Let’s Get Moving!
Physical activities are important to help maintain a well balanced lifestyle. One activity, Back Leg Raise, helps improve strength and balance. This exercise works your lower back and buttocks.

Back Leg Raise
1. Stand behind a sturdy chair, holding on for balance.
2. Slowly lift one leg straight back without bending your knee or pointing your toes and holding this position for 1 second.
3. Repeat 10-15 more times with each leg.


Chilly Weather Tips
Chilly weather can be dangerous if you are unable to keep warm. Due to slower metabolism and less physical activity, older adults tend to lose body heat faster. When your body temperature gets very low, it is difficult to keep warm. This can result in symptoms of hypothermia—sleepiness, confusion, and clumsiness. Because hypothermia occurs gradually and affects thinking, you may not realize you need help.

Taking Precautions Against Cold Indoors
- Wearing hats, socks, and slippers indoors can provide extra warmth.
- Set your heat to at least 68–70°F
*To save on heating bills—close off rooms you are not using; close all vents and place rolled towels in front of doors and windows to keep out drafts.

Avoid using space heaters, if possible, as it can be a fire hazard and can cause carbon monoxide poisoning.

Tips for Keeping Warm Outdoors
- Bundle up by wearing layered clothing.
- Wear a scarf and a hat before leaving the house.
- Wear water proof coat or jacket for rain and wind protection.
- Change clothes immediately if wet.

Thank You Very Much!
To All Participants Who Contribute Their Portion

Please complete the Meals on Wheels survey and return your responses using the County of Santa Clara’s pre-paid envelope.

Meals on Wheels
Santa Clara County
333 W. Julian St.
San Jose, CA 95110-9901

Please make your check payable to:
"Meals on Wheels"

The requested contribution is $1.80 per day or $54.00 per month. This amount only covers a portion of the total cost of your weekly food delivery. While no one will be denied a meal for not contributing, we ask everyone to contribute what they can, as any contribution will assist the program to continue home delivery of nutritious meals.
The Elderly and Drug-Nutrient Interactions

The elderly population takes multiple prescribed or over-the-counter medications to treat various medical conditions. One commonly prescribed medication is Warfarin or Coumadin, an anticoagulant that helps prevent clots from forming in the blood—mostly used for people with high risk of stroke or heart attack.

When taking this medication, it is important to be aware of certain foods that can affect the absorption of the drug. Foods can enhance, delay, or decrease drug absorption. This is known as Drug-Nutrient Interactions.

What foods and drinks might interact with Coumadin?

Foods high in vitamin K found in leafy greens such as Kale, Collard Greens, Swiss Chard, Mustard Greens, Spinach, Cabbage, and Romaine Lettuce can alter the way the medicine works in your body. For a list of Vitamin K foods, check out the link below:


The Importance of Staying Hydrated

Did you know, older adults are among the most at risk groups for dehydration? That’s because fluid balance can be affected by many things such as medication, stress, exercise, general health, and the weather. To stay hydrated, it is recommended that 8 cups of water be consumed each day. This does not apply to people on a fluid restriction diet. You should consult your physician prior to making any changes to your fluid intakes.

Try the following ideas to help promote water intakes daily!

Add fruits and herbs to enhance the taste of water—works great with Sparkling water too!

Some fruits and vegetables have high water content. So, eat your way into hydration. It will also help you reach the daily intakes of fruits and vegetables.

Watermelon + Mint  Orange, Lemon + Lime  Lime, Kiwi + Strawberry, Mint + Lemon

https://www.mayoclinic.org/diseases-conditions/deep-vein-thrombosis/in-depth/warfarin-side-effects/art-20047592

Question: Do you need to avoid foods high in vitamin K? Answer: No.

To ensure Coumadin works effectively, it is important that you eat consistently the same amount of vitamin K-rich foods every day. Sudden increase or decrease in Vitamin K-rich foods can interfere with the absorption of Coumadin. You should consult your physician of any changes in your diet as it may affect the prescription of your medication.