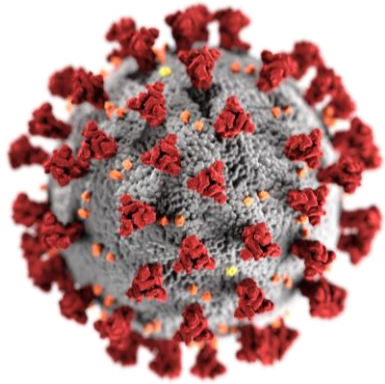


# **BUZZ, BODY & BITES**

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*A newsletter for actively aging adults*

# The Problem



## Response to COVID-19 Pandemic

Social distancing

Decreased public  
activity and travel

Business closures



## Effect on Older Adults

Higher levels of anxiety,  
depression, and loneliness

Poorer sleep quality

Significantly reduced  
physical activity



## Health Impact

Cognitive impairment

Poor immune function

Decreased heart health

Increased mortality

# The Solution



## Food, Nutrition, Health Program Team

Listening Session

Need for older adult  
engagement identified



## Consultation with Service Organizations

Input from  
organizations  
serving older adults



## Monthly Newsletter

Production of  
monthly newsletter  
for older adults

# The Product – Buzz, Body & Bites



## **Buzz**

Health topics of  
current interest

Cognitive stimulation



## **Body**

Strength and  
balance building  
exercise

Physical activity  
idea



## **Bites**

Healthy recipe

# The Product – Buzz

## BUZZ, BODY & BITES

A newsletter for actively aging adults  
Virginia Cooperative Extension  
Family & Consumer Sciences  
July 2021 Newsletter

### Buzz

#### HOME GRILLING SAFETY TIPS

**Clean hands & surfaces**

- Everyone should wash their hands with soap and water before handling food.
- Keep cutting boards, utensils, and all surfaces clean.
- Keep marinating foods in the refrigerator, not on the counter.
- Never place cooked food on a plate that held raw meat, poultry, or fish.
- Use two different tongs: one for raw meat and another for cooked.
- Cook foods to a safe internal temperature. Use a food thermometer to check:

SAFE MINIMUM INTERNAL TEMPERATURE	
Measure with a food thermometer	
Beef, pork, veal, lamb (roast, steaks, chops)	145°F with a 3 minute rest time after removed from heat
Ground meats	160°F
Poultry (whole, parts, or ground)	165°F
Finfish	145°F



### Grilling Tips for Healthy Summer Fun

The sun is out, gardens flourish, and families are coming together to enjoy each other and delicious grilled food. Many Americans will celebrate Independence Day on July 4 around the barbecue. There are a few things to keep in mind when planning your cookout to make the food cooked on the grill healthy for the whole family. Grilling with intense heat can produce substances that are cancer causing including polycyclic aromatic hydrocarbons (PAHs) that are produced when gas, wood, coal, or oil burn and can stick to the food being cooked, and heterocyclic amines (HCAs) that form in meat, chicken, and fish when the protein in them reacts with the intense heat of the grill. Here are a few simple tips to reduce these harmful substances and have a health promoting cook-out:

- Trim visible fat from meat and poultry to stop fat drippings from PAHs when burned.
- Use a marinade. Marinating meats for at least 30 minutes in lemon, vinegar, wine, rosemary, mint tarragon, sage and other spices reduces the HCA formation.
- Grill fish instead of beef, pork, or poultry. Fish cooks faster and forms fewer HCAs.
- Avoid fatty processed meats. Bacon, ham, pastrami, salami, bologna, hot dogs, etc.
- Don't char or burn meat, poultry or fish. HCAs are very concentrated in the burned portions of meat. Cut off any charring before eating.
  - Lightly oil the grill to keep charred material from sticking to your food.
  - Lower the grill temperature to avoid burning. Use barbecue briquettes and hardwood products (hickory and maple) rather than softwood chips (pine) as these burn at lower temperatures.
  - Scrub the grill to remove harmful chemicals before putting food on them.
- Cover the grill with foil, and punch holes in it to allow fat to drain. Place meat on the foil to reduce flame exposure.
- Pre-cook food in the microwave 2-5 minutes to reduce total grilling time.
- Cut meat and chicken into small pieces to reduce cooking time.
- Grill fruits and veggies along with the meat. Phytochemicals in fruits and vegetables, including cruciferous vegetables (broccoli, cabbage, etc.) are cancer fighting agents.

