More than just a meal...

March 2015

Easter Meal Service

In observance of the Easter holiday, the following changes will be made to Horizons’ schedule:

Meals On Wheels will serve home-delivered clients in the Cedar Rapids metro on Good Friday, April 3; but close on Easter Sunday, April 5. Regular Sunday clients are asked to use one of their emergency frozen dinners from the winter on this day. If you have consumed yours already, please call the office at 398-3574 to have another one sent to you.

The Belle Plaine, Marengo, Victor and Southeast Linn sites all will be closed on Good Friday, as will the Healthy Horizons congregate dining site in Cedar Rapids.

Stay Healthy by Staying Away from Raw Foods

A healthy diet, including a wide range of foods, can help you avoid sickness. But raw foods may be risky for older adults. As you age, it is easier to get sick from germs in your food. Having chronic conditions like diabetes, kidney disease, or some cancer treatments may add to your risk.

Older adults should avoid:

- Raw fish and shellfish, such as oysters, clams, mussels, and scallops
- Raw or undercooked meat or poultry
- Raw or unpasteurized milk or cheese
- Soft cheeses such as feta, brie, bleu, and Mexican-style unless it has been pasteurized
- Raw or lightly cooked eggs or egg products, such as salad dressings, cookie dough, cake batter, sauces, and drinks such as eggnog
- Raw sprouts
- Unpasteurized or untreated juice from fruits and veggies*

*In the U.S., almost all juice is treated or pasteurized to kill germs. This makes it safe to drink. The FDA requires a warning label on all juices that have not been treated.


HAPPY BIRTHDAY TO THOSE BORN IN MARCH!
Horizons President & CEO Karl Cassell and other agency staff took to the Internet on Wednesday, March 25 to introduce the world to new initiatives being implemented throughout the organization. Informatics Inc. streamed the event, moderated by Beth Malicki, live from its studios in downtown Cedar Rapids. The focus of discussion during the webcast was Horizons’ efforts to bridge its multiple services to better serve all clients and address the issues that are affecting them, an approach being called Healthy Horizons.

“We believe in using food, nutrition, health and wellness as a means to an end,” Cassell told Malicki during the hour-long conversation. “If we’re committed to dealing with our clients from a holistic point of view, we’ll be able to address the root causes of the issues more specifically and teach preventative approaches to health.” As part of the plan, Cassell announced a partnership with Neighborhood Transportation Service which will give Horizons clients access to transportation for work, shopping and appointments.

Meals On Wheels Director Dianna Young appeared on the webcast to provide an overview of the program and its role in the Healthy Horizons effort, such as working with farmers and producers to improve access to fresh local foods, distributing fresh produce through what’s known as a “sharing program,” and coming this summer, building a hoop house with funding from Rockwell Collins and the Greater Cedar Rapids Community Foundation.

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**Preventing Heart Disease After 60**

The prevention prescription in your 60s is the same as it’s always been—healthy diet and exercise. But with all of the information that is flooding the media, it’s hard to know exactly what to do to stay healthy. Listen to your body and talk to your doctor! The more risk factors you can keep under control, the less likely you are to have a future heart attack.

**KNOW YOUR NUMBERS**

Knowing the numbers that impact your heart is an important step toward healthy living. Be sure to talk to your doctor to see how your current numbers measure up.

<table>
<thead>
<tr>
<th>Metric</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>Total Cholesterol</strong></td>
<td>Less than 200 mg/dl</td>
</tr>
<tr>
<td><strong>LDL (Bad) Cholesterol</strong></td>
<td>LDL goals vary</td>
</tr>
<tr>
<td>Less than 100 mg/dl</td>
<td>Optimal</td>
</tr>
<tr>
<td>100-129 mg/dl</td>
<td>Near optimal/Above optimal</td>
</tr>
<tr>
<td>130-159 mg/dl</td>
<td>Borderline High</td>
</tr>
<tr>
<td>160-189 mg/dl</td>
<td>High</td>
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<tr>
<td>190 mg/dl &amp; above</td>
<td>Very high</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Metric</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Blood Pressure</strong></td>
<td>&lt;120/80 mmHg</td>
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<tr>
<td><strong>Exercise</strong></td>
<td>Minimum of 30 minutes most days</td>
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**DON’T SMOKE**

Smoking is the most preventable cause of death in the US. It can put you at risk for heart disease, stroke and several other diseases. If you smoke, stop. If not, don’t start.

**DRINK IN MODERATION**

Before you drink, think about the effects it can have on your health. Alcohol can add calories to your diet and make you gain weight. And if you drink too much alcohol, your blood pressure can go up and in some cases cause heart failure and lead to a stroke. Keep in mind that for women, moderate drinking is no more than one drink per day.

One drink is defined as:
- 1-1/2 fl oz of 80-proof spirits (bourbon, scotch, vodka, gin, etc)
- 1 fl oz of 100-proof spirits
- 4 fl oz of wine
- 12 fl oz of beer