common symptoms can hide underlying rare diseases leading to misdiagnosis and delaying treatment. Quintessentially disabling, the patients quality of life is affected by the lack or loss of autonomy due to the chronic, progressive, degenerative, and frequently life-threatening aspects of the disease.

The fact that there are often no existing effective cures adds to the high level of pain and suffering endured by patients and their families."

Low Vision Awareness Month

It is low vision awareness month. Low vision affects millions of Americans. Having vision impairment can make it hard to do the normal activities of daily life. To learn more about vision rehabilitation go to: <https://www.nei.nih.gov/learn-about-eye-health/outreach-campaigns-and-resources/vision-rehabilitation-resources>

Include possible services you offer for individuals who have low vision.

#LowVisionAwarenessMonth



At a Glance

- Includes a wide range of services
- Can assist individuals with vision impairments maintain their independence
- May involve a team of providers; such as eye care professionals, therapists, counselors, and social workers

Rehabilitation Services

- Devices - magnifiers
- Assistive Technology - screen readers
- Educational Workshops - presentations on kitchen safety
- Emotional Support - counseling and support groups

American Heart Month

Check this website for the American Heart Month toolkit -

https://www.cdc.gov/heartdisease/american_heart_month.htm#:~:text=February%20is%20American%20Heart%20Month,for%20heart%20disease%20and%20stroke.

It is #AmericanHeartMonth. "Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for a long time.

Hypertension, also called high blood pressure, is blood pressure that is higher than normal." Learn more at:

<https://www.cdc.gov/bloodpressure/facts.htm>

Include possible services you offer for individuals who have been diagnosed with a heart issue. For example, evidence-based programs, nutrition education, or nutrition counseling.

Follow @Aging.Nutrition for more information about nutrition and aging! For heart healthy inspired meals go to:

<https://www.pinterest.com/AgingNutrition/heart-healthy-mealsrecipes/> #American



Facts About Hypertension

"Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of the body."

- "Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the United States."
- "In 2020, more than 670,000 deaths in the United States had hypertension as a primary or contributing cause."
- "Only about 1 in 4 adults (24%) with hypertension have their condition under control."

Blood Pressure Category

Systolic

Diastolic

| | | | |
|----------|--------------|-----|----------|
| Normal | <120 mmHg | and | <80 mmHg |
| Elevated | 120-190 mmHg | and | <80 mmHg |

Hypertension

| | | | |
|---------|--------------|----|-------------|
| Stage 1 | 130-139 mmHg | or | 80-89 mmHg |
| Stage 2 | >/= 140 mmHg | or | >/= 90 mmHg |

March

National Sleep Awareness Week – The start of Daylight Savings

Sleep and nutrition...do you know the link between the two? During National Sleep Awareness Week, try these tips!

Include possible services you offer for individuals who may be interested in learning more about the connection between nutrition and sleep. For example, nutrition education or nutrition counseling offerings.

Follow @Aging.Nutrition for more information about nutrition and aging! For some healthy bedtime snack ideas go to:

<https://www.pinterest.com/AgingNutrition/good-bedtime-snacks/>

#BedtimeSnacks #NationalSleepAwarenessWeek

Eating habits can be crucial for quality sleep.

Bedtime Snacks & Diet

- Consider oatmeal or whole-wheat toast that will digest easily
- Consume a high-fiber diet with fruit, vegetables, whole grains, and low-fat proteins
- Look for foods with high B vitamins - fish, lean poultry, legumes, eggs, and dairy

World Kidney Day – Second Thursday in March

Check this website for a toolkit –

<https://www.worldkidneyday.org/>

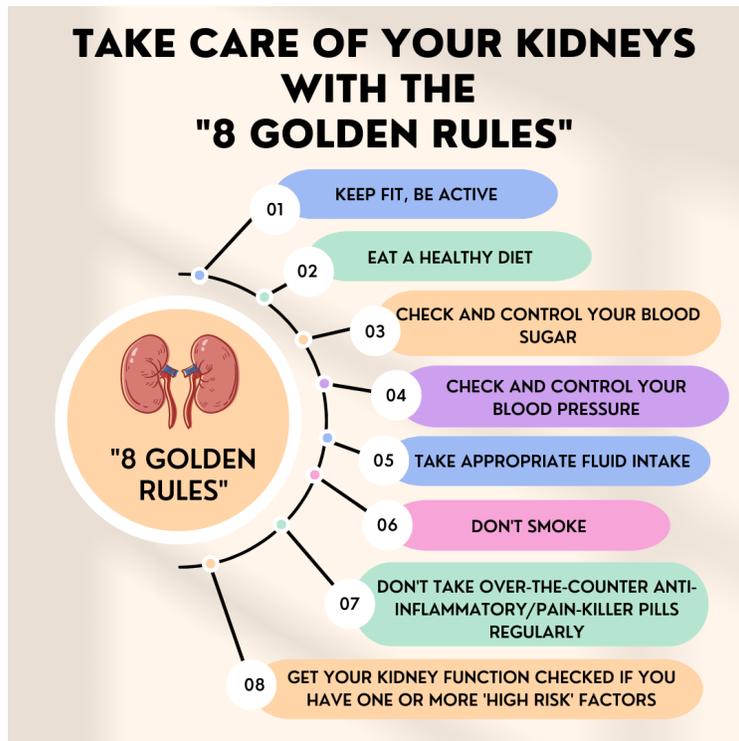
Kidney Diseases can be called the “Silent Killers” and can greatly impact the quality of a persons life. There are eight golden rules to help reduce the risk of developing kidney disease. Today for World Kidney Day, check out the video below for more information on these eight golden rules.

<https://youtu.be/pmyOt7uRIRg>

Follow @Aging.Nutrition for more information about nutrition and aging!

Include possible services you offer for individuals who may have kidney issues like nutrition counseling or evidence-based programs.

#WorldKidneyDay



St. Patrick's Day – March 17

Looking for something GREEN? Check out some St. Patrick's Day themed recipes from the Nutrition and Aging Resource Center!

<https://www.pinterest.com/AgingNutrition/st-patricks-day-foods/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#St.PatricksDay



World Water Day – March 22

World Water Day is held on March 22 every year to celebrate water along with raising awareness of the two billion individuals living without access to safe water. To learn more about this day of celebration go to:

<https://www.worldwaterday.org/learn>

#WorldWaterDay



World Tuberculosis Day – March 24

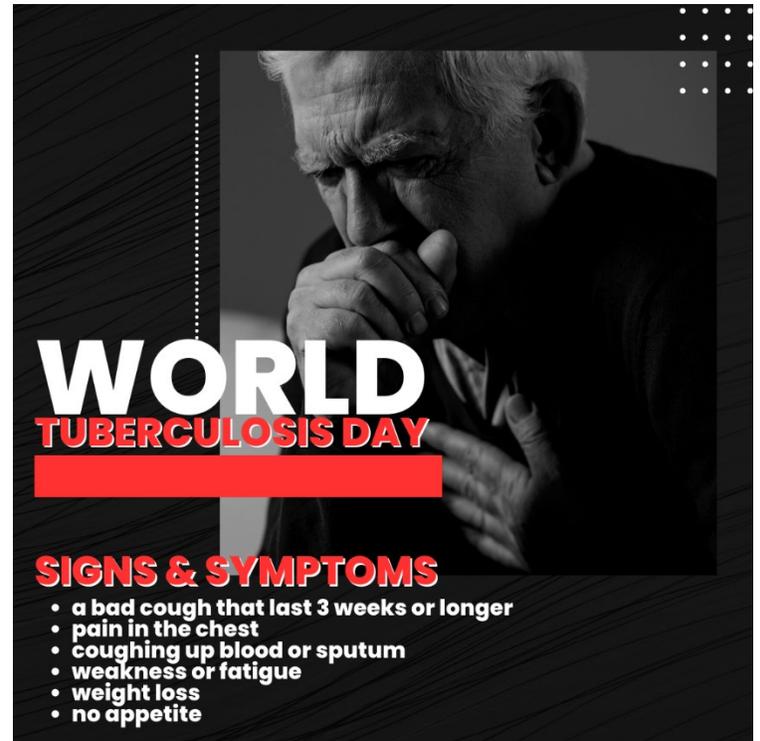
Check this website for a toolkit –

<https://www.cdc.gov/tb/worldtbdays/default.htm>

World Tuberculosis Day occurs every year on March 24th. The goal is to educate more people about the impact of TB across the world.

Include possible services you offer for individuals with a Tuberculosis diagnosis

#WorldTuberculosisDay



American Diabetes Alert Day – Fourth Tuesday in March

For American Diabetes Alert Day, take some time to read “Live long and healthy” to better understand the help that you can receive when facing diabetes with its unique challenges.

<https://diabetes.org/healthy-living/seniors> For the Diabetes Food Hub go to:

<https://www.diabetesfoodhub.org/>

Include possible services you offer for individuals with a diabetes diagnosis like Diabetes self-management classes, nutrition education, or nutrition counseling.

Follow @Aging.Nutrition for more information about nutrition and aging! For some recipe inspiration for individuals with Diabetes go to: <https://www.pinterest.com/AgingNutrition/recipes-for-individuals-with-diabetes/>

#AmericanDiabetesAlertDay #Diabetes

Things to Consider



- Who do you want to make decisions regarding your care if you are unable?
- How can you make sure you ease the potential burden on your family?
- What long term care options are available for you (or your aging parents)?

Diabetes & Hearing Loss

Hearing loss is twice as common in individuals with diabetes.

Signs of Hearing Loss:

- Frequently asking for individuals to repeat themselves
- Trouble following conversations
- Thinking that individuals are mumbling
- Problems hearing in noisy places



Balance & Avoiding Falls

Benefits of Physical Activity

"Not only can physical activity help you maintain balance, it may help slow some of the cognitive decline seen with aging. Walking may be the best, and simplest, exercise for maintaining function, but it's also important to do weight-bearing exercises, such as yoga or using free weights or machines, to maintain bone density and muscle volume."

Diabetes Association - Live Long & Healthy

Brain Injury Awareness Month

March is Brain Injury Awareness Month. Traumatic Brain Injuries are caused by an impact or force to the head or body, it can also be caused from a penetrating injury to the head. It has been found that falls are a leading cause of TBI and older adults are at increased risk. To learn more about traumatic brain injury go to:

https://acl.gov/programs/post-injury-support/traumatic-brain-injury-tbi?j=1619263&sfmc_sub=6954352&l=6707_HTML&u=36517875&mid=515008575&jb=0

Include possible services you offer for individuals with a traumatic brain injury.

#BrainInjuryAwarenessMonth



FALLS PREVENTION & NUTRITION

"NUTRITION IS AN IMPORTANT FACTOR IN FALLS PREVENTION, AS FRAILTY AND WEAKNESS RESULTS IN LOSS OF MUSCLE MASS AND STRENGTH, NEUROMUSCULAR IMPAIRMENT, LIMITED MOBILITY AND MALNUTRITION."

"STARTING WITH VITAMIN D, A VITAMIN THAT HELPS IMPROVE MUSCLE FUNCTION, AND IN CONJUNCTION WITH CALCIUM HELPS MINIMIZE BONE LOSS."