## BUZZ, BODY & BITES

A newsletter for actively aging adults  
Virginia Cooperative Extension  
Family & Consumer Sciences  
March, 2021 Newsletter

### Buzz

#### COLORECTAL CANCER SCREENING

The U.S. Preventive Services Task Force recommends adults ages 50 to 75 be screened. People older than 75 should talk to their doctor about the need to be screened. The screening options are:

**Stool tests:**

- gFOBT & FIT** - test for blood in the stool. If you choose one of these tests it should be done every year.
- FIT-DNA** - uses antibodies to test for blood in the stool. If you choose this test it should be done every 3 years.

**Tomography tests:**

- CT colonography** - uses X-rays and computers to produce images of the entire colon that the doctor analyzes.

**Endoscopy tests:**

- Flexible sigmoidoscopy** - will check the lower third of the colon and rectum. This test should be done every 5 years or every 10 years if combined with a FIT test every year.
- Colonoscopy** - will check the entire colon and rectum, and the doctor will remove polyps and some cancers. This test is done every 10 years if nothing is found.

#### COLORECTAL CANCER AWARENESS

March is *Colorectal Cancer Awareness Month*. So, what is colorectal cancer and why do we have a whole month dedicated to learning about it? Colorectal cancer occurs in the colon or rectum. The colon, also known as the large intestine or bowel, has four sections, the ascending, transverse, descending, and sigmoid colon. The rectum is found after the sigmoid colon. Almost all colorectal cancer starts as an abnormal growth, called a polyp, in the inner lining of the colon or rectum. Colorectal cancer screening tests can find and remove polyps before they turn into cancer, and detect colorectal cancer early when treatment is most successful. Encouraging people to be up to date with their colorectal cancer screenings is the main goal of Colorectal Cancer Awareness Month. The steady decline in new colorectal cancer cases in people age 50 years and older is primarily because of the increase in the number of people getting screened. There is a national goal to get at least 80% of adults screened. See the side panel for the types of colorectal cancer screenings available.

The most important risk factor for colorectal cancer is age. About 90% of cases occur in people 50 years or older. Having a history of colorectal cancer or polyps in your family, inflammatory bowel disease, or certain genetic factors are other risk factors. People with these risk factors may want to start screening earlier. Certain behaviors can increase risk for colorectal cancer. Smoking increases the risk, as does drinking more than two alcoholic drinks per day. Being overweight or obese, and eating processed meats like hot dogs and cold cuts also increases risk. To reduce risk, experts recommend choosing whole grains rather than refined grains, including dairy products in the diet, eating less red meat like beef, pork,




## BUZZ, BODY & BITES

A newsletter for actively aging adults  
Virginia Cooperative Extension  
Family & Consumer Sciences  
August 2021 Newsletter

### Buzz

#### Caring for the Skin You're In

Recommendations from Joshua D. Eikenberg, M.D.  
Dermatologist, Carilion Clinic

Skin cancer is the most common thing I see in my clinical practice. In fact, according to the Skin Cancer Foundation, one in five Americans will be diagnosed with skin cancer by age 70 and more than two people in the U.S. die of skin cancer every hour. One question I am frequently asked is "How can I prevent skin cancer?" Since most skin cancers are caused by ultraviolet radiation from sun exposure, the answer to that question is sun protection. Not only does sun protection help prevent sunburns and skin cancer, but it also protects us from skin aging which is another consequence of sun exposure. While individuals with lighter skin tones are often aware that they need sun protection to prevent sunburn, individuals with darker skin tones are less likely to be aware of and engage in sun protective behaviors. People with darker skin tones may not sunburn as easily as those with lighter skin tones, but they can still develop sunburns, skin cancer, and wrinkles from sun exposure. Here are three recommended strategies that all individuals can use to protect themselves from the sun:

