

Facilitator's Guide



July 2019

Summer Check-Up

Background for Facilitators

The following background information is for facilitators. The information should not be printed and distributed to participants.

Calories

[Environmental Nutrition: The Calorie Conundrum](#)

Hydration

[Mayo Clinic: How much water should you drink?](#)

[Club soda, seltzer and sparkling water: What's the difference?](#)

Food Swaps

[Health.com: 24 food swap ideas slides \(Check out the banana ice cream!\)](#)

Move Your Way

[Health.gov Move Your Way videos](#)

Behavior Goals

Participants will:

1. Consider their personal health goals and identify at least one small step to success.
2. Identify tasty food swaps that improve nutritional quality and/or reduce calories.
3. Learn at least one more benefit from staying hydrated in the summer heat.

Meeting Preparation

1. Review newsletter content. Send questions or concerns to your coordinator.
2. Select a tasting from the list of options in this guide and make it at least once before the meeting.
3. Spend time in a local grocery store looking for examples of healthy food swaps. In addition to nutritional value, compare costs.
4. Prepare meeting room for small-group discussion (or pairs).
5. **Optional:** Make copies of the puzzle

! The suggested wording for the presentation is in regular font and the *facilitator directions are in bold, dark red italic*. It's best not to read the presentation, but to use your own words, staying close to the meaning.

Props

- Poster paper to write on or print page 6 of this guide.
- Print the word collage for each table. Bring a common New Year's Eve noise maker or something used by fans to celebrate a win.
- **Optional:** Create a theme with table decorations that celebrates summer fun.

Conversation

Follow up to last month's meeting (June 2019)

Ask if members of your group shared information about the importance of having a bone density test with friends or family.

Did anyone notice signs or information about summer meals for kids? Or, did they use the resources in the newsletter to find out if a site was available in their neighborhood?

Introduction

Hold up a sign or poster with the following sentence from the first page of the newsletter: ***When New Year's Eve arrives in December and I look back on 2019, what change will I be most grateful I made?***

Every month, we encourage each other to make small changes that support our health goals. We're most likely to keep taking those small steps if we enjoy them—or if they make us feel happier.

We're six months into 2019. Let's see how we're doing. It's our summer check-up! ***Put on fun sunglasses, a sun visor or use another summer prop.***

Nutrition Discussion

Break into five or more groups. Assign one bullet to each group and discuss. Do they agree with the suggestion? Why or why not? Come up with two ideas or examples for each suggestion. Discuss for 3 to 4 minutes, then share out with larger group.

Remember, a change in your weight is only one possible improvement to celebrate in December. Eating foods that taste good and leave you feeling good have built-in value. So does moving your body regularly and getting enough sleep.

This word collage shows some of the “health victories” you could celebrate on New Year's Eve. ***Read each possible victory from the attached word collage and make a little noise to celebrate each one. Brainstorm other examples and continue to celebrate until you run out of ideas.***

Does anyone feel like they've gotten off track? Don't get discouraged. It happens to all of us. We're here to support any effort you can make and help you get back on track.

Tasting Activity

Choose a food to taste that highlights one of the following sections in the newsletter: Benefits of Staying Hydrated, the Food Swaps table or Summer Harvest (apricots and lime). Highlight information from the newsletter based on your choice.

Tasting topic options:

Hydration

Taste a flavored water beverage with minimal sugars. Try sparkling water with fruits like berries, watermelon, lemon and lime. Experiment adding herbs like basil and mint for even more flavor! Ice will make it more refreshing.

Teaching tip: Older adults are at greater risk for dehydration. They have reduced thirst signals and also become less able to concentrate their urine. And older adults are more likely to be taking medications that increase the risk of dehydration, such as diuretic medications, which are often prescribed to treat high blood pressure or heart failure.

Food Swaps

1. Taste the featured recipe on page 4 of the newsletter. Use frozen corn instead of fresh corn to make the featured recipe easier to make and taste.
2. Taste mango-corn salsa on whole grain cracker. Fruitsandveggies.org Mango-corn-salsa
3. Make a pasta vegetable salad using whole wheat pasta or red lentil pasta. It's delicious! Compare nutrition facts label. The lentil pasta is high in protein. Spend Smart Eat Smart Cheesy-pasta-summer-veggies

Teaching tip: Not all calories are created equal. We know that 300 calories from chocolate cake is not the same as 300 calories from fresh tomatoes. But we aren't likely to swap our favorite cake for raw veggies. The key is to make a "better" choice among similar foods—swap up!

Summer Harvest in July: Apricots and Limes

Taste the difference between different types of limes. Demonstrate how to select a ripe, juicy lime. If apricots are available and reasonably priced, taste an apricot half sprinkled with cinnamon.

What? No Puzzle?

Optional: Did you notice there isn't a puzzle or game in the newsletter? Don't worry. I have one for you. Pass out copies of attached puzzle to reinforce content of the newsletter.

