

Outbreaks Can Be Stressful

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful. Fear and anxiety about a disease can be overwhelming and cause strong emotions. Coping with stress will make you, the people you care about, and your community stronger. Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.



Ways to cope with stress

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body.

- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals.
- Do your best to exercise
- Get plenty of sleep
- Avoid alcohol

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

—Adapted from CDC.gov

Support Your Health With Nutrition

Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and other health problems. No one food or supplement can prevent illness but you may help support your immune system by including these nutrients in your overall eating plan on a regular basis.



Protein plays a role in the body's immune system, especially for healing and recovery. Eat a variety of protein foods including seafood, lean meat, poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.

Vitamin A helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Get this vitamin from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs or foods labeled "vitamin A fortified," such as milk or some cereals.

Vitamin C supports the immune system by stimulating the formation of antibodies. Include more sources of this healthy vitamin by choosing citrus fruits such as oranges, grapefruit and tangerines, or red bell pepper, papaya, strawberries, tomato juice or foods fortified with vitamin C, such as some cereals.

Vitamin E works as an antioxidant and may support immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds, almonds, vegetable oils (such as sunflower or safflower oil), hazelnuts, and peanut butter.

Zinc helps the immune system work properly and may help wounds heal. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.

Other nutrients, including vitamin B6, B12, copper, folate, selenium and iron also may support immune response and play a role in a healthful eating style.

—Adapted from Academy of Nutrition and Dietetics

OLDER AMERICANS MONTH



MAKE YOUR MARK: MAY 2020

Every May, the Administration for Community Living (ACL) leads our nation's observance of Older Americans Month. The theme this year is **Make Your Mark**. ACL selected this theme to encourage and celebrate countless contributions that older adults make to our communities. Older adults' time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference everyone can make in the lives of older adults, in support of caregivers, and to strengthen communities.



Summer Foods Word Scramble

OLESCAWL _____

ASALD _____

OADMLNEE _____

ESPAECH _____

RGBEUMASHR _____

SIEKCLP _____

WRTNOLEAEM _____

ERASIRETSBRW _____

SOLSEPIPC _____

HCKINEC _____

AEBSN _____

Answers: coleslaw, salad, lemonade, peaches, hamburgers, pickle, watermelon, strawberries, popsicles, chicken, beans

Senior Farmers' Market Vouchers

Due to COVID-19, distribution of farmers' market vouchers will be predominantly through mail. The Area Agency on Aging of Dane County offers vouchers to seniors for use in purchasing \$25 of fruit, vegetables or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2020 season (June to October). The vouchers are distributed on a first come/first serve basis to those 60 or older, who have gross incomes under \$23,606 per year (or \$1,968/month) for a one person household and \$31,894 (or \$2,658/month) for a two person household, and live in Dane County. One set of vouchers per household regardless of household size.

Past participants will receive an application in the mail along with instructions for this year's program. For those who have never participated in the program and wish to apply, contact AAA Dietitian Alyce Miller (261-5678). Vouchers and applications will be distributed via mail. Vouchers may not be mailed until June 1.

We are monitoring the situation as COVID-19 continues. For the most current information on farmers' market vouchers, contact your local senior services center or Alyce Miller at (608) 261-5678. Updates will also be made on Area Agency on Aging's website: <https://aaa.dcdhs.com/COVID-19.aspx>

"This institution is an equal opportunity provider."



Thank you to our selfless nutrition staff & volunteers for providing delicious and nutritious meals throughout this pandemic!

thank you!

Nutrition News

For more information on this publication, contact Alyce Miller, MS, RDN, CD:

(608) 261-5678

2865 N Sherman Ave

Miller.Alyce@countyofdane.com

Madison, WI 53704

<https://aaa.dcdhs.com/nutrition.aspx>