- Sunscreen** – I recommend sunscreen with 30 SPF or greater. A 30 SPF sunscreen blocks 97% of UVB sun rays. Look for the words "broad spectrum" meaning the sunscreen will block both UVA and UVB rays. When you apply sunscreen, use at least one ounce or two tablespoons to ensure that you apply enough. And do not forget to reapply every 2 hours and immediately after swimming or sweating (even if the sunscreen says "water-resistant").
- Sun Protective Clothing** – Sun protective clothing can also be worn to protect your skin from the sun. I recommend wide-brimmed hats because they keep most of the skin on the neck, face, and ears, shaded from the sun. In addition, there are long-sleeved shirts and




Source: The American Cancer Society



# The Product – Bites & Body

## Bites

### Golden Milk Tea



This is a versatile drink that can be served hot or cold. Turmeric has anti-oxidant and anti-inflammatory properties and gives this drink a rich earthy flavor, that is tempered by the honey and cinnamon. If you choose to add the pepper and ginger, it will add a little heat.

**Ingredients:**

- 1 cup low-fat milk or milk alternative (almond milk, soy milk, etc)
- 1 cup water
- 1 cinnamon stick
- 1 (1 inch) piece of fresh turmeric, peeled and thinly sliced or grated. If you don't have fresh turmeric you can use 1/2 teaspoon dried powder.
- 1 (1/2 inch) piece of fresh ginger, peeled and thinly sliced (optional)
- 1 tablespoon of honey
- 1/4 teaspoon whole black peppercorns (optional)
- Ground cinnamon (for serving)

**Instructions:**


Mix all the ingredients except the ground cinnamon in a saucepan and bring to a low boil. Reduce heat and simmer until the liquid takes on the flavor and turns a nice golden yellow (about 10 minutes). Strain.

Drink immediately or refrigerate in a covered container. Heat up to drink. If you use dried turmeric, it will settle upon storage, so be sure to mix the container before drinking.

## Body

### Cat-Cow Pose

Supports the back, improves posture and balance, and relieves stress



**Cow**      **Cat**

1. Get down on your hands and knees on a carpeted floor or exercise mat. Hands under your shoulders and knees under hips.
2. **COW:** Curl toes under and inhale. Tilt your pelvis back so your tailbone sticks up, drop your belly toward the floor keeping stomach muscles hugging your spine, lift gaze to the ceiling.
3. Return to your original position.
4. **CAT:** Place tops of feet on floor. Exhale, tip your pelvis forward, tuck in your tailbone. Draw your navel to your spine and drop your head.
5. Repeat on each inhale and exhale for 5 to 10 breaths. Return to original position between each.

## Mind Games

Rebus puzzles, also known as word picture puzzles or picture riddles, use images or words to convey a phrase or message, typically a common idiom or expression. To help you solve them, make sure to look at word placement, size, and quantity. Take your time and don't give up. These can be pretty tricky. Source: rd.com/list/rebus-puzzles.

GIVE GET  
GIVE GET  
GIVE GET  
GIVE GET

META META  
META META

STAND  
TRY 2

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

SITTING  
THE WORLD

TRAVEL  
CCCCC

WHAT  
MUST

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

1. Forgive & Forget 2. Metaphor 3. Try to understand 4. Sitting on top of the world 5. Overseas travel 6. What goes up must come down

## RESOURCES

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish.