National Nutrition Month

Check this website for a toolkit -

<https://www.eatright.org/food/resources/national-nutrition-month>

April

National Public Health Week – First full week in April

Check this website for a toolkit -

<https://nphw.org/Tools-and-Tips/Toolkit>

Join us and celebrate National Public Health Week.

Public health professionals do what they can to make the world a more equitable, safe and healthy place.

#NationalPublicHealthWeek



World Health Day – April 7

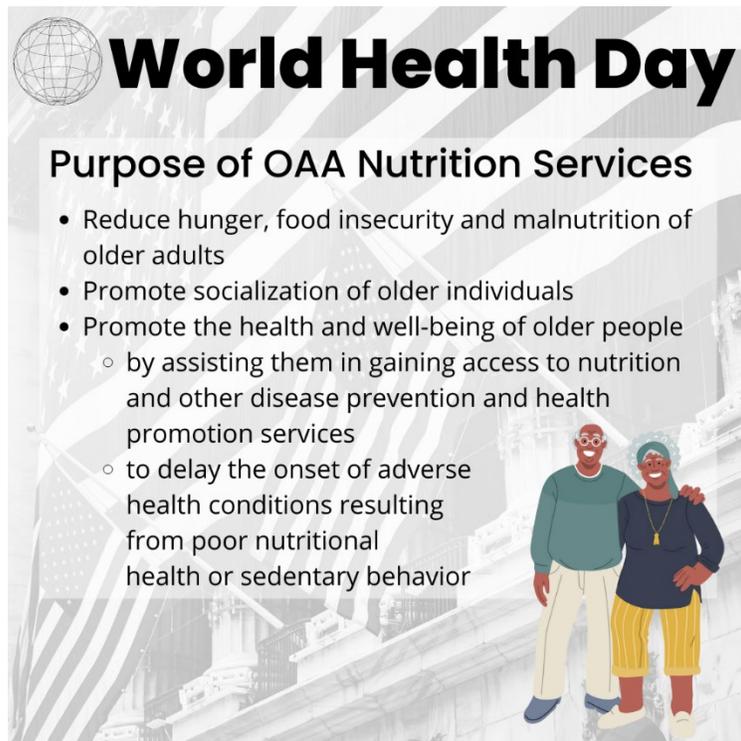
Celebrated annually, World Health Day brings attention to a specific health topic of concern to individuals across the world. For additional information on World Health Day go to:

<https://www.who.int/campaigns/world-health-day>

Follow @Aging.Nutrition for more information about nutrition and aging!

Include possible services you offer for individuals with a heart diagnosis.

#WorldHealthDay



World Health Day

Purpose of OAA Nutrition Services

- Reduce hunger, food insecurity and malnutrition of older adults
- Promote socialization of older individuals
- Promote the health and well-being of older people
 - by assisting them in gaining access to nutrition and other disease prevention and health promotion services
 - to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior



World Parkinson's Day – April 11

Parkinson's disease is the fastest growing neurological disease. Help spread awareness about World Parkinson's Day. For more information about this disease go to:

<https://www.worldparkinsonsday.com/>

Include possible services you offer for individuals who have been diagnosed with Parkinson's.

Follow @Aging.Nutrition for more information about nutrition and aging! For recipe ideas for individuals with a Parkinson's diagnosis go to:

<https://www.pinterest.com/AgingNutrition/recipes-for-individuals-with-parkinsons/>

#WorldParkinsonsDay



Parkinson's Diet & Nutrition

"Eating a whole-food, plant-based diet has many benefits."

Walnuts, pistachios, macadamia nuts, cashews, almonds, turmeric, etc. can promote brain health. Anti-inflammatory foods such as rosemary, oily fish, and leafy green vegetables are beneficial. Increasing fiber by eating fruits and vegetables and increasing probiotics may also be helpful.



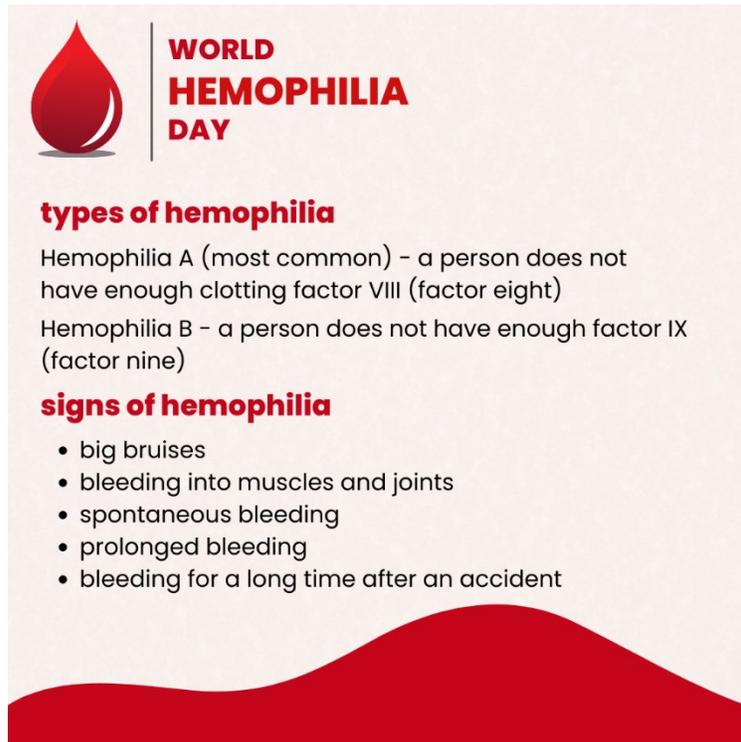
World Hemophilia Day – April 17

Check this website for toolkit and information – <https://wfh.org/world-hemophilia-day/>

World Hemophilia Day is a day focused on bleeding disorders. There are a number of bleeding disorders, for more information on each type go to: <https://wfh.org/about-bleeding-disorders/>

Include possible services you offer for individuals who have been diagnosed with hemophilia.

#WorldHemophiliaDay



WORLD HEMOPHILIA DAY

types of hemophilia

Hemophilia A (most common) – a person does not have enough clotting factor VIII (factor eight)

Hemophilia B – a person does not have enough factor IX (factor nine)

signs of hemophilia

- big bruises
- bleeding into muscles and joints
- spontaneous bleeding
- prolonged bleeding
- bleeding for a long time after an accident

The graphic features a red blood drop icon on the left, followed by the text 'WORLD HEMOPHILIA DAY' in bold red. Below this, it lists 'types of hemophilia' and 'signs of hemophilia' with a bulleted list. The bottom of the graphic has a red wavy shape.

Earth Day – April 22

Check out this website for a toolkit – <https://www.earthday.org/>

“Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the Earth” – Henry David Thoreau

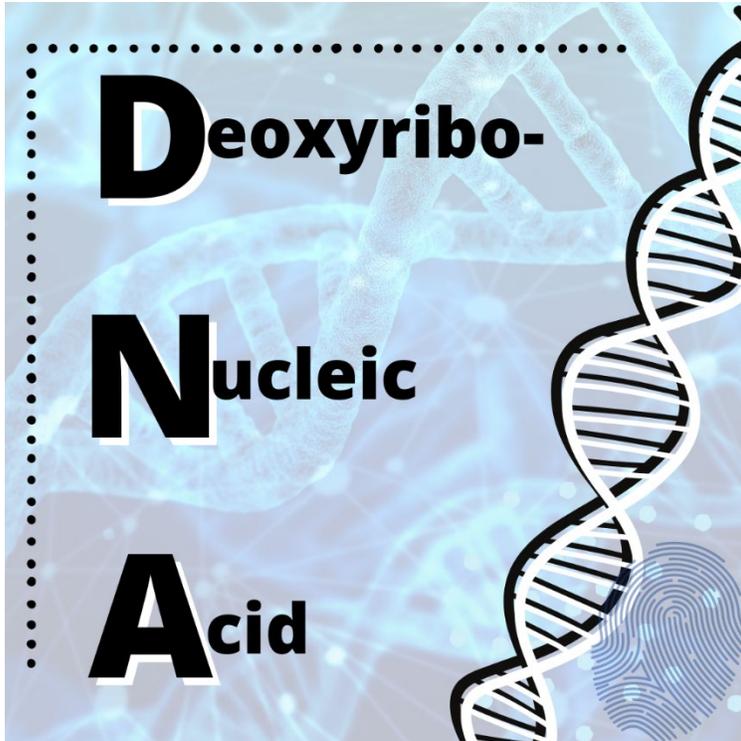
#EarthDay



DNA Day – April 25

DNA Day has been celebrated annually since 2003. Celebrating the discovery and research about DNA and all of the advancements that have helped move things forward in the science and medical fields. For more information about DNA Day go to: <https://nationaltoday.com/national-dna-day/>

#DNA



World Day for Safety and Health at Work – April 28

World Day for Safety and Health at Work is a day promoting the prevention of occupational accidents and diseases. Learn more from the International Labor Organization at: <https://www.ilo.org/global/topics/safety-and-health-at-work/events-training/events-meetings/safeday2022/lang--en/index.htm>
<https://www.cdc.gov/niosh/topics/productiveagin/safetyandhealth.html>

#SafetyAndHealthAtWork



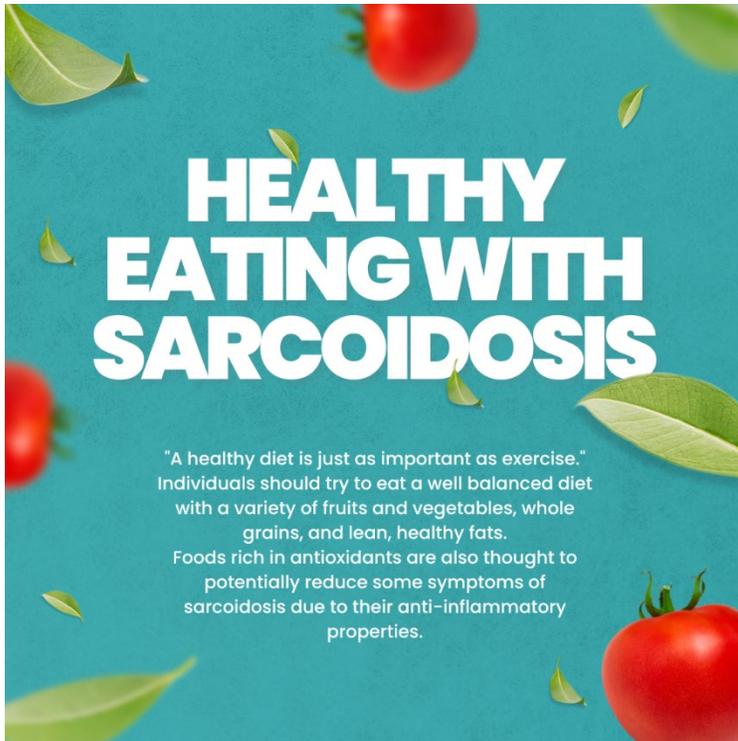
Sarcoidosis Awareness Month

Sarcoidosis is “an inflammatory disease characterized by the formation of granulomas – tiny clumps of inflammatory cells – in one or more organs of the body”. For a video introduction to sarcoidosis go to: <https://youtu.be/-yLrBPD2HV8>

For healthy eating ideas with a sarcoidosis diagnosis go to: <https://www.pinterest.com/AgingNutrition/recipes-for-individuals-with-sarcoidosis/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#SarcoidosisAwarenessMonth



May

World Asthma Day – First Tuesday in May

Check this website for information - <https://ginasthma.org/world-asthma-day-2022/#>

World Asthma Day is celebrated annually and is organized by the Global Initiative for Asthma (GINA) to raise awareness of Asthma globally. For additional information about asthma in older adults go to:

<https://asthmaandallergies.org/asthma-allergies/asthma-in-older-adults/>

Include possible services you offer for individuals who have been diagnosed with asthma.

