Membership
Wednesday, November 25
5:30 a.m. - 2 p.m.
November 26 - 28: Closed
Thanksgiving Holiday

Group Exercise

Booty Barre Class Special!
Tuesdays, November 10 and 24
6:30 -7:15 a.m. with Nancy

Seminars

Digital Overload
Friday, November 6
Noon - 1:00 p.m.
Rabkin Board Room, Shapiro 10
Presented by AllOne Health

Sleep for Health
Thursday, November 12
Noon - 1:00 p.m.
Shapiro 10 Conference Room
Presented by Harvard Pilgrim HealthCare

Understanding Omega Fatty Acids
Friday, November 20
Noon - 1:00 p.m.
Leventhal Conference Room
Presented by Stephen Alajajian Dietetic Intern

November is National Family Caregivers Month

Q: I take care of elderly parents, have children of my own, and work a full-time job. At times all this can be overwhelming. What are some strategies that might help me to counteract burnout?

A: Putting one’s health and well-being first plays an important role in being an effective caregiver. Consider the following to help lighten your load:

- **Accept the help that others offer.** Suggest specific things that friends or family can do for you and your loved one. Examples include taking your family member to the doctor or a physical therapy appointment.

- **Ask for and accept favors such as** keeping your loved ones company while you go to the gym, having a home-cooked meal prepared once a week or running an errand to the grocery or drug store.

- **Attend a support group** to receive feedback and coping strategies from others who are in similar circumstances.

- **Contact your employer’s employee assistance program (EAP).** An EAP program provides free, professional counseling to assist employees with personal or work-related problems. Counseling services provided by an EAP are confidential.

- **Check with your local senior center or social services agency.** These groups can provide you with access to resources (e.g., social worker) that might be available to help with the responsibilities that a caregiver is undertaking.

- **Rotate responsibilities with family members.**

- **Maintain a healthy diet.** While it may be tempting to grab fast food on the go and eat junk food for snacks, eating well will help to keep you healthy by supplying the nutrients that your body needs when stressed.

- **Exercise three or four times a week.** Exercising regularly provides a positive outlet for stress and refreshes the mind.

- **Establish “quiet time”** for meditation or to read. Quiet time can help to promote a sense of relaxation.

The bottom line: Know your limits! If you wear yourself out caregiving, who will care for you? Remember, caring for yourself is the best gift you can give to yourself and your loved ones.

Call the Tanger Be Well Center at (66)7-4695 to register
Q: Can I get an adequate amount of calcium in my diet without eating dairy products?

A: Yes, there are many different ways you can consume an adequate amount of calcium from non-dairy sources. Calcium is an essential mineral but it is not produced by the body. Some examples of plant-based, calcium-rich foods include kale, broccoli, cauliflower, bok choy, legumes, and turnips. In addition, fortified foods such as cereal, fruit juices, tofu, soy milk and even soy yogurt contain high amounts of calcium. Poor sources of calcium include meats, grains, and nuts. Some vegetables like spinach, rhubarb, and Swiss chard are poor sources of calcium due to their high amounts of oxalic acid which binds to calcium and inhibits its absorption.

Adequate vitamin D intake is important because it is required for calcium absorption. Foods high in vitamin D include salmon, tuna, egg yolks and some fortified foods such as cereal, orange juice, and soy beverages. If necessary, you can take a calcium supplement. The two most common are calcium carbonate and calcium citrate. Calcium carbonate has a higher level of calcium, but calcium citrate is better absorbed, due to the citric acid it contains.

Remember to read nutrition facts labels where available, to see how much calcium is in each food item. The recommended daily amount for adults ages 19 to 50 is 1,000 mg per day. Below is an example of a typical day’s food intake and the amount of calcium consumed.

**Breakfast:**
- 6 oz. orange juice (fortified) = 261 mg Ca
- 1 large hardboiled egg = 25 mg Ca
- 1 slice of whole wheat bread = 30 mg

**Lunch:**
- 1 c. soymilk (fortified) = 299 mg Ca
- ½ c. broccoli = 21 mg Ca
- 3 oz. chicken breast = 13 mg Ca
- 1 small baked sweet potato = 28 mg Ca

**Dinner:**
- ½ c. cooked bok choy = 71 mg Ca
- 1 tbsp. soy sauce = 6 mg Ca
- ¼ c. pinto beans = 16 mg Ca
- 2 oz. cooked tofu = 62 mg Ca

**Snack:**
- ½ c. All-Bran cereal = 121 mg Ca
- ¼ c. almond milk (fortified) = 96 mg Ca

**Total Ca = 1,046 mg!**

**REFERENCES**