**Lifeline Crisis Chat**  
<https://www.crisistextline.org/> Text HOME to 741741 to connect with a Crisis Counselor

**The Eldercare Locator:** 1-800-677-1116, TDD/TTY: 711

**National Domestic Violence Hotline:** 1-800-799-7233 or text LOVEIS to 22522

**Veteran's Crisis Line:** 1-800-273-TALK (8255) or Crisis Chat or text: 8388255


**Editors:** Carlin Rafie, PhD, RD; Vanessa Santiago, MBA; Pegi Wright, MEd

**Peer reviewers:** Crystal Barber, MNS, RD; Kim Butterfield, MPH; Jane Henderson, MEd; Aisha Salazar, MS

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## Bites

### Garden Vegetable Wrap



This simple recipe is full of nutrient rich vegetables that provide beta carotene, folate, and vitamin C among other nutrients. (Recipe source: [eatsmarmovemoreva.org/recipes/garden-vegetable-wrap](http://eatsmarmovemoreva.org/recipes/garden-vegetable-wrap))

**Ingredients:**

- 1 1/2 ounces reduced-fat cream cheese
- 2 carrots, shredded
- 1 cup spinach, chopped
- 1 tomato, diced
- 1 bell pepper, chopped
- 1/4 cup reduced-fat cheddar cheese
- 4 whole-wheat tortillas


**Instructions:**

1. Spread cream cheese evenly onto each tortilla.
2. Place carrots, spinach, tomato, pepper, and cheese on top of cream cheese.
3. Roll up tightly and secure with a toothpick, if needed.
4. Refrigerate remaining leftovers within 2 hours of preparation.

## Body

### Wheelchair or Chair Exercises

This is the third in an exercise series targeting core muscles for wheelchair users or those who enjoy doing chair exercises. Target: quadriceps



**Seated Knee Extension**

- Sit up straight with your back supported by a chair and feet and knees shoulder-width apart.
- Slowly straighten your right knee, lifting your foot until it is straight out in front of you. Flex your ankle and point your toes toward the ceiling. Lower your right leg. Repeat with the left.
- Repetitions: 8 to 12 with each leg, alternating legs.

## Mind Games

What's Your Sun Safety IQ?  
Take the American Cancer Society's quiz and find out.

**True or False**

1. I can't get skin cancer, because my normal routine doesn't include a lot of time outdoors.
2. I should use sunscreen at football games, even though I only go once or twice a year.
3. If I'm wearing sunscreen, I can stay in the sun as long as I want.
4. A sunscreen labeled SPF 15 blocks more UV radiation than one labeled SPF 30.

**Multiple Choice**

5. Reapply water-resistant sunscreen:
  - a. Every 2 hours or sooner
  - b. After sweating or swimming
  - c. After I towel dry
  - d. All of the above
6. The most common sunscreen mistakes are:
  - a. Choosing an SPF below 30
  - b. Using too little
  - c. Waiting too long to reapply
  - d. All of the above

**Answers**

1. False - Brief sun exposures all year round may last for 40 minutes, and sunscreen should be reapplied every 2 hours. Sunscreens labeled water resistant provide total protection from UVB rays. 93% of UVB rays, SPF 30 filters 97%. Products provide total protection from UVB rays. SPF 15 filters should limit time in the sun at midday.
2. True - Shields show that even occasional strong sunlight exposure increases risk of melanoma (most deadly skin cancer).
3. False - It's not smart to go in the sun for hours, even with sunscreen. Sunscreen doesn't keep you from getting sunburned.
4. False - If not smart to go in the sun for hours, even with sunscreen. Sunscreen doesn't keep you from getting sunburned.
5. D
6. D

## RESOURCES

**Centers for Disease Control and Prevention (CDC)**  
[www.cdc.gov/cancer/skin](http://www.cdc.gov/cancer/skin)

**American Cancer Society**  
[www.cancer.org/healthy/be-safe-in-sun.html](http://www.cancer.org/healthy/be-safe-in-sun.html)

**American Academy of Dermatology Association**  
[www.aad.org](http://www.aad.org)

**US Food and Drug Administration (FDA)**  
[www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses/](http://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses/)

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## Bites

### Hummus



Hummus makes a healthy, high-fiber snack. Wonderful on toast or crackers, as a dip for fresh vegetables, and added on salads.