#WorldAsthmaDay

**WORLD
ASTHMA
DAY**

"Most people with asthma experience their first symptoms at a young age. But asthma can develop for anyone at any age. It is not uncommon for adults in their 70s or 80s to develop asthma symptoms for the first time. When asthma does occur at a later age, the symptoms are much like those experienced by anyone else. The most common causes of an asthma flare up are a respiratory infection or virus, exercise, allergens, and air pollution (an irritant). Allergens and irritants are substances found in our everyday environment. People who have asthma may experience wheezing, cough, shortness of breath, and chest tightness. Asthma creates a much greater risk for older adults because they are more likely to develop respiratory failure as a result of the asthma, even during mild episodes of symptoms."

World Hand Hygiene Day – May 5

Check this website for the campaign - <https://www.who.int/campaigns/world-hand-hygiene-day>

The 'SAVE LIVES: Clean Your Hands' campaign is done yearly in May to help promote awareness and importance of hand hygiene.

#WashYourHands

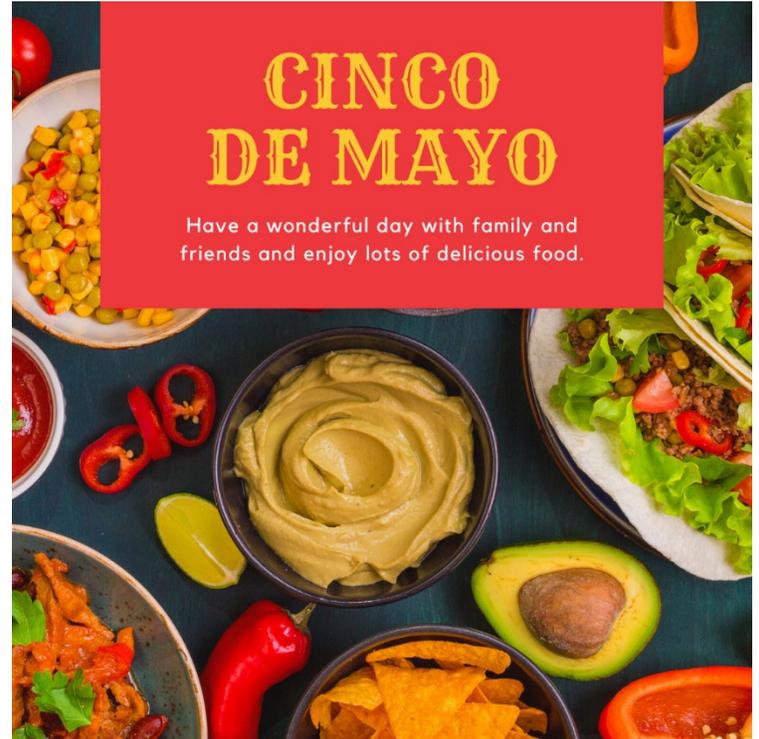


Cinco De Mayo – May 5

Check out some Cinco De Mayo themed recipes from the Nutrition and Aging Resource Center! <https://www.pinterest.com/AgingNutrition/cinco-de-mayo-recipes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#CincoDeMayo



Chronic Fatigue Syndrome Day – May 12

May 12th is Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) International Awareness Day. This is a long-term illness. Help raise awareness by wearing blue today and spreading the word on social media by sharing something you learned. Use the hashtag #MECFSAwareness

Educational tools are available and ready for use to help patients, family members, and caregivers with their healthcare visits. Take a look at:

<https://www.cdc.gov/me-cfs/resources/patient-toolkit.html>

Check this website for additional information -

<https://www.cdc.gov/me-cfs/resources/awarenessday.html>

Include possible services you offer for individuals who have been diagnosed with ME/CFS.

For recipe ideas for individuals with a ME/CFS diagnosis go to:

<https://www.pinterest.com/AgingNutrition/recipes-for-individuals-chronic-fatigue-syndrome/>

Follow @Aging.Nutrition for more information about nutrition and aging!

Mother's Day – Second Sunday in May

Happy Mother's Day!

#HappyMothersDay



Myalgic Encephalomyelitis/ Chronic Fatigue Syndrome *symptoms*

"Not being able to participate in routine activities that were possible before becoming ill, such as work, school, social life, and/or personal life, that:

- Lasts for more than 6 months
- Is accompanied by fatigue that is;
 - Often serious
 - Just started (not lifelong)
 - Not the result of ongoing activities
 - Not from more than usual effort
 - Not made better by rest"

"Post-exertional malaise (PEM). Worsening of symptoms after physical, mental, or emotional effort that would not have caused a problem before the illness. This is sometimes referred to as 'crashing' by people with ME/CFS."

"Unrefreshing sleep. People with ME/CFS may not feel better even after a full night of sleep (e.g., feeling just as tired upon waking up as before going to bed)."

World AIDS Vaccine Day – May 18

Check this website for information –

<https://www.hiv.gov/events/awareness-days/hiv-vaccine-awareness-day>

Currently there is no vaccine available to prevent HIV infection or to treat those individuals that have HIV. Learn more about HIV and AIDS at:

<https://www.hiv.gov/hiv-basics/overview/about-hiv-and-aids/what-are-hiv-and-aids>

Include possible services you offer for individuals who have been diagnosed with HIV/AIDS

#WorldAIDSVaccineDay



WHAT ARE VACCINES? WHAT DO THEY DO?

"Vaccines are products made from very small amounts of weak or dead germs (such as viruses, bacteria, or toxins) that can cause diseases. They help your immune system fight infections faster and more effectively.

When you get a vaccine, it sparks your immune response, helping your body fight off and remember the germ so it can attack it if the germ ever invades again."

Memorial Day – Last Monday in May

"As we set today aside to honor and thank our veterans, let us be mindful that we should do this every day of the year and not just one." – Beth Pennington

Looking for ideas for your Memorial Day picnic? Check out some recipes from the Nutrition and Aging Resource Center.

<https://www.pinterest.com/AgingNutrition/memorial-day-recipes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#MemorialDay



Senior Health and Fitness Day – Last Wednesday in May

Senior Health and Fitness Day is important as “Experts say older adults should engage in moderate exercise and strength training each week”. “Regular exercise can help older adults stay independent and prevent many health problems”. Read more about exercise programs that promote fitness at: <https://www.ncoa.org/article/exercise-programs-that-promote-senior-fitness>

Follow @Aging.Nutrition for more information about nutrition and aging!



World No Tobacco Day – May 31

For more information and information go to - <https://www.who.int/campaigns/world-no-tobacco-day>

Each year on May 31 we observe World No Tobacco Day to inform individuals of the dangers of using tobacco.

Include possible services you offer for individuals who are trying to stop their tobacco addiction.

#WorldNoTobaccoDay

A graphic for World No Tobacco Day. It features a dark red background with a white border. On the left is a white circle with a red diagonal line through it, over a cigarette. To the right of this is the text "WORLD NO TOBACCO DAY" in large, white, bold, sans-serif capital letters. Below this, there is a list of four bullet points in white text, each preceded by a small white circle. The background of the graphic is a faint, dark red map of the world.

- Tobacco kills up to half of its users
- Tobacco kills more than 8 million people each year More than 7 million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non-smokers being exposed to second-hand smoke
- Over 80% of the world's 1.3 billion tobacco users live in low- and middle-income countries
- In 2020, 22.3% of the global population used tobacco, 36.7% of all men and 7.8% of the world's women

Older Americans Month

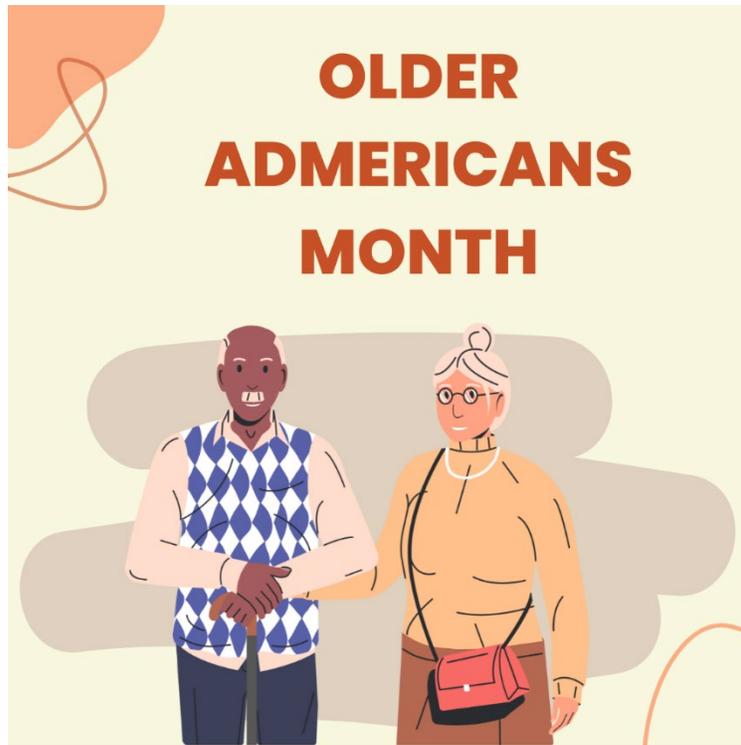
Go to acl.gov and search Older Americans Month for the toolkit

Check the Administration for Community Living site for the Older Americans Month social media toolkit.

For healthy recipes for aging well go to: <https://www.pinterest.com/AgingNutrition/healthy-aging-recipes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#OAM



Arthritis Awareness Month

For more information on Arthritis and it's awareness month go to:

<https://www.cdc.gov/arthritis/communications/features/arthritis-awareness.html>

Arthritis is a leading cause of disability affecting nearly 59 million adults (1 in 4 have been diagnosed with Arthritis.)

Include possible services you offer for individuals with a diagnosis of arthritis.

For recipe inspiration for individuals with an arthritis diagnosis go to:

<https://www.pinterest.com/AgingNutrition/eating-with-arthritis/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#Arthritis AwarenessMonth

May 2023 Older Adults

ARTHRITIS AWARENESS MONTH

"Arthritis is one of the most common health conditions in the United States, and a leading cause of disability. Nearly 26 million are unable to do everyday activities because of arthritis. Physical activity can help relieve arthritis symptoms, like joint pain and stiffness, that limit activities. CDC funds state and national organizations that implement 18 evidence-based physical activity and self-management education programs that help adults manage arthritis symptoms."