Physical Activity

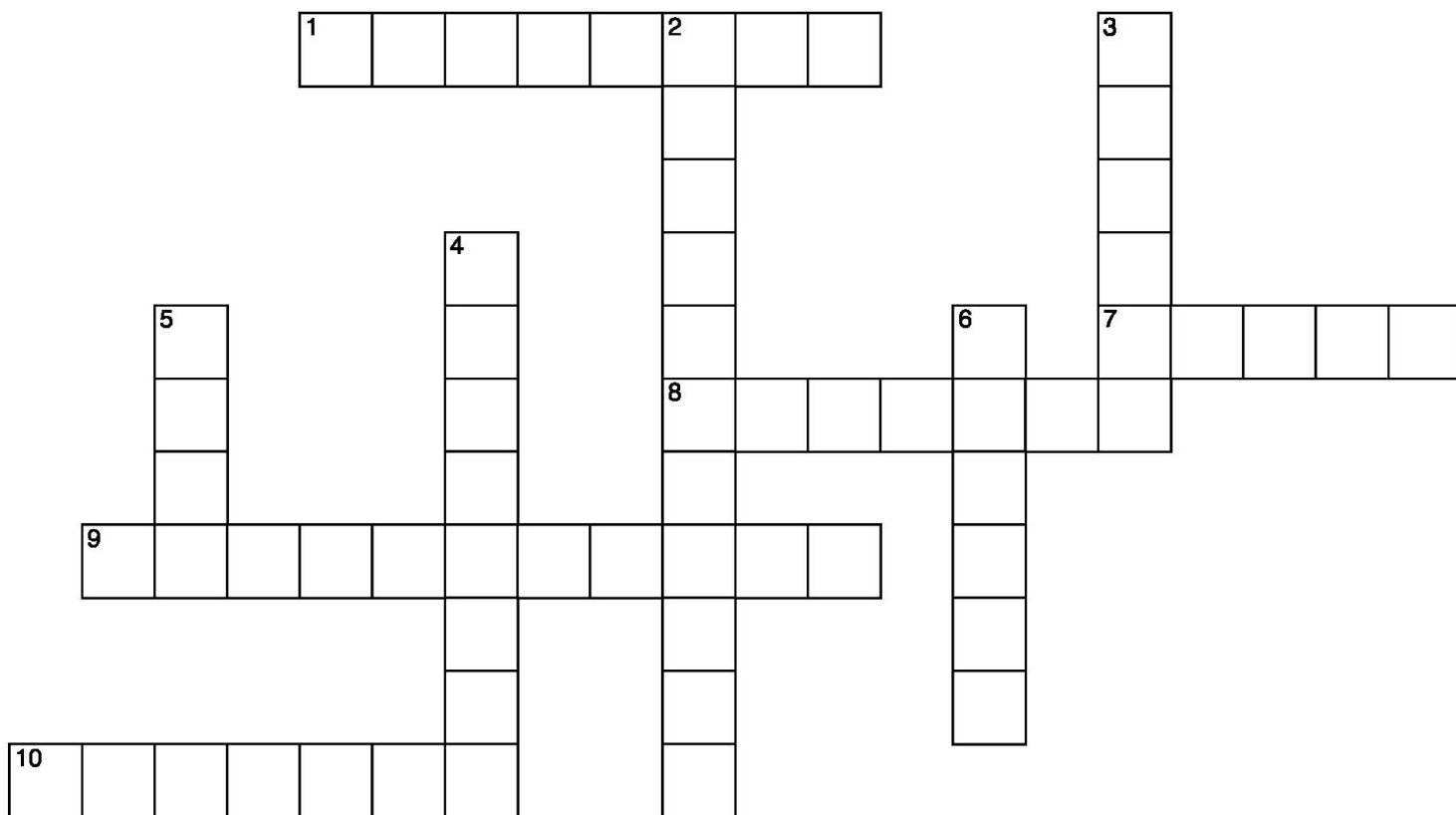
Repeat one of the three exercises you practiced last month. (Choose balance, strength or flexibility) <https://go4life.nia.nih.gov/exercises/>

Take Action

For our action step today, share one small success you want to celebrate on New Year's Eve. And practice celebrating as you share! ***Pass around noise maker as they share.***

Optional action step: What would you think about making a group action step—something we accomplish together? We could track our progress monthly to stay accountable—and then celebrate together! ***If the group wants to try this, choose an action step and identify a way to monitor your progress.***

The "Missing" Game



ACROSS


- 1 Try swapping _____ for sugar in your coffee or oatmeal.
- 7 Are you tired of resisting food cravings? Try a healthier food _____ that still tastes delicious.
- 8 This small stone fruit is in peak season during June and July.
- 9 Summer heat increases your risk for _____.
- 10 Even small _____ can make a big impact in your health.

DOWN

- 2 Some _____ can increase your risk for dehydration.
- 3 Older adults can have reduced _____ signals.
- 4 Not all _____ are created equal.
- 5 Like other citrus fruits, adding a slice of _____ to water creates a refreshing summer beverage.
- 6 Staying _____ can help build muscle and maintain bone density.

Answers
ACROSS
1. Cinnamon
2. Medications
3. Thirst
4. Calories
5. Lime
6. Active
7. Swaps
8. Apricot
9. Dehydration
10. Changes





**When New Year's Eve
arrives in December
and I look back on
2019, what change
will I be most grateful
I made?**



walk farther

better blood sugar control

improved sleep

more energy

walk faster

better digestion

stronger muscles

less heartburn

softer, regular poop



FRESH CONVERSATIONS



Contact:

Name: _____

Phone: _____

Iowa Nutrition Network
Iowa Department of Public Health
(515) 281-6047

What is the
conversation
about?

July Conversations

- Small changes add up!
- It's hot! How to stay hydrated
- Sample a new summer recipe

When?

Where?

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN, FELLOWSHIP & FOOD**

Information & resources for seniors with home & family questions
ISU AnswerLine 1-800-262-3804