Link: [gimmesomeoven.com/classic-hummus/](http://gimmesomeoven.com/classic-hummus/)

**Ingredients:**

- 1 (15 ounce) can chickpeas, rinsed and drained
- 2-4 tablespoons cold water, or more if needed
- 2 tablespoons extra virgin olive oil
- juice of 1 lemon (2-3 tablespoons)
- 2 medium cloves garlic, peeled and smashed
- 1/2 teaspoon ground cumin
- 3/4 teaspoon salt
- 1/3 cup tahini (optional - a Middle Eastern spread found at your local grocery store)

**Instructions:**

Add cold water, olive oil, lemon juice, garlic, cumin, salt, and tahini (optional) to a food processor or blender. Puree until smooth.

Add in the chickpeas. Puree for 3-4 minutes, pausing halfway to scrape down the sides of the bowl, until the hummus is smooth. If it seems too thick, add in another tablespoon or two of water.

Taste and season with additional salt, cumin, and/or lemon juice if needed. Garnish with desired toppings (olive oil, parsley, paprika, etc.).

## Body

### Seated Row

Works the triceps muscles



1. Sit in an armless chair, keep your feet flat on the floor, shoulder-width apart.
2. Relax your shoulders and extend your arms beside your legs, weights in hands facing in.
3. If using a resistance band, place the center of the band under both feet. Hold the ends of the band in each hand, palms facing in.
4. Pull both arms back until your hands are at your hips.
5. Hold position for one second, then return your hands to the starting position.
6. Complete one set of 10 - 15 repetitions. Rest for 15 seconds, then repeat.

## Mind Games

Below you will see pairs of words, and your goal is to find a third word that is associated with both words. For example, the first pair is PIANO and LOCK. The answer is KEY. The word "key" is associated with PIANO (piano key) and the word LOCK (lock and key).

Write the letter associated with the correct answer.

1. LOCK — PIANO	_____	A. Sheet
2. SHIP — CARD	_____	B. Case
3. TREE — CAR	_____	C. Mummy
4. SCHOOL — EYE	_____	D. Racket
5. PILLOW — COURT	_____	E. Key
6. RIVER — MONEY	_____	F. Pipe
7. BED — PAPER	_____	G. Deck
8. ARMY — WATER	_____	H. Tank
9. TENNIS — NOISE	_____	I. Trunk
10. EGYPTIAN — MOTHER	_____	J. Bank
11. SMOKER — PLUMBER	_____	K. Pupil

**Centers for Disease Control and Prevention:** What Should I Know About Screening for Colorectal Cancer? ([cdc.org](http://cdc.org))

**AARP:** New Guidelines for Colorectal Cancer Screening ([aarp.org](http://aarp.org))

**American Institute for Cancer Research:** Colorectal Cancer - American Institute for Cancer Research ([aicr.org](http://aicr.org))

**From Our Home to Yours:** Videos of great recipes from Virginia Cooperative Extension [https://youtu.be/b\\_OB\\_t2Wk4](https://youtu.be/b_OB_t2Wk4)

**Editors:** Carlin Rafie, PhD, RD; Vanessa Santiago, MBA; Pegi Wright, MEd

**Peer reviewers:** Crystal Barber, MNS, RD; Kim Butterfield, MPH; Jane Henderson, MEd; Aisha Salazar, MS

To subscribe, email [buzzbodybites@vt.edu](mailto:buzzbodybites@vt.edu).

# Production Process and Distribution



## Production

Editors

Content contributors

Communications newsletter template



## Quality Control

Peer reviewers

Feedback survey



## Distribution

Area Agencies on Aging  
Senior centers  
Faith-based organizations  
Medicare insurers  
VCE Agents  
Subscriptions



# Join Us in Distributing State-wide!

Virginia Cooperative Extension N. Shenandoah Valley Nutrition Programs  
Published by Vanessa Ventura Santiago · August 2

Check out this month's Buzz, Body & Bites issue focusing on #SunSafety!