Celiac Disease Awareness Month

For information go to –

<https://www.beyondceliac.org/celiac-awareness-month/>

May is Celiac Disease Awareness Month. Celiac disease “is an immune reaction to eating gluten, a protein found in wheat, barley and rye.” Some complications of this disease can lead to malnutrition, bone weakening, lactose intolerance, and cancer. Working with a dietitian can be very helpful with dietary changes. For more information go to: <https://www.mayoclinic.org/diseases-conditions/celiac-disease/symptoms-causes/syc-20352220>

Include possible services you offer for individuals who have been diagnosed with celiac disease.

For recipe inspiration for individuals with a diagnosis with Celiac Disease go to:

<https://www.pinterest.com/AgingNutrition/eating-with-celiac/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#CeliacDiseaseAwareness

WHAT IS CELIAC DISEASE?

CAUSES: “Genes combined with eating foods with gluten and other factors can contribute to celiac disease. When the body's immune system overreacts to gluten in food, the reaction damages the tiny, hair like projections (villi) that line the small intestine. Villi absorb vitamins, minerals and other nutrients from the food you eat. If your villi are damaged, you can't get enough nutrients, no matter how much you eat.”

RISK FACTORS:

- A family member with celiac disease or dermatitis herpetiformis
- Type 1 diabetes
- Down syndrome or Turner syndrome
- Autoimmune thyroid disease
- Microscopic colitis (lymphocytic or collagenous colitis)
- Addison's disease

Correct Posture Month

Posture is more important than one may realize. Our daily habits shape our bodies and the impact that they have on our health. May is Correct Posture Month – this is your reminder to check in and address any changes that may be beneficial. Read more information at:

<https://posturemonth.org/posture-awareness/>
Include possible services you offer for individuals like an evidence based health promotion class for strength and flexibility.

#CorrectPostureMonth

Sit Up STRAIGHT!

- 1 in 4 adults have suffered from back pain in the past three months
- People who spend 12 hours or more per day seated are at greater risk for diabetes, heart disease, and life-threatening falls

Know Your Posture ACE:
Awareness ~ Control ~ Environment

"Imagine a balloon gently pulling your head up and centering it over your body."

Hepatitis Awareness Month

For a toolkit to celebrate Hepatitis Awareness Month and spread awareness go to - <https://www.cdc.gov/hepatitis/awareness/HepatitisAwarenessMonth.htm#:~:text=The%20month%20of%20May%20is,while%20encouraging%20testing%20and%20vaccination.>

This month is Hepatitis Awareness Month. Take a few minutes to learn the A, B, Cs of viral hepatitis. Learn more at:

<https://www.cdc.gov/hepatitis/awareness/HepatitisABCs.htm>

Include possible services you offer for individuals with a hepatitis diagnosis.

For recipe inspiration for individuals with a Hepatitis diagnosis go to:

<https://www.pinterest.com/AgingNutrition/eating-with-hepatitis/>

Follow @Aging.Nutrition for more information about nutrition and aging!

HepatitisAwareness



Hepatitis A
"Hepatitis A is a contagious liver infection caused by the hepatitis A virus. People who get hepatitis A may feel sick for a few weeks to several months but usually recover completely and do not have lasting liver damage...Hepatitis A is very contagious, and people can even spread the virus before they get symptoms."

Hepatitis B
"Hepatitis B is a liver disease caused by the hepatitis B virus. Some people who become infected, can go on to develop a chronic or lifelong infection. Over time, chronic hepatitis B can cause serious liver damage, and even liver cancer. There is no cure for hepatitis B, but treatments are available that can delay or reduce the risk of developing liver cancer."

Hepatitis C
"Hepatitis C is a liver infection caused by the hepatitis C virus. For some people, hepatitis C is a short-term illness, but for more than half of people who become infected with the hepatitis C virus, it becomes a long-term, chronic infection that can lead to liver disease and liver cancer."

National High Blood Pressure Education Month

May is High Blood Pressure Education month. "High blood pressure – also known as hypertension – is a major risk factor for heart disease." For additional information and awareness resources go to: <https://www.nhlbi.nih.gov/education/high-blood-pressure/high-blood-pressure-education-month#:~:text=The%20Heart%20Truth%C2%AE%20encourages,%23OurHearts%20are%20healthier%20together>

Include possible services you offer for individuals with a high blood pressure diagnosis.

For heart healthy recipe inspiration go to:

<https://www.pinterest.com/AgingNutrition/delicious-heart-healthy-eating-program/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#HighBloodPressure #HeartHealth

Heart Health

Self-care routine:

- 30 minutes of physical activity
- Meals that are low in sodium and unhealthy fats
- Take medications as prescribed
- Keep medical appointments
- Sleep 7-8 hours a night
- Manage stress
- Reach or stay at a healthy weight
- Fruits and veggies for snacks

Make it Easy:

- Cook delicious, heart-healthy recipes - check the National Heart, Lung, and Blood Institute's delicious heart-healthy eating website
- Go for a bike ride, take an online exercise class, or have a dance party
- Make a doctor's appointment
- Organize your medications



National Mental Health Month

"Millions of people are affected by mental illness each year." This month is National Mental Health Month. Take some time today to check in on your friends, family, and loved ones.

For the toolkit and information on the National Mental Health Month go to -

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

Include possible services you offer for individuals with a mental health diagnosis.

#MentalHealth



National Osteoporosis Awareness and Prevention Month

Help prevent your risk of osteoporosis by eating healthy this National Osteoporosis Awareness and Prevention Month. The daily need of calcium increases for women at the age of 50 and men at the age of 70 to 1,200 milligrams. Good sources of calcium include:

- Low-fat dairy products
- Dark green leafy vegetables
- Canned salmon or sardines
- Soy products, such as tofu
- Calcium-fortified cereals and orange juice

Vitamin D is also an important nutrient that improves the body's ability to absorb calcium and improve bone health. Most individuals need 600 international units each day. This increases to 800 after the age of 70. Good sources of vitamin D include:

- Cod liver oil
- Trout and salmon
- Sunlight

Include possible services you offer for individuals with an osteoporosis diagnosis.

For recipe inspiration for individuals with

Osteoporosis go to:

<https://www.pinterest.com/AgingNutrition/recipes-for-individuals-with-osteoporosis/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#NationalOsteoporosisAwareness #Prevention

3 THINGS TO KNOW ABOUT OSTEOPOROSIS

1

Symptoms

There are no symptoms in the early stages - but signs and symptoms include back pain, loss of height, stooped posture, bones that break easily

2

Risk Factors

Factors can increase the likeliness to develop osteoporosis include ones age, race, lifestyle choices, and medical conditions and treatments.

3

Prevention

"Good nutrition and regular exercise are essential for keeping your bones healthy throughout your life." Make sure you get enough calcium, vitamin D, and exercise.



National Stroke Awareness Month

For a toolkit with stroke awareness materials go to - <https://www.npaonline.org/may-national-stroke-awareness-month#:~:text=May%20is%20National%20Stroke%20Awareness%20Month%20,resources%2C%20and%20opportunities%20to%20participate>

“Stroke is the number five cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.” Learn more about strokes, their warning signs and risk factors that you can help control during National Stroke Awareness Month at: <https://www.stroke.org/en/about-stroke>

Include possible services you offer for individuals who are at risk or have suffered from a stroke.

#NationalStrokeAwarenessMonth



Stroke Education

Warning Signs

- F.A.S.T.
 - Face Drooping
 - Arm Weakness
 - Speech Difficulty
 - Time to Call 911
- Numbness - on one side of the body
- Confusion
- Trouble seeing or walking
- Severe headache

Risk Factors - You can control

- High Blood Pressure
- Smoking
- Diabetes
- Diet
- Physical Inactivity
- Obesity
- High Blood Cholesterol
- Carotid Artery Disease
- Peripheral Artery Disease
- Atrial Fibrillation

Vision Health Month

May is Vision Health Month. Taking care of the eyes should be a priority at all ages. For additional information on tips to prevent vision loss go to:

<https://www.cdc.gov/visionhealth/risk/tips.htm>

For additional information about healthy vision go to:

<https://www.cdc.gov/visionhealth/healthyvisionmonth/index.htm#:~:text=May%20is%20Healthy%20Vision%20Month,keep%20you%20safe%20each%20day>

Include possible services you offer for individuals for vision.

#VisionHealthMonth

Tips to Prevent Vision Loss

- Have a comprehensive dilated eye exam
- Maintain blood sugar levels
- Know your family's eye health history
- Eat right to protect eye sight
 - Have a rich diet, full of fruits and vegetables - dark leafy greens, such as spinach, kale, or collard greens
 - fish high in omega-3 fatty acids - salmon, tuna, and halibut
- Maintain a healthy weight
- Wear protective eyewear
- Quit smoking, or never start
- Wear sunglasses
- Give your eyes a rest
 - Every 20 minutes, look away 20 feet in front of you for 20 seconds
- Clean hands and contact lenses
- Practice workplace eye safety

June

World Milk Day - June 1

Check this website for a toolkit -

<https://worldmilkday.org/>

World Milk Day is celebrated annually to recognize the importance of milk as a global food.

#WorldMilkDay #EnjoyDairy

Follow @Aging.Nutrition for more information about nutrition and aging!



MyPlate Birthday - June 2

Check this website for materials and information -

<https://www.myplate.gov/birthday>

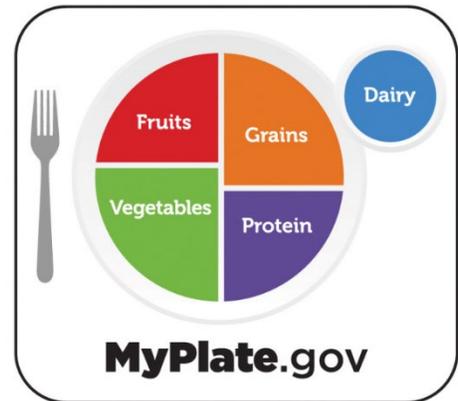
MyPlate's Birthday is June 2nd. MyPlate has been helping individuals learn how to eat healthy by using the five food groups. Learn how to make MyPlate work for you. Learn more at:

<https://www.myplate.gov/>

#MyPlate #HappyBirthday



Happy Birthday



National Cancer Survivors Day – First Sunday in June

June 4th is National Cancer Survivors Day. Surviving cancer is something to be celebrated every day. Going through treatment is hard on the individual and the caregiver(s). Today is about them! For additional information about this day and resources go to - <https://ncsd.org/>

Include possible services you offer for individuals with a cancer diagnosis.

For recipe inspiration for individuals undergoing treatment for cancer go to: <https://www.pinterest.com/AgingNutrition/cancer-treatment-nutritious-recipes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#NationalCancerSurvivorsDay



World Brain Tumor Day – June 8

Check this website for a toolkit - <https://www.braintumour.ca/get-involved/raising-awareness/world-awareness-day/>

Have you or a loved one been diagnosed with a brain tumor? Below is a link with questions to ask your health care team. Share with your friends, neighbors, family, and loved ones to make sure they understand their diagnosis.

<https://www.braintumour.ca/wp-content/uploads/2022/07/Questions-to-Ask-your-Healthcare-Team-ENGLISH.pdf>

Include possible services you offer for individuals who have been diagnosed with a brain tumor.

