



Hillsborough County
Florida

Senior LIFESTYLE

A Publication by Hillsborough County Department of Aging Services

WINTER 2009

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From the Director, Mr. Bart Banks



As the newly appointed Director for the Department of Aging Services, I want to express my sincere gratitude and appreciation to my staff, clients and their caregivers as we move into another great year. As the year progress, you will see many changes in how we can better service your needs.

Bart Banks

Aging Network Unites to Advocate for Vulnerable Seniors

The Florida Aging Network is experiencing an unprecedented challenge. Because of the deepening financial crisis, deep cuts are being considered to programs serving the most vulnerable seniors such as Community Care for the Elderly, Home Care for the Elderly, and the Alzheimer's Disease Initiative. These programs enable frail elders to remain at home and are proven to help avoid more expensive institutional care.

In response to this crisis, the Florida Council on Aging (FCOA) and its advocacy partners have undertaken an ambitious advocacy initiative, which has resulted in these programs being spared significant cuts in the recent Special Session of the Legislature. However, when the Legislature convenes again in March to develop the budget for Fiscal Year 2009-2010, there will be further pressure for program cuts. Your support for these essential programs is critical.

To find out how you can help, visit www.fcoa.org or e-mail moreinfo@fcoa.org.

"Money Follows Person" Effort Starts Slow, CMS Waits for Trends

Money Follows the Person (MFP) is a Centers for Medicare and Medicaid Services' (CMS) demonstration program providing federal money to states that are developing new strategies and approaches in providing long-term care support services.

Preliminary data on the CMS MFP Program show one-third of patients assessed for potential participation did not transition from a nursing home back into the community, an agency official said on Nov. 13 at a state Medicaid Directors Conference.

The official cautioned the data is an "early snapshot," as most of the 31 states with startup programs only recently began offering the service. Availability and suitability of housing for qualified residents are the primary setbacks of MFP.

Startup for the MFP program has been slow in terms of the "various states meeting their benchmark goals for transitions," said Carey Appold, CMS technical director for MFP. "Basic reasons for that: housing, housing, housing."

Reprinted with permission from Self Reliance Center for Independent Living.

Free Cell Phones for Seniors Who Qualify

The Lifeline Service offered through SafeLink Wireless is a government-sponsored program that provides income-eligible seniors with free cell phones and free minutes every month. Cell phones may increase safety for seniors by providing a means of communication in an emergency. This program provides a free TracFone for those who qualify, free 68 minutes of service per month that can roll-over, and the ability to buy more minutes through TracFone calling cards. There is no up front fee for the phone. Eligibility requirements are similar to those of Medicaid.

For more information or to apply, visit www.safelinkwireless.com or call 1-800-378-1684.

Coconut Oil Could Lessen Alzheimer's

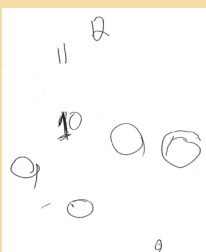
Effects *A Case Study by Mary T. Newport, M.D., from the Healthy Ways Newsletter*

Dr. Mary Newport is excited to share the positive results of treating her husband's early onset Alzheimer's disease with a simple dietary change, a daily dose of coconut oil. Dr. Newport began researching drug studies for her husband, Steve, to participate in after he was diagnosed with Alzheimer's disease. She found a study for a drug called Ketasyn. The active ingredient in Ketasyn, medium chain triglycerides (MCT oil), is derived from coconut or palm oil.

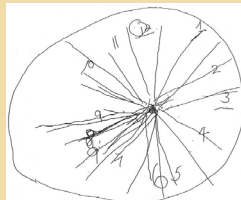
As part of the test to determine if he was eligible for the drug trial, a doctor asked Steve to draw a clock. The clock that he drew indicated that he had severe Alzheimer's disease. The Newports were disappointed that Steve scored too low on the Mini Mental State Exam (MMSE) to participate in the clinical trial for the Ketasyn drug. Thinking, "what have we got to lose" Dr. Newport purchased some 100% virgin coconut oil from a health food store on the way home.

After just a few days of including two tablespoons of coconut oil in his morning oatmeal, Steve was noticeably more alert, happier and even able to concentrate on tasks around the house and in the yard that he was previously unable to complete without direct supervision. After about two weeks, and again after 37 weeks, of incorporating the coconut oil into his diet, Dr. Newport asked her husband to draw another clock. The new drawings provide evidence that there is improvement in Steve's condition since starting the coconut oil.

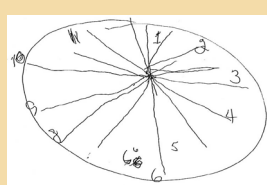
"My goal is to get the word out to as many people as possible so that they can at least try this simple dietary change," said Dr. Newport. "I have gotten feedback about a number of people who have had what their caregiver's believe is a 'dramatic improvement' and many more who have had one or more of the following improvements: less repetition, better disposition, walking more normally, less tremor, more energy, more talkative."



Clock 1








Clock 2



Clock 3

To learn more about Dr. Newport and Steve's experience, visit http://www.coconutresearchcenter.com/hwnl_5-4.htm

How Much is Your Serving?

Food Group/ How Many you Need in a day	Standard Serving Size	What it looks like
DAIRY FOODS 3 cups a day 	Milk 1 cup (8 ounces) Cheese, natural 1 1/2 ounces Processed Cheese 2 ounces Yogurt 1 cup (8 ounces)	A small carton milk 2-9 volt batteries A CD case A baseball
PROTEINS 5 1/2 ounces a day 	Meat 2-3 ounces Chicken 2-3 ounces Fish 2-3 ounces Beans 1 cup Peanut Butter 2 Tablespoons Nuts 1/3 cup Eggs 1 egg	A deck of cards Palm of your hand A deck of cards A baseball A roll of film A level handful
VEGETABLES 2 1/2 cups a day 	Raw, leafy greens 1 cup Cooked, chopped 1/2 cup French Fries 10 fries Baked Potato 1 medium	A baseball Computer mouse A deck of cards A baseball
FRUIT 2 cups a day 	Fruit Juice 3/4 cup Canned, cooked 1/2 cup Fresh, whole 1 medium Dry, raisins 1/4 cup	2 golf balls Computer mouse A baseball A golf ball
GRAINS 6 ounces a day 	Bread, tortilla 1 slice Dry Cereal 3/4 to 1 cup Pasta, Rice 1/2 cup Popcorn 2 cups	A CD case A baseball Computer mouse 2 baseballs
FATS/OILS sