



IT'S **MORE**
THAN A MEAL

Resources for Adult Day Health Programs

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Resources for Adult Day Health Programs

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RESOURCES FOR ADULT DAY HEALTH PROGRAMS

***T**his section will provide you with additional resources for your program. You can use these resources to complement this manual and the accompanying set of Health at Home fact sheets for caregivers.*

The resources listed in this section include:

- Website addresses for the Child and Adult Care Food Program (CACFP) at the federal level and for a directory of agencies that administer CACFP in each state
- Contact information for the Massachusetts CACFP office
- Aging-related programs and services.
- Fact sheets that can be downloaded from other websites
- Other resources on the following topics:
 - ✓ Nutrition
 - ✓ Health issues for older adults (Alzheimer’s disease, diabetes heart disease, high blood pressure, osteoporosis, and senior health)
 - ✓ Medicines and older adults
 - ✓ Physical activity and older adults
 - ✓ Emergency food plans
 - ✓ Food safety
 - ✓ Caregiving

NOTE: The resource information provided in this section was current as of February, 2006.

Child and Adult Care Food Program (CACFP)

Massachusetts Department of Education Child and Adult Care Food Program

Nutrition Health and Safety Unit
350 Main Street
Malden, Massachusetts 02148-5023

Phone: 781-338-6498

Website: www.doe.mass.edu/cnp/programs/cacfp.html

U.S. Department of Agriculture Child and Adult Care Food Program

Website: www.fns.usda.gov/cnd/Care/CACFP/cacfphome.htm

Directory of State Agencies Administering CACFP

Website: www.fns.usda.gov/cnd/Contacts/StateDirectory.htm

Food Buying Guide

Website: <http://teamnutrition.usda.gov/resources/foodbuyingguide.html>

Aging-Related Programs and Services

Massachusetts Department of Public Health Office of Healthy Aging

Bureau of Family and Community Health
250 Washington Street
Boston, MA 02108

Phone: 617-624-5440

Website: www.mass.gov/dph/fch/elderhealth

Massachusetts Executive Office of Elder Affairs

1 Ashburton Place, 5th floor
(The McCormack Building)
Boston, MA 02108

Phone: 617-727-7750 or 800-243-4636

Website: www.800ageinfo.com

Website Links to Other Programs and Services (Assembled by Somerville-Cambridge Elder Services)

Website: www.eldercare.org/Information/Links.shtm#HealthInformation

This website provides a comprehensive set of links to agencies, associations, organizations, partnerships, directories, databases, and resources related to the following topics:

- Advocacy
- Benefits
- Disability Information
- Legal and Financial
- Longterm Care
- Aging Services
- Caregiving
- Health Information
- Local Resources
(in Cambridge and Somerville)

Fact Sheets

The following websites contain downloadable fact sheets.

University of Massachusetts Extension Nutrition Education Program (NEP)

Website: www.umass.edu/umext/nutrition

This website has fact sheets on multiple topics, including food preparation, food safety, food labels, and healthy eating.

Colorado State University Cooperative Extension Food and Nutrition Fact Sheets

Website: www.ext.colostate.edu

This website has fact sheets on multiple topics, including nutrition and aging, chronic diseases, food preparation, food safety, medications, and supplements.

Ohio State University Extension Senior Series Fact Sheets

Website: ohioline.osu.edu/ss-fact

This website has fact sheets on multiple topics, including nutrition & aging, chronic diseases, food preparation, food safety, medication supplements, and caregiver tips.

Rutgers University Cooperative Research and Extension The Caring Connection – Fact Sheets for Caregivers

Website: www.rce.rutgers.edu/pubs/subcategory.asp?cat=10&sub=68

This website has fact sheets with resources and information on caregiving, and tips for caregivers to take care of themselves.

Other Resources (Organized by Topic)

Nutrition

University of Massachusetts Extension Nutrition Education Program

University of Massachusetts
Department of Nutrition
205 Chenoweth, 100 Holdsworth Way
Amherst, MA 01002-9282

Phone: 413-545-0552

Website: www.umass.edu/umext/nutrition

The UMass Extension Nutrition Education Program (NEP) provides a variety of nutrition education resources and programs for consumers and professionals. Some materials are available in multiple languages. Online professional development opportunities are offered through UMassONE.

American Dietetic Association

Website: www.eatright.org

The American Dietetic Association has an online catalog of materials sold to professionals and consumers. Click on *Shop Online* to access the catalog.

DETERMINE Nutritional Risk Checklist

National Food Service Institute

Website: www.nfsmi.org/information/adult_fact_sheets.html

This downloadable checklist has questions to assess whether older adults are at high risk for poor nutrition. *Strong and Healthy*, a companion to the checklist, gives tips to improve their nutritional health.

Nutrition.Gov

Website: www.nutrition.gov

This website offers nutrition information and links to the Dietary Guidelines and MyPyramid. *Nutrition Information About...Elderly* links to websites on nutrition, exercise, supplements, osteoporosis, and food safety issues for older adults.

**U.S. Department of Agriculture
Food and Nutrition Information Center (FNIC)**

Phone: 301-504-5719

Email: fnic@nal.usda.gov

Website: www.nal.usda.gov/fnic (main website)
www.nal.usda.gov/fnic/etext/000002.html (nutrition for aging

adults)

This website is a directory to credible nutrition information and resources. It links to the Dietary Guidelines, MyPyramid, and a database of the nutrient content of foods.

U.S. Food and Drug Administration (FDA)

Phone: 888-INFO-FDA (888-463-6332)

FDA provides *Eating Well as We Age* a free downloadable booklet.

Website: www.fda.gov/opacom/lowlit/englow.html

Health Issues for Older Adults

ALZHEIMER'S DISEASE

Alzheimer's Association

Helpline: 800-548-2111 (Massachusetts chapter)

Websites: www.alz.org National office
www.alzmass.org (MA chapter)

This website describes Alzheimer's disease. It includes a caregivers' section with information on other resources, and tips on dealing with daily challenges.

National Institute of Health – Senior Health

Email: custserv@nlm.nih.gov

Website: www.nihseniorhealth.gov

This website explains the symptoms, progression, diagnosis, and treatment of Alzheimer's disease. It includes tips for caregivers.

National Institute on Aging Information Center

Phone: 800-222-2225

Website: www.niapublications.org

The *Alzheimer's Disease* section has free fact sheets. Other free downloadable materials include an *Alzheimer's Disease: Unraveling the Mystery* booklet and CD-Rom speaker kit to educate family, staff, and volunteers.

DIABETES

American Diabetes Association

Phone: 800-DIABETES (800-342-2383)

Website: www.diabetes.org

This website is a useful resource for general information on diabetes.

Idaho Plate Method (For People with Diabetes)

Phone: 208-624-7279

Website: www.platemethod.com

This guide shows how much space each food group should occupy on a 9-inch plate. It includes menus and diabetes survival tips. Check for current prices.

National Institute of Diabetes & Digestive and Kidney Diseases

Phone: 800-860-8747

Email: catalog@niddk.nih.gov

Website: diabetes.niddk.nih.gov

This website provides general information on diabetes. It links to fact sheets and publications written in English and Spanish.

HEART DISEASE

American Heart Association

Phone: 800-242-8721

Website: www.americanheart.org

This website provides general information on heart disease.

National Heart, Lung, and Blood Institute

Phone: 301-592-8573

TTY: 240-629-3255

Website: www.nhlbi.nih.gov

This website provides general information on heart disease. Some resources are downloadable. Others must be ordered and received by mail.

HIGH BLOOD PRESSURE

American Heart Association

Phone: 800-242-8721

Website: www.americanheart.org

This website provides general information on high blood pressure.

National Heart, Lung, and Blood Institute

Phone: 301-592-8573

TTY: 240-629-3255

E-mail: nhlbiinfo@rover.nhlbi.nih.gov

Website: www.nhlbi.nih.gov

This website provides general information on high blood pressure. Some resources are downloadable. Others must be ordered and received by mail.

OSTEOPOROSIS

National Institute of Health – Osteoporosis and Related Bone Diseases

Phone: 202-223-0344 or 800-624-BONE

Website: www.niams.nih.gov/bone

This website has information on osteoporosis.
It offers fact sheets on a variety of topics.

National Osteoporosis Foundation

Phone: 202-223-2226

Website: www.nof.org

This website has information on osteoporosis.
It provides free fact sheets and instructions to
order publications sold by the foundation.

SENIOR HEALTH (MULTIPLE TOPICS)

NIH Senior Health

Website: <http://nihseniorhealth.gov>

This website from the National Institutes of Health
provides reliable health information and printable
documents. Senior-friendly features include
large print, short easy-to-read information, and
simple navigation. Seniors can click on icons to
hear text read aloud, or increase contrast to
make it more readable.

Medicines and Older Adults

Food and Drug Administration (FDA)

FDA provides *Medicines and Older Adults* a free
downloadable booklet at the following website:
(www.fda.gov/opacom/lowlit/englow.html)

Ohio State University Extension Senior Series Fact Sheets

Website: ohioline.osu.edu/ss-fact

This website provides five downloadable fact
sheets on medications:

Adverse Drug-Drug and Food-Drug Interactions
Aging Increases the Risk for Medication Problems
Medication Misuse among Older Adults
Over-the-Counter Medication Labels
Over-the-Counter Medications are Drugs, Too

Physical Activity and Older Adults

American College of Sports Medicine (ACSM)

Phone: 317-637-9200

Website: www.acsm.org

Current Comments are statements on exercise topics written for the public. Topics relevant to older adults are the physiology of aging; exercise and the older adult; exercise and cardiovascular disease; and exercise and chronic obstructive pulmonary disease. Go to the home page, and click on *General Public*.

Centers for Disease Control and Prevention (CDC)

*Growing Stronger: Strength Training
for Older Adults*

Website: [www.cdc.gov/nccdphp/dnpa/
physical/growing_stronger](http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger)

Click on *Print-Friendly Version* to download a 126-page booklet called *Growing Stronger: Strength Training for Older Adults*.

National Institute on Aging Information Center

Phone: 800-222-2225

Website: www.niapublications.org

The *Healthy Aging* section provides a free downloadable 86-page exercise guide for older adults. A kit with the guide and companion video can be ordered for \$7.

Emergency Food Plans

American Red Cross

Phone: 202-303-4498

The Red Cross provides *Food and Water in an Emergency* a free downloadable pamphlet.

Website: [www.redcross.org/static/file_cont39_
lang0_24.pdf](http://www.redcross.org/static/file_cont39_lang0_24.pdf)

Federal Emergency Management Agency (FEMA)

Phone: 800-621-FEMA (National office)
617-956-7506 (Regional office serving
CT, MA, ME, NH, RI, VT)

FEMA provides free downloadable pamphlets.

Website: www.fema.gov/library/index.jsp

Florida International University

The university provides *HealthyHurricane/Disaster Cookbook* a free downloadable cookbook with recipes for meals that require little water and no electricity to prepare.

Website: [www.fiu.edu/~health/hurricanesseason/
Cookbook.pdf](http://www.fiu.edu/~health/hurricanesseason/Cookbook.pdf)

University of Massachusetts Extension Nutrition Education Program (NEP) and the Massachusetts Partnership for Food Safety Education

Website: www.umass.edu/umext/nutrition/programs/food_safety/resources/index.html

This website provides emergency and food safety education materials for consumers and professionals. Some materials are available in multiple languages. Downloadable fact sheets include:

Keeping Food Safe If the Power Goes Out

Keeping Your Family Fed If the Power Goes Out

**U.S. Department of Agriculture
Food Safety and Inspection Service
Technical Service Center**

Phone: 402-221-7400
(24-hour hotline: 800-233-3935)

USDA provides two free downloadable fact sheets.

Website: [www.fsis.usda.gov/Fact_Sheets/
Emergency_Preparedness_Fact_Sheets](http://www.fsis.usda.gov/Fact_Sheets/Emergency_Preparedness_Fact_Sheets)

Food Safety

**Massachusetts Department of Public Health
Food Protection Program**

305 South Street
Jamaica Plain, MA 02130

Phone: 617-983-6700

Website: www.mass.gov/dph/fpp/

This agency is responsible for state food safety regulations and resources as well as preventing and investigating foodborne illness outbreaks. The website provides food safety information for food service operations and consumers.

**University of Massachusetts Extension
Nutrition Education Program (NEP)**

Website: [www.umass.edu/umext/nutrition/
programs/food_safety/resources/index.html](http://www.umass.edu/umext/nutrition/programs/food_safety/resources/index.html)

The UMass Extension Nutrition Education Program (NEP) and the Massachusetts Partnership for Food Safety Education food safety education resources and programs for consumers and professionals. Many materials are available in multiple languages.

**Gateway to Government Food Safety
Information**

Website: www.foodsafety.gov

This website provides food safety advice for consumers and food service professionals. It also links to food safety alerts and food product recalls.

RESOURCES FOR ADULT DAY HEALTH PROGRAMS

U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition

Phone: 888-INFO-FDA (888-463-6332)

USDA provides two free downloadable booklets.

Keep Your Food Safe

Website: www.fda.gov/opacom/lowlit/englow.html

To Your Health! Food Safety for Seniors

Website: www.cfsan.fda.gov/~acrobat/sr2.pdf

Caregiving

Family Caregiver Alliance

Phone: 800-445-8106 or 415-434-3388

Email: info@caregiver.org

Website: www.caregiver.org

This website offers advice on caring for older adults, and information on nursing facilities and residential care. It has fact sheets in English, Spanish, and Chinese.

National Eldercare Locator

Phone: 800-677-1116

Website: www.eldercare.gov

This website helps people locate programs and services. The *Resources* section has fact sheets on adult day care, assisted living, home health care, home modifications, hospice and respite care, and government-assisted housing.

National Family Caregivers Association

Phone: 800-896-3650

Email: info@thefamilycaregiver.org

Website: www.nfcares.org

This website mostly links to other websites and organizations. The *Education and Support* section has tips to care for older adults. Other materials are available for sale.

Rutgers University Cooperative Research and Extension

*The Caring Connection –
Fact Sheets for Caregivers*

Website: www.rce.rutgers.edu/pubs/subcategory.asp?cat=10&sub=68

This website has fact sheets with resources and information on caregiving, and tips for caregivers to take care of themselves.

U.S. Administration on Aging National Family Caregiver Support Program

Phone: 202-619-0724

Website: www.aoa.gov/prof/aoaprof/caregiver/caregiver.asp

This website provides caregiver resource information in different languages.

Notes