#WorldBrainTumorDay



World Blood Donor Day – June 14

The mission of World Blood Donor Day is to help raise awareness of the need for safe blood and blood products. By donating blood, an individual can help ensure a sufficient quantity is met and an effective health system is sustained.

For additional information about World Blood Donor Day go to -

<https://www.who.int/campaigns/world-blood-donor-day>

Activity/Event idea – host a blood drive

WorldBloodDonorDay

3 COMMON CONCERNS

MANY ARE RELUCTANT AT FIRST, BUT SOON FIND THE PROCESS TO BE "EASY AND GRATIFYING"

FEAR OF NEEDLES

Take pride in the good you are doing.
Be prepared on what to expect at every step.
Relax: listen to music, read a book, take a rest, etc.



AM I ELIGIBLE?

The basic requirements are to feel well and to be in good health.
Be at least 17 years of age.
Be a minimum of 110 pounds.



IS IT SAFE?

Yes. Sterile needles are used and discarded after use.
A mini-physical will be given at each appointment to ensure health.



Father's Day – Third Sunday in June

Happy Father's Day!

#HappyFathersDay



Juneteenth – June 19

“Juneteenth has never been a celebration of victory or an acceptance of the way things are. It’s a celebration of progress. It’s an affirmation that despite the most painful parts of our history, change is possible—and there is still so much work to do.” – former President Barack Obama

#Juneteenth



National HIV Testing Day – June 27

For a toolkit go to –

[https://www.cdc.gov/hiv/library/awareness/testingday.html#:~:text=June%2027%20is%20National%20HIV%20Testing%20Day%20\(NHTD\).](https://www.cdc.gov/hiv/library/awareness/testingday.html#:~:text=June%2027%20is%20National%20HIV%20Testing%20Day%20(NHTD).)

Today is National HIV Testing Day. “HIV is a virus that damages and weakens the body’s immune system – the system your body uses to fight off infection and disease...If you are over 64 and are at risk for HIV, talk with your doctor. Your doctor can help determine how often you should be tested and help find ways to reduce your risk.”

Learn more at:

<https://www.nia.nih.gov/health/hiv-aids-and-older-adults>

Include possible services you offer for individuals with a HIV diagnosis.

For recipes for individuals with a HIV or AIDS diagnosis go to:

<https://www.pinterest.com/AgingNutrition/recipes-for-individuals-with-hiv-or-aids/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#NationalHIVTestingDay

Pride Month

It is PRIDE Month! Have you heard of SAGE? They provide advocacy and services for LGBTQ+ older adults. Learn more about what SAGE has to offer at: <https://www.sageusa.org/what-we-do/>

#PRIDEMonth



July

Independence Day – July 4

Looking for something to bring to your 4th of July picnic? Check out some Independence Day themed recipes from the Nutrition and Aging Resource Center!

<https://www.pinterest.com/AgingNutrition/4th-of-july-healthy-recipes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#4thOfJuly



Parent's Day – Fourth Saturday in July

Go to <https://www.ncoa.org/age-well-planner> for more information.

It is Parent's Day. Make sure that your parents and other loved ones are set to age well. The National Council on Aging (NCOA) is "a non-profit that is dedicated to help you age with confidence." Use their Age Well Planner to obtain resources, tools, and expert help designed just for you or your loved one(s).

#ParentsDay



World Hepatitis Day – July 28

For the toolkit go to – <https://www.worldhepatitisday.org/>

"Every 30 seconds, someone dies from a viral hepatitis related illness. However, with the existing prevention, testing and treatment services that are available every hepatitis related death is preventable. Hepatitis can affect anyone, but it has a disproportionate affect on the people and communities most underserved by health systems." Learn more at:

<https://www.worldhepatitisalliance.org/what-is-viral-hepatitis/>

Include possible services you offer for individuals with a hepatitis diagnosis.

For recipe inspiration for individuals with a diagnosis of Hepatitis go to:

<https://www.pinterest.com/AgingNutrition/eating-with-hepatitis/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#WorldHepatitisDay

WORLD HEPATITIS DAY



What is Hepatitis?

"Hepatitis means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected. Heavy alcohol use, toxins, some medications, and certain medical conditions can cause hepatitis. However, hepatitis is often caused by a virus. In the United States, the most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C."

Hepatitis A

- "About 24,900 new infections each year"

Hepatitis B

- "Estimated 862,000 people living with hepatitis B"

Hepatitis C

- "Estimated 2.4 million people living with hepatitis C"

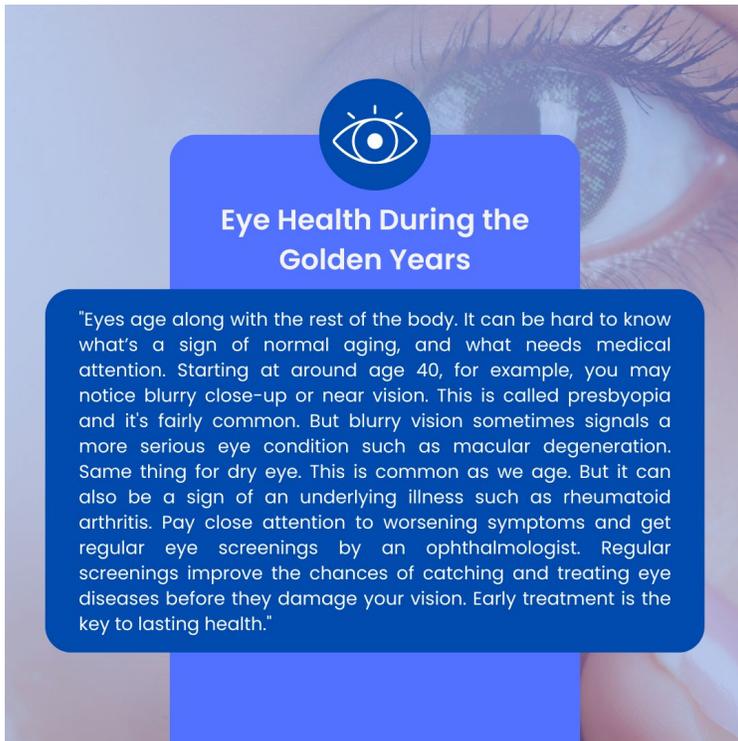


Eye Injury Prevention Month

“Protecting your eyes from injury is one of the simplest things you can do to keep your vision healthy throughout your life”. Learn more about how to protect your eyes this Eye Injury Prevention Month at: <https://www.aaopt.org/eye-health/tips-prevention/preventing-injuries>

Include possible services you offer for individuals with an eye injury.

#EyeInjuryPreventionMonth

A graphic with a background image of a human eye. It features a blue circular icon with a white eye symbol at the top center. Below the icon is a blue rectangular box with white text. At the bottom, there is a larger blue rounded rectangular box with white text.

Eye Health During the Golden Years

"Eyes age along with the rest of the body. It can be hard to know what's a sign of normal aging, and what needs medical attention. Starting at around age 40, for example, you may notice blurry close-up or near vision. This is called presbyopia and it's fairly common. But blurry vision sometimes signals a more serious eye condition such as macular degeneration. Same thing for dry eye. This is common as we age. But it can also be a sign of an underlying illness such as rheumatoid arthritis. Pay close attention to worsening symptoms and get regular eye screenings by an ophthalmologist. Regular screenings improve the chances of catching and treating eye diseases before they damage your vision. Early treatment is the key to lasting health."

Hemochromatosis Screening and Awareness Month

Today is Hemochromatosis Screening and Awareness Month. "Hemochromatosis is an iron storage disorder that can cause the body to absorb too much iron from foods and other sources, such as multivitamin supplements with iron. This extra iron can gradually build up in the body's tissues and organs, particularly in the liver cells, heart, pancreas, joints, and pituitary gland. If left untreated, this iron buildup may lead to tissue and organ damage over time." Learn more at: <https://www.cdc.gov/genomics/resources/diseases/hemochromatosis.htm>

Include possible services you offer for individuals with a hemochromatosis diagnosis.

For recipe inspiration for individuals with a diagnosis of Hemochromatosis go to: <https://www.pinterest.com/AgingNutrition/recipes-for-individuals-with-hemochromatosis/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#Hemochromatosis #ScreeningAndAwareness

A graphic with a dark teal background and light teal circular accents. At the top, the word 'HEMOCHROMATOSIS' is in a white box. Below it, the text 'Early detection is important' is in large white font. The rest of the text is in a smaller white font.

HEMOCHROMATOSIS

Early detection is important

There are two blood tests that can be used to screen individuals who are at risk of iron buildup due to hereditary hemochromatosis. The blood tests inform doctors how much iron is in the body.

"The U.S. Preventative Services Task Force recommends against routine genetic screening for hereditary hemochromatosis in the asymptomatic general population, but states that individuals with a family member, especially a sibling, who is known to have hereditary hemochromatosis should be counseled regarding genetic testing."

It can be very helpful to know the health history of your family to help a doctor understand your risk for hemochromatosis.

August

National Farmers' Market Week – First full week in August

For a toolkit go to:

<https://farmersmarketcoalition.org/national-farmers-market-week/>

It is National Farmers' Market Week. Farmers' markets "facilitate personal connections and bond of mutual benefits between farmers, shoppers, and communities. Visit a farmers' market near you this week!

Follow @Aging.Nutrition for more information about nutrition and aging!



September

Labor Day – First Monday in September

Looking for something to bring to your Labor Day picnic? Check out some healthy Labor Day inspired recipes from the Nutrition and Aging Resource Center!

<https://www.pinterest.com/AgingNutrition/recipes-for-labor-day/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#LaborDay

HAPPY LABOR DAY

Your hard work is much appreciated.



Migraine Awareness Week – First full week in September

It is Migraine Awareness Week. A migraine is a severe and painful long-term health condition. If you have migraine you will have migraine attacks, which can be a whole-body experience. Common symptoms of an attack can include:

- head pain,
- problems with your sight such as seeing flashing lights,
- being very sensitive to light, sounds and smells,
- fatigue,
- feeling sick and being sick.

Learn more about migraines at:

<https://migrainetrust.org/understand-migraine/>

Include possible services you offer for individuals who suffer from migraines.

#MigraineAwarenessWeek



What is a migraine?

"Migraine is a severe and painful long-term health condition. If you have migraine you will have migraine attacks, which can be a whole-body experience.

Common symptoms of an attack can include:

- head pain,
- problems with your sight such as seeing flashing lights,
- being very sensitive to light, sounds and smells,
- fatigue,
- feeling sick and being sick."

The infographic features a teal background with a woman in a pink top holding her head in pain, with red lightning bolts above her head. The text is in white and yellow.

World Suicide Prevention Day – September 10

For information go to -

<https://www.iasp.info/wspd/>

Today is World Suicide Prevention Day. "Suicidal behavior is common in older adults for a number of reasons. Loneliness has been found to top the list. Many seniors are homebound and live on their own. If their spouse has recently died and there are no family members or friends nearby, they may lack the social connections they need to thrive." Learn more at:

<https://ncoa.org/article/suicide-and-older-adults-what-you-should-know>

For adult coloring pages that can be used to enhance overall wellbeing go to:

<https://acl.gov/sites/default/files/nutrition/Social.Mental.Emotional.Health.Coloring.Page.pdf>

Include possible services you offer for individuals who are at risk for suicide.

#WorldSuicidePreventionDay



SUICIDE IS OF CONCERN IN OLDER ADULTS

Learn more:

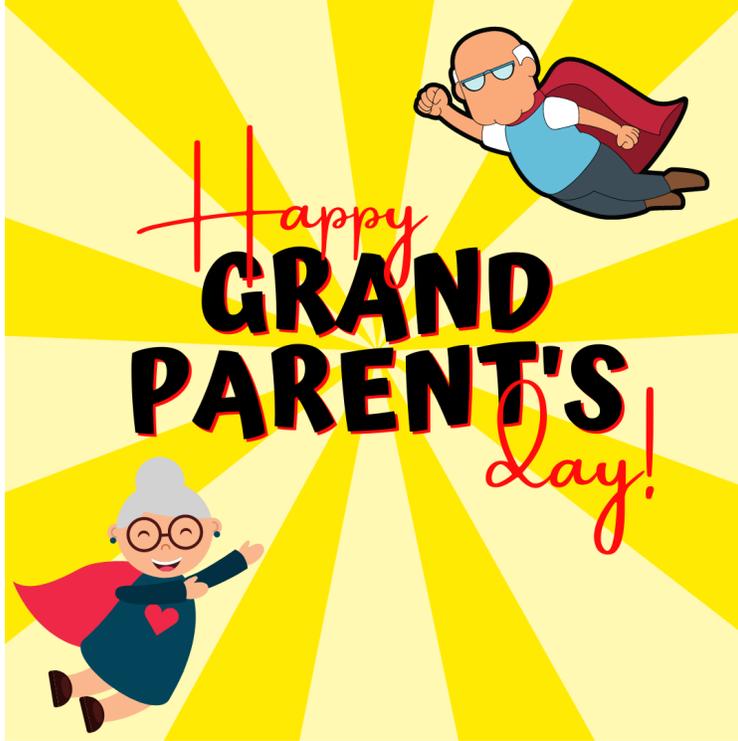
- "While older adults comprise just 12% of the population, they make up approximately 18% of suicides."
- "In 2020, among the nearly 46,000 suicides that took place in the U.S., 9,137 were attributed to people age 65 and up."
- "Older adults tend to plan suicide more carefully."
- "Men 65 and older face the highest overall rate of suicide."

The infographic features a purple background with a yellow and white illustration of hands. The text is in white and yellow.

Grandparents' Day – First Sunday after Labor Day

Grandparents and older adults are SUPERHEROES!
Today is celebrating YOU!

#GrandparentsDay



National Stroke Week – Second full week in September

It is National Stroke Week. Strokes are the number 2 cause of death worldwide and a leading cause of disability. Every stroke is unique and so is the recovery. Find more information at:

<https://www.stroke.org/en/about-the-american-stroke-association>

Include possible services you offer for individuals who have suffered from a stroke.

#NationalStrokeWeek

An infographic for National Stroke Week. It features a white background with a red border. At the top left is a red brain icon. To its right, the text "NATIONAL STROKE WEEK" is written in bold black letters. Below this, there is a list of bullet points. At the bottom right is a red heart icon.

- Stroke is the number 2 cause of death worldwide and a leading cause of disability (American Stroke Association).
- "Every stroke is unique, and so is every recovery."
- Risk Factors:
 - high blood pressure
 - smoking
 - diabetes
 - diet
 - physical inactivity
 - high blood cholesterol
 - carotid artery disease
 - peripheral artery disease
 - atrial fibrillation

World Alzheimer's Day – September 21

Dementia is not a normal part of aging. Learn more about Dementia and Alzheimer's this World Alzheimer's Day at: <https://www.alzint.org/get-involved/world-alzheimers-month/>

Include possible services you offer for individuals with an Alzheimer's or Dementia diagnosis.

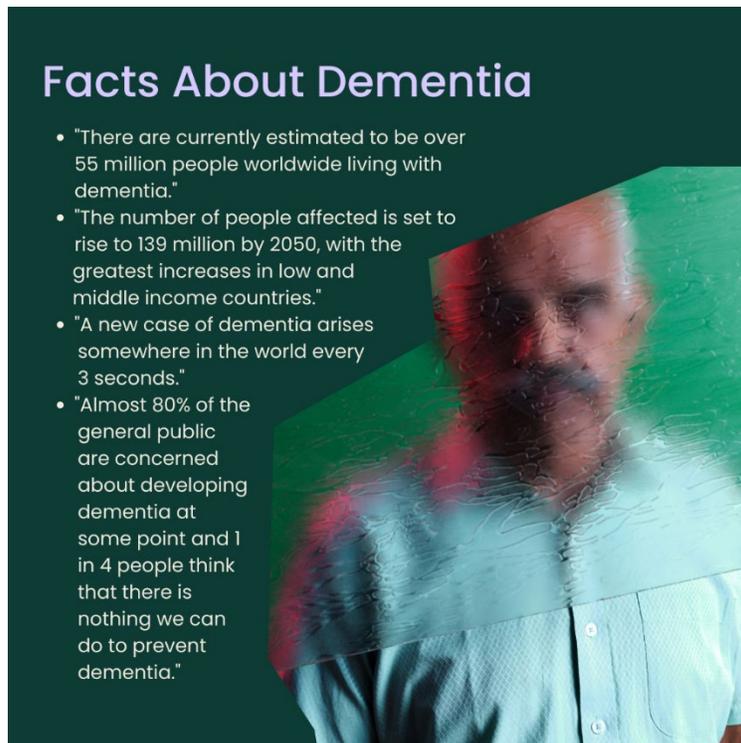
For recipe inspiration for individuals with

Alzheimer's go to:

<https://www.pinterest.com/AgingNutrition/good-recipes-for-individuals-with-alzheimers/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#WorldAlzheimersDay



Facts About Dementia

- "There are currently estimated to be over 55 million people worldwide living with dementia."
- "The number of people affected is set to rise to 139 million by 2050, with the greatest increases in low and middle income countries."
- "A new case of dementia arises somewhere in the world every 3 seconds."
- "Almost 80% of the general public are concerned about developing dementia at some point and 1 in 4 people think that there is nothing we can do to prevent dementia."

World Heart Day – September 29

Today is World Heart Day. "Heart disease and stroke, is the world's leading cause of death claiming 18.6 million lives each year." Learn more at: <https://world-heart-federation.org/world-heart-day/about-whd/>

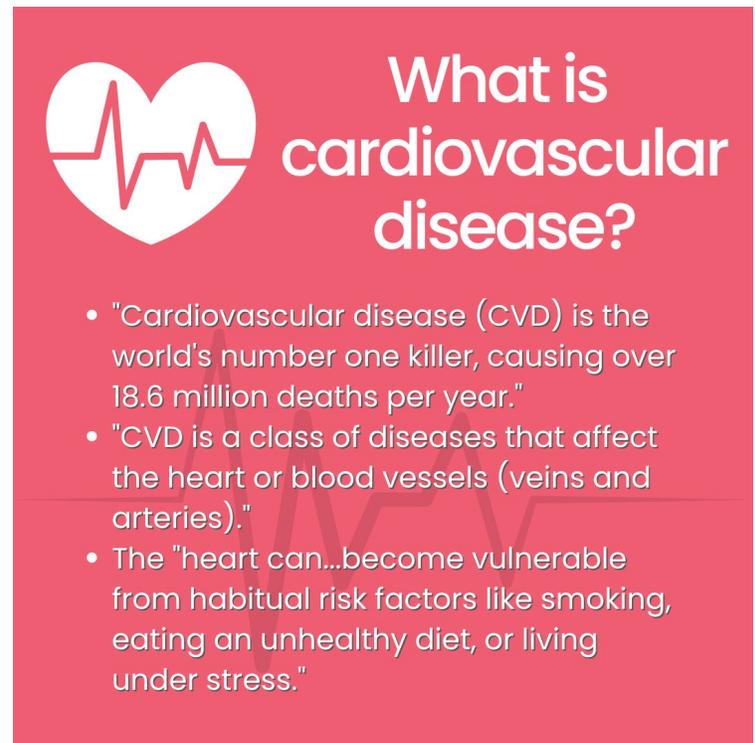
Include possible services you offer for individuals with a heart diagnosis.

For heart healthy meal inspiration go to:

<https://www.pinterest.com/AgingNutrition/delicious-heart-healthy-eating-program/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#WorldHeartDay



What is cardiovascular disease?

- "Cardiovascular disease (CVD) is the world's number one killer, causing over 18.6 million deaths per year."
- "CVD is a class of diseases that affect the heart or blood vessels (veins and arteries)."
- The "heart can...become vulnerable from habitual risk factors like smoking, eating an unhealthy diet, or living under stress."

Falls Prevention Week

Check this website for a toolkit –
<https://www.ncoa.org/article/falls-prevention-awareness-week-toolkit>

It is #FallsPrevention Week! Get the facts on falls – “Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten seniors’ safety and independence, and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.” To read more go to:

<https://www.ncoa.org/article/get-the-facts-on-falls-prevention>

Include possible services you offer for individuals who are at fall risk like evidence-based programs.

For healthy aging meal inspiration go to:

<https://www.pinterest.com/AgingNutrition/recipes-for-strong-and-healthy-aging/>

Follow @Aging.Nutrition for more information about nutrition and aging!



THE CHALLENGES OF FALLS

"ACCORDING TO THE U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) AND OTHER FALLS RESEARCH:

- "More than one-fourth of Americans age 65+ falls each year."
- "Falls are the leading cause of fatal and nonfatal injuries among older adults."
- "The cost of treating injuries caused by falls is projected to increase to over \$101 billion by 2030."
- "Falls result in more than 3 million injuries treated in emergency departments annually, including over 800,000 hospitalizations."
- "In 2015, the total cost of non-fatal fall injuries was \$50 billion."
- "Each year about \$754 million is spent on medical costs related to fatal falls."
- "For older adults in the U.S., fall death rates went up by 30% from 2007-2016, and researchers predict there will be 7 deadly falls every hour by 2030."
- "People with mild hearing loss are nearly three times as likely to fall, with each 10 decibels of hearing loss increasing fall risk."
- "The majority (60%) of falls happen in the home, 30% in a public setting, and 10% in a health care center."

Malnutrition Awareness Week

Check this website for information –
<http://www.nutritioncare.org/maw/>

It is Malnutrition Awareness Week. Older adults are at greater risk of facing nutrition related issues prior to, during, and after a hospitalization. To learn more about the key facts of malnutrition in older adults go to:

https://www.nutritioncare.org/uploadedFiles/Documents/Malnutrition/MAW_2020/Why%20Nutrition%20is%20Important_Patient%20Over%20the%20Age%20of%2065.pdf

Include possible services you offer for individuals like meals, nutrition education, and nutrition counseling.

Follow @Aging.Nutrition for more information about nutrition and aging!

