



2025 Caregiver Recognition Day



Invigorating Your Caregiver Power



Welcome

Martha Shapiro, LCSW

Director of Programs

Senior Concerns

Your Care Team



Valeria Moreno
Care Manager



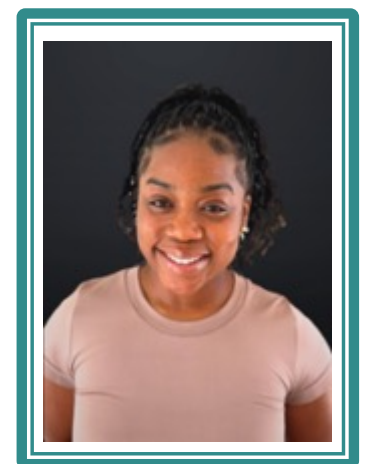
Kayla Fowler
*Adult Day Program
Team Lead*



Samantha Carnell
Care Manager



Elizabeth Gu
Senior Advocate



Orey Aderbigbe
*Home Delivered Meals
Case Manager*

Thank You to Sponsors:

GOLD



BRONZE

Comfort Keepers In-Home Care

Today's Schedule of Events

11:00 am – Welcome

Martha Shapiro, LCSW

Kayla Fowler

Nutrition for Wellness

Bridget Harvey-Elliott

**Nutrition & Hydration Needs for
People Living with Chronic Conditions**

Kemi Reeves

Lunch is Served – Facilitated Table Discussions

Energize and Refresh

Allison Lange

Invigorating Your Caregiver Power

Brian Barry

Closing Remarks



**Save Your
Raffle Ticket
Must Be
Present to Win**



Kayla Fowler





Nutrition for Wellness

Bridget Harvey-Elliott

Director of Nutrition

Senior Concerns

Nourishing NUTRITION Tips for Caregivers

Bridget Elliott, MS, RD

06-May, 2025

Senior Concerns



Healthy Eating for Older Adults

Eat a variety of:

- Fruits
- Vegetables
- Grains
- Protein foods
(Including fish, beans, peas)
- Dairy (Yogurt, cheese
or fortified alternatives)

Limit:

- Sugars
- Saturated Fat
- Sodium (salt)

Eating a Healthy Diet

- Part of Regular Self-Care
- Affects How You Feel
- Affects How You Perform
- Feel less tired and stressed



Keeps Your Battery Charged!

TIP #1

START YOUR DAY WITH BREAKFAST

Plan to Eat Breakfast Daily

Provides fuel and nutrients after the overnight
fast

TIP #1

START YOUR DAY WITH BREAKFAST

BREAKFAST Ideas

- Hot or cold cereal with dairy
- Fruit and yogurt
- Peanut Butter on Whole Grain Bread/Toast
- English muffin with Melted Cheese

If more time...

- English muffin pizza
- Tofu scramble or scrambled eggs

TIP #2

SNACKS FOR ENERGY

Mini-Meals provide nutrients to be healthy

Quick to Prepare

Plan ahead for days filled with appointments

Plan snacks from two of the five food groups

TIP #2

SNACKS FOR ENERGY

SNACK Ideas

- Raw Veggies with hummus
- Raisin Toast and milk
- Banana & nuts
- Peaches with Cottage Cheese
- Veggie, fruit, yogurt smoothie
- Dark chocolate and toasted almonds

AND

- The items listed as Breakfast Ideas!

TIP #3

STAY HYDRATED

Drink or **Get** water throughout the day to feel energized

Being hydrated

- *Supports Brain Function

- *Regulates Body Temp

With Dehydration

- *Headaches

- *Fatigue

- *Dizziness

TIP #3

STAY HYDRATED

HYDRATION Ideas

- Add flavor with herbs or sliced fruit - SPA Water
 - Drink Herbal Teas without caffeine
 - Eat Fruits and Veggies!

Some Fruits and Veggies are at least 90% Water!!

TIP #4

EAT THE RAINBOW!



Fruits and Vegetables provide:

- Vitamins, Minerals, Fiber, **Phytochemicals**
- Help maintain good health and energy levels
- Help maintain memory function, strong bones and teeth, vision health, and more!
- Help protect against effects of aging, risks of cancer and heart disease

TIP #5

INCLUDE YOUR FAVORITES

Familiar, favorite, comfort foods provide pleasure and trigger positive memories.

Treat yourselves by preparing and enjoying your favorite healthy foods!

What are your favorites?



Nutrition & Hydration Needs for People Living with Chronic Conditions

Kemi Reeves

UCLA

Nutrition and Hydration for Managing Chronic Conditions

Kemi Reeves, DNP, MBA, GNP-BC

Associate Director, UCLA Alzheimer's and Dementia Care Program

- Physiological Changes
 - Slower gastric emptying
 - Decreased basal metabolic rate
 - Dry mouth
 - Altered hormone responses
 - Altered taste and smell
 - Swallowing Difficulties
- Dental Problems
- Chronic Constipation
- Medication side effects



What is the Impact?