**Vegetable Wraps**  
This simple recipe is full of nutrient rich vegetables that provide beta carotene, folate, and vitamin C among other nutrients. [Recipe source: eatsmartmovement.org/recipes/garden-vegetable-wraps]

**Caring for the Skin You're In**  
Recommendations from Joshua D. Eikenberry, Dermatologist, Carilion Clinic

**Seated Knee Exercises**  
This is the third in an exercise series for wheelchair users. This is the third in an exercise series for wheelchair users.

**Games**  
What's Your Sun Safety IQ? American Cancer Society's quiz and find out.

**Answers**  
1. Sunscreen — I recommend sunscreen with 30 SPF or greater. A lot of people think that 15 SPF is enough, but that's not true. You need to use a lot of sunscreen. You should use about 1 ounce of sunscreen for your entire body. You should reapply every 2 hours, or more often if you are sweating or swimming. You should also use sunscreen on your face and ears. You should also wear sunglasses and a hat. You should also avoid tanning beds. You should also avoid sunburns. You should also avoid sunburns.

**US Food and Drug Administration (FDA)**  
www.fda.gov/consumers/tips-stay-safe-sun-sunscreen

**Editors:** Carlin Rafix Santiago, MBA; Pegi Henderson, MSW

**Poor reviewers:** Cris MNS, RD; Kim Butte Henderson, MEd, AI

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- Community & Leadership
  - Community Planning 1
- Food Safety
  - COVID-19 1
- Health and Nutrition
  - COVID-19 1
  - Family Nutrition Program 1

**Buzz, Body and Bites - December 2020 Newsletter**  
HNFE-955NP Buzz, Body, and Bites is a monthly newsletter produced by VCE for actively aging adults. It provides practical information about current issues, nutrition, physical activity, and mind health that readers can act on in their every day lives. PDF

**Buzz, Body, and Bites - September 2020 Newsletter**  
HNFE-944NP (HNFE-952NP) Buzz, Body, and Bites is a monthly newsletter for actively aging adults. It provides information on issues important to the health of mature adults, and provides recipes, physical activity recommendations, and mind exercises that promote health. PDF

**Buzz, Body, and Bites - October 2020 Newsletter**  
HNFE-953NP Buzz, Body, and Bites is a monthly newsletter for actively aging adults. It provides information on issues important to the health of mature adults, and provides recipes, physical activity recommendations, and mind exercises that promote health. PDF



# Feedback

“This has been wonderful for us and our Meals on Wheels clients and Senior Center members! Please continue!!!”

“I just wanted to say thank you for the monthly wellness newsletter. I just received the November Issue a couple of days ago and just wanted to tell you that I think it is well-done, helpful and really appreciated. I like that there is a little bit of everything. I just wanted you to know I really am enjoying it. Keep them coming!”

“I want you to know how much I enjoy your monthly newsletter. I love it! I love it! I look forward to it every month. I love the mind games! I go to the gym 5 times a week, so I love the exercises. I love it all! I love reading the recipes, although I don't cook much anymore but I do read all of it. I really want to thank you. It's such a service to us – to the elderly people.”

# Awards



**National Extension Association  
of Family & Consumer Sciences**

## **2021 NEAFCS Annual Awards Program: Communications Newsletters Award**

- Won 1<sup>st</sup> Place for Communications Newsletter Award for Virginia
- Submitted and awaiting notification of Southern Region Winner
- Submitted and awaiting notification of National Winner

# Subscribe & Provide Feedback

E-mail suggestions of new topics and feedback to:

**[buzzbodybites-g@vt.edu](mailto:buzzbodybites-g@vt.edu)**



**THANK YOU FOR ALL  
OF YOUR SUPPORT!**

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