#MalnutritionAwarenessWeek



MALNUTRITION KEY FACTS

- "Chronic diseases are more common in older adults and treatment for such diseases may interfere with proper nutrient absorption leading to malnutrition."
- "As aging coincides with various physical, mental, and lifestyle developments that affect food intake, the prevalence of malnutrition in older adults is increased."

National Alcohol and Drug Addiction Recovery Month

Check this website for National Recovery Month information and the "Faces & Voices of Recovery" page for a toolkit of information - <https://www.samhsa.gov/recovery-month>

It is National Alcohol and Drug Addiction Recovery Month. "Too much alcohol, use of illegal drugs, and misuse of prescription medications can all be harmful to our health. As we age, there may be unique risks for medication interactions, worsening of chronic conditions, or falls." Explore more information and articles at:

<https://www.ncoa.org/older-adults/health/behavioral-health/alcohol-substance-abuse>

Include possible services you offer for individuals who may have an alcohol or drug addiction.

#DrugAndAlcoholAddiction



National Alcohol and Drug Addiction Recovery Month

- "One in four older adults experiences a behavioral health problem such as depression, anxiety, or substance abuse."
- Excessive alcohol use accounts for more than 23,000 deaths among older Americans each year."

The graphic features an illustration of an elderly man with a beard, wearing a red vest over a white shirt and green pants, walking with a cane. To the left, there are decorative elements including a branch with red leaves and a trail of red dots.

National Cholesterol Education Month

For a Cholesterol Communications Kit full of information that can be shared all month long go to - <https://www.cdc.gov/cholesterol/communications-kit.htm>

It is National Cholesterol Education Month. Do you know how often you should have your cholesterol checked? Having high cholesterol increases the risk for heart disease and stroke. Stay in control of your health by knowing your cholesterol status. Learn more at:

<https://www.cdc.gov/cholesterol/checked.htm>

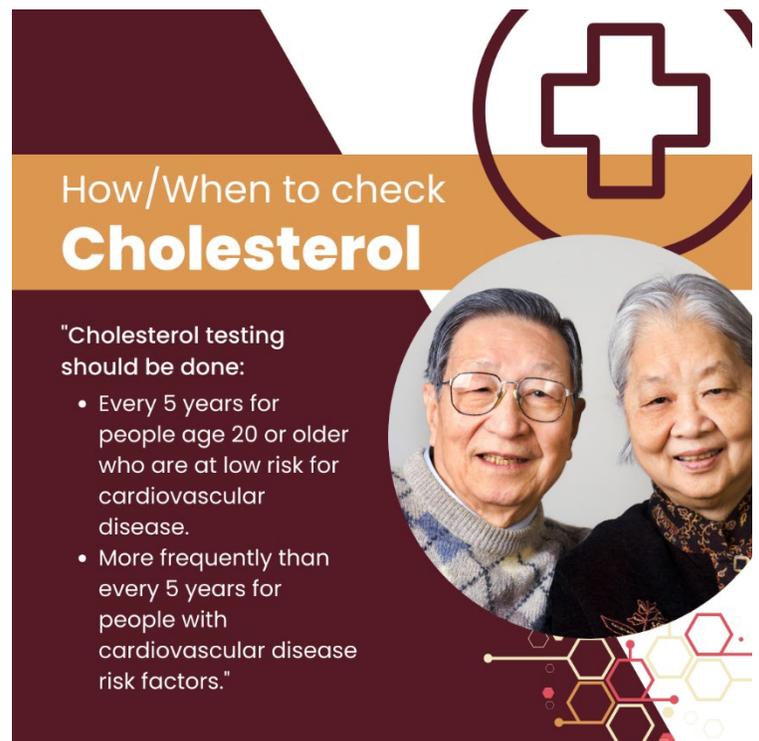
Include possible services you offer for individuals who could benefit from some nutrition education around cholesterol.

For heart healthy meal inspiration go to:

<https://www.pinterest.com/AgingNutrition/heart-healthy-mealsrecipes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#Cholesterol



How/When to check Cholesterol

"Cholesterol testing should be done:

- Every 5 years for people age 20 or older who are at low risk for cardiovascular disease.
- More frequently than every 5 years for people with cardiovascular disease risk factors."

The graphic features a large white cross inside a dark red circle at the top right. Below it, a circular inset shows a smiling elderly man and woman. At the bottom right, there are decorative molecular structures in red and yellow.

October

Mental Illness Awareness Week – First full week in October

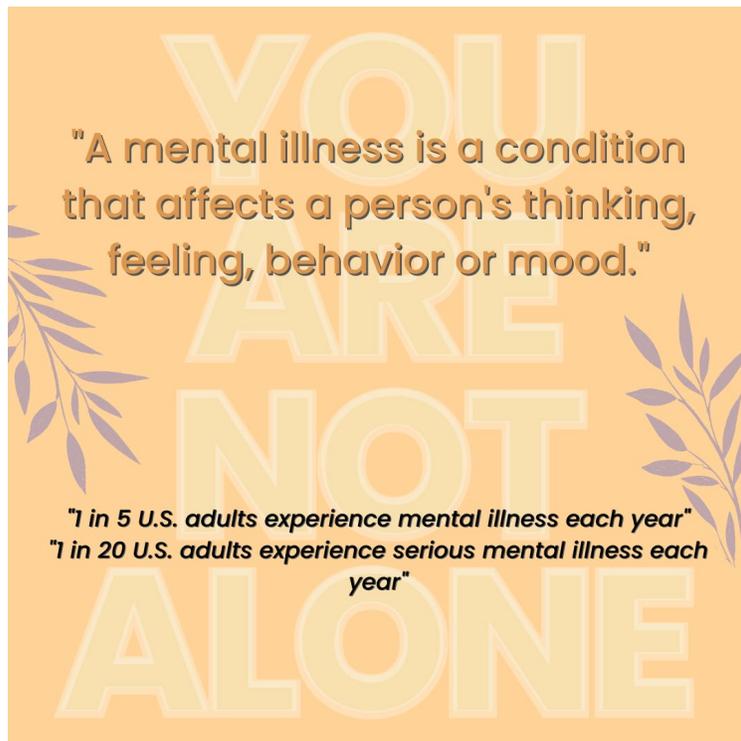
For a Mental Illness Awareness Week toolkit from the National Alliance on Mental Illness go to - <https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week>

It is Mental Illness Awareness Week. "A mental illness is a condition that affects a person's thinking, feeling, behavior or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others. If you have – or think you might have – a mental illness, the first thing you must know is that you are not alone. Mental health conditions are far more common than you think". Learn more at:

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions>

Include possible services you offer for individuals who have a mental illness.

#MentalIllnessAwarenessWeek



World Mental Health Day – October 10

World Mental Health Day "provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide." For additional information go to:

<https://www.who.int/campaigns/world-mental-health-day>

Include possible services you offer for individuals who have a mental health diagnosis.

#WorldMentalHealthDay



Global Handwashing Day – October 15

“October 15 is Global Handwashing Day, a global advocacy day dedicated to increasing awareness and understanding about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives.” For additional information go to: <https://globalhandwashing.org/global-handwashing-day/>

The link above may also have events/activity information

#GlobalHandwashingDay



World Food Day – October 16

For information and postings go to – <https://www.fao.org/world-food-day/en>

It is World Food Day! Check out some healthy recipes from around the world brought to you by the Nutrition and Aging Resource Center! <https://www.pinterest.com/AgingNutrition/world-food-day-inspired-recipes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

Include possible services you offer for individuals like congregate and home-delivered meals.

#WorldFoodDay



World Osteoporosis Day – October 20

Check this website for campaign information –
<https://www.worldosteoporosisday.org/>

Have you heard about “The Care Gap”? Did you know that #osteoporosis can be prevented? “Fractures due to osteoporosis have a devastating impact on millions of people worldwide and result in enormous socio-economic costs to society and healthcare systems. Yet, despite effective medical advances to reduce fractures, a minority of men and women receive treatment.” It has been found that “only 20% of patients with osteoporotic fractures are actually diagnosed or treated for osteoporosis, the underlying disease.” Read more at: <https://www.worldosteoporosisday.org/about-osteoporosis>

Include possible services you offer for individuals with an osteoporosis diagnosis.

For recipe inspiration for individuals with an Osteoporosis diagnosis go to:
<https://www.pinterest.com/AgingNutrition/recipes-for-individuals-with-osteoporosis/>

Follow @Aging.Nutrition for more information about nutrition and aging!

Halloween – October 31

Looking for something sweet to eat for Halloween? Check out some Halloween treats from the Nutrition and Aging Resource Center!

<https://www.pinterest.com/AgingNutrition/halloween-recipes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#HappyHalloween



 **1 in 3 WOMEN**  **1 in 5 MEN**
AGES 50+ WILL SUFFER AN OSTEOPOROTIC FRACTURE

WHAT IS OSTEOPOROSIS?
"Osteoporosis causes bones to become weak and fragile, so that they break easily – even as a result of a minor fall, a bump, a sneeze, or a sudden movement. Fractures caused by osteoporosis can be life-threatening and a major cause of pain and long-term disability."

5 STEPS TO HEALTHY BONES!

-  **"Exercise** regularly – keep your bones and muscles moving"
-  **"Nutrition** "Ensure your diet is rich in bone-healthy nutrients"
-  "Avoid negative **lifestyle** habits"
-  "Find out whether you have **risk factors**"
-  "Get **tested** and **treated** if needed"

"If you are over the age of 50 and you have one or more risk factors you should discuss with your doctor and ask for an assessment of your bone health status. Lifestyle changes may be recommended and, for those at high risk, medication may be prescribed for optimal protection against fractures."

Healthy Lung Month

October is Healthy Lung Month. "Whether you are in perfect health or you are living with a lung condition, there are many things you can do to protect your lungs and maintain your overall health and well-being." Check out more information about protecting your lungs, exercise and lung health, breathing exercises and more at: <https://www.lung.org/lung-health-diseases/wellness>

Include possible services you offer for individuals with a diagnosis affecting their lungs.

#HealthyLungMonth

Protecting Your Lungs

- Don't Smoke
- Avoid Exposure to Indoor Pollutants That Can Damage Your Lungs
- Minimize Exposure to Outdoor Air Pollution
- Prevent Infection
- Get Regular Check-Ups
- Exercise



Liver Awareness Month

October is Liver Awareness Month. "A healthy liver serves many vital functions, including breaking down, balancing and creating nutrients from food, storing energy, cleaning the blood, regulating blood clotting and fighting infections." Learn how to identify and treat liver disorders early at: <https://www.chcw.org/october-is-liver-awareness-month/>

Include possible services you offer for individuals with a diagnosis affecting their liver.

#LiverAwarenessMonth

Signs & Symptoms of Liver Disease:

- Skin & eyes that appear yellow in color (jaundice)
- Swelling in the legs & ankles
- Loss of appetite
- Pain & swelling in the abdomen
- Itchy skin
- Nausea or vomiting
- Bruise easily
- Dark urine
- Chronic fatigue

Liver Awareness Month

The poster has an orange background. In the top left corner, there is a small illustration of a liver. In the center, there is a dark grey silhouette of a human figure. To the right of the silhouette is a list of signs and symptoms. At the bottom right, there is a white signature-like graphic. The bottom of the poster is designed to look like a page being turned, with a white corner on the right side.