- Decline in daily volume of food (and beverages)
 - Weight Loss
- Impact on Muscle and Strength
- Nutritional Deficiencies
- Aspiration Risk
- Dehydration
 - Chronic Constipation



Plan Meals, Snack, and HYDRATION



1. Eat more frequently
2. Consider a nutritional supplement drink
3. Choose nutrient-rich foods
4. Add extras to your dishes for more calories
5. Make every bite count.
 - Snack on peanut butter, canned fruit and avocados. Increase fat content by adding olive oil (or other "good fat") in preparation of sauces, fresh or cooked vegetables, and grains.
6. Watch when you drink.
 - Sip higher calorie beverages along with a meal or snack.
 - Plan drinks for 30 minutes after a meal.

- Puree (Smooth-Pudding Consistency Foods)
 - Yogurt, cottage cheese, cream soups
 - Fruit/vegetables, pureed and thickened
- Ground Foods (may need gravy or sauces to make it moist)
 - Canned tuna/chicken, soft cooked ground meats and vegetables
- Soft foods that “stay together”
 - Macaroni and cheese, scrambled eggs, pancakes with jam or syrup, soft casseroles, meatloaf, egg/tuna/chicken salad with mayo
- Complex textures
 - Pasta, soft cheeses, cold cereal in milk, chopped or steamed vegetables (green beans, carrots)

Pureed



Diced



Soft



- Thick liquids
 - Ex: tomato soup, pear, apricot, or peach nectar

- Stringy, hard to eat foods

- Celery, fresh fruit, corn, crunchy peanut butter, fried rice/potatoes, brown/wild rice, cooked dry legumes

- Flaky foods

- Dry, crumbly breads, bagels, toast, crackers, popcorn, nuts, tough meat

- Foods that melt

- Ice cream, milkshakes, chocolate, sherbet, gelatin (Jell-O)

- Sticky or bulky foods

- White bread, mashed potatoes, potato salad, refried beans, bran cereals, hard cheeses



Weighted utensils



Universal cuff



Bowls with lips



Angled Utensils



Supervision During Meals

Very Small Bites

Thickened liquids

Slow Feeding

Upright positioning

Proper consistency

No Distractions during meals

Avoid straws

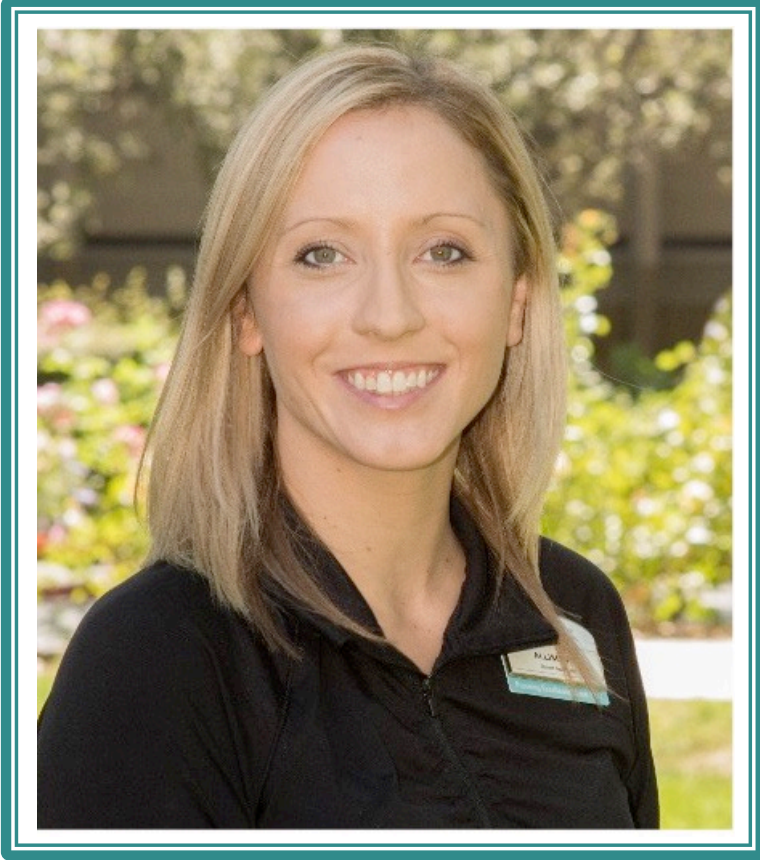
Mouth care after each meal

Questions

Luncheon Program

Facilitated Table
Discussions





Energize and Refresh

Allison Lange, M.S.



Invigorating Your Caregiver Power

Brian Barry

1 Use conversation “links”



Name

Home & Family

Work

Travel

Hobbies

Ideas

2 Be a good listener



Stop

Look

Listen

3 Show genuine interest



Who

What

Where

When

Why

How

And the winner is....

Who has the birthday
closest to New Years?

You win your table's
centerpiece!



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THANK
YOU!!!



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