November

Veterans Day – November 11

“The willingness of America’s veterans to sacrifice for our country has earned them our lasting gratitude.” – Jeff Miller

[Link to veterans’ services that are offered in the state/community](#)

#VeteransDay



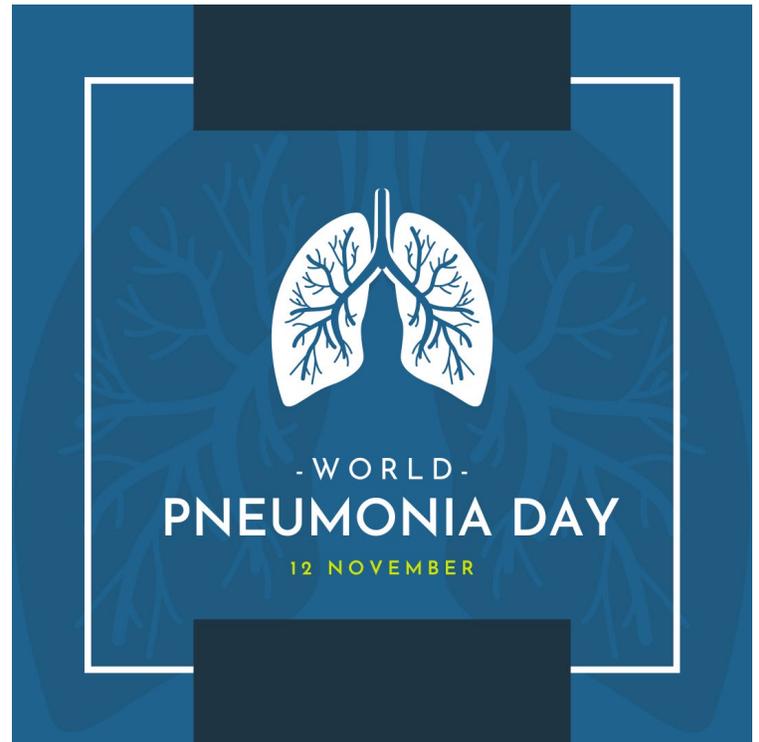
World Pneumonia Day – November 12

Today is World Pneumonia Day. “Every Breath Counts Coalition is the world’s first public-private partnership to support national governments [efforts] to end pneumonia deaths by 2030.” To read more about their work go to:

<https://stopppneumonia.org/about-us/>

[Include possible services you offer for individuals with a pneumonia diagnosis and/or recovering from pneumonia.](#)

#WorldPneumoniaDay



Mouth Cancer Awareness Week – Second full week in November

The link below may also have a toolkit/campaign

It is Mouth Cancer Awareness Week. Learn how to spot mouth cancer and its risk factors at:

<https://www.dentalhealth.org/mouthcancer>

Include possible services you offer for individuals with a diagnosis of mouth cancer.

For recipe inspiration for individuals undergoing treatment for cancer go to:

<https://www.pinterest.com/AgingNutrition/cancer-treatment-nutritious-recipes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#MouthCancerAwareness



ORAL HEALTH

Mouth Cancer

- Look for
 - "Ulcers which do not heal within three weeks"
 - "Red & white patches in the mouth"
 - "Lumps or swellings in the mouth or head & neck area"

The graphic features a dark blue background on the left with white text. On the right, there is a photograph of an elderly man with a white beard brushing his teeth. The overall design is clean and informative.

World Diabetes Day – November 14

For a World Diabetes Day resource toolkit go to – <http://worlddiabetesday.org/resources/>

Today is World Diabetes Day. "One in ten adults around the world currently live with diabetes, an estimated 537 million people. Almost half do not know they have it." Know the signs and symptoms of diabetes and spread the word.

Include possible services you offer for individuals with a diabetes diagnosis.

For recipe inspiration for individuals with a cancer diagnosis go to:

<https://www.pinterest.com/AgingNutrition/recipes-for-individuals-with-diabetes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#WorldDiabetesDay



DIABETES

TYPE 1 SYMPTOMS

- Urinating often
- Feeling very thirsty
- Feeling very hungry – even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss – even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

The graphic features a light blue background with a large, faint outline of a house and a line graph. In the foreground, there are illustrations of medical supplies: a clipboard with a patient chart, a syringe, a blood drop, and several insulin pens. The text is in a clean, sans-serif font.

Thanksgiving – Fourth Thursday of November

Looking for something to bring to your family Thanksgiving? Check out some healthy Thanksgiving recipes from the Nutrition and Aging Resource Center!

<https://www.pinterest.com/AgingNutrition/thanksgiving-inspired-recipes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#HappyThanksgiving



Alzheimer's Disease Awareness Month

"November is Alzheimer's Awareness Month, a time to heighten awareness about Alzheimer's disease and show support for the more than 6.2 million Americans living with it."

Find ways to spread awareness at -

<https://alzfdn.org/alzawarenessmonth/>

Include possible services you offer for individuals with an Alzheimer's or Dementia diagnosis.

For recipe inspiration for individuals with Alzheimer's go to:

<https://www.pinterest.com/AgingNutrition/good-recipes-for-individuals-with-alzheimers/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#AlzheimersDiseaseAwarenessMonth

Alzheimer's Awareness

Signs & Symptoms

Each individual will have unique signs & symptoms

- Memory loss
- Confusion
- Struggle to complete tasks
- Trouble finding words
- Difficult at judging situations
- Changes in mood and personality

American Diabetes Month

Check this website below for the campaign for National Diabetes Month -

November is National Diabetes Month. Learn more about this year's focus for diabetes education at:

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month#:~:text=November%20is%20National%20Diabetes%20Month,to%20bring%20attention%20to%20diabetes>

Include possible services you offer for individuals with a diabetes diagnosis like meals, evidence-based programming, nutrition education, and/or nutrition counseling.

For recipe inspiration for individuals with Diabetes go to:

<https://www.pinterest.com/AgingNutrition/recipes-for-individuals-with-diabetes/>

Follow @Aging.Nutrition for more information about nutrition and aging!

#AmericanDiabetesMonth



AMERICAN
DIABETES
MONTH

Tips to Manage
Prediabetes & Prevent
Diabetes

- Take Small Steps
- Move More
- Choose Healthier Foods and Drinks
- Lose Weight, Track it, and Keep it Off
- Seek Support
- Stay Up to Date on Vaccinations

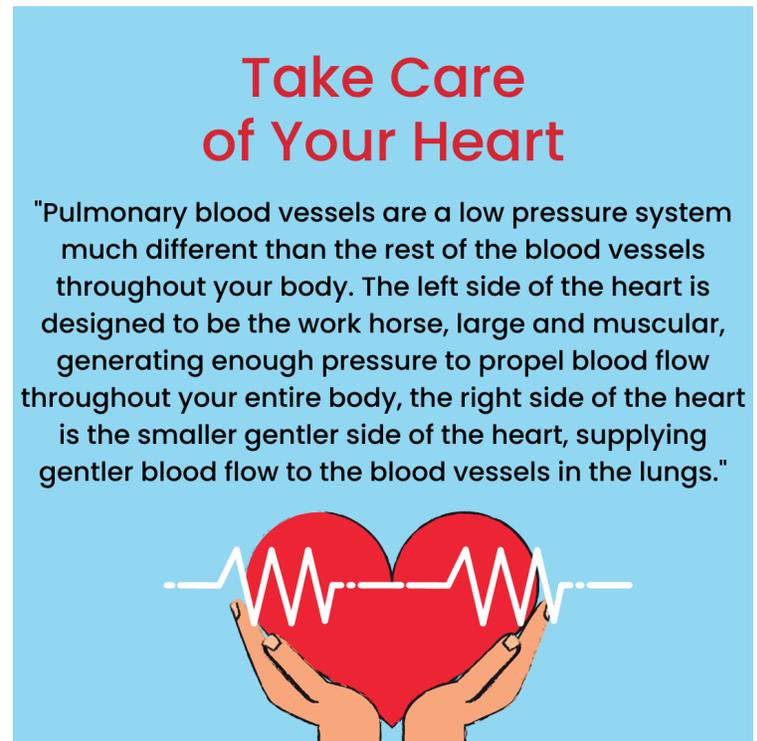
Pulmonary Hypertension Awareness Month

November is Pulmonary Hypertension Awareness month. "Pulmonary arterial hypertension (PAH) is a progressive disease affecting the arteries of the lungs. The pulmonary arteries are the vessels that carry blood from the right side of the heart

through the lungs. To learn more about PAH go to: <https://pulmonaryhypertensionrn.com/definition-of-pulmonary-arterial-hypertension-pah/>

Include possible services you offer for individuals with a diagnosis of pulmonary hypertension.

#PulmonaryHypertensionAwareness



**Take Care
of Your Heart**

"Pulmonary blood vessels are a low pressure system much different than the rest of the blood vessels throughout your body. The left side of the heart is designed to be the work horse, large and muscular, generating enough pressure to propel blood flow throughout your entire body, the right side of the heart is the smaller gentler side of the heart, supplying gentler blood flow to the blood vessels in the lungs."

December

World AIDS Day – December 1

Check this website for a campaign -
<https://www.worldaidsday.org/campaign/>

Today is #WorldAIDSday. The symptoms of HIV include but are not limited to flu-like symptoms that can come on as quickly as a few weeks. However, sometimes symptoms can take years before appearing. "Symptoms of later-stage HIV or AIDS include swollen glands, lack of energy, loss of appetite, weight loss, chronic or recurrent diarrhea, repeated yeast infections, short-term memory loss, and blotchy lesions on the skin, inside the mouth, eyelids, nose, or genital area." Learn more at:

<https://www.nia.nih.gov/health/hiv-aids-and-older-adults>

Include possible services you offer for individuals with an AIDS/HIV diagnosis.

Follow @Aging.Nutrition for more information about nutrition and aging! For recipe inspiration for individuals with HIV or AIDS go to:
<https://www.pinterest.com/AgingNutrition/recipes-for-individuals-with-hiv-or-aids/>

International Day of People with Disability – December 3

Check this website for resources -
<https://idpwd.org/>

Today is International Day of People with Disability. The aging and disability networks are made up of local, state, and national organizations and committed advocates working to support older adults and people with disabilities. Some organizations focus on a particular type of disability, age group, or type of service, whereas others have a more comprehensive mission. The Administration for Community Living (ACL) helps support these networks and the programs and services they provide. Learn more at:

<https://acl.gov/programs/aging-and-disability-networks>

Include possible services you offer for individuals with a diagnosed disability.

International day of persons with disabilities

"The aging and disability networks are made up of local, state, and national organizations and committed advocates working to support older adults and people with disabilities. Some organizations focus on a particular type of disability, age group, or type of service, whereas others have a more comprehensive mission."



OLDER ADULTS

World AIDS Day

"A growing number of older people are living with HIV/AIDS...Nearly half of people living with HIV in the United States are age 50 and older...Older people are less likely than younger people to get tested, so they may not know they have HIV. Signs of HIV/AIDS can be mistaken for the aches and pains of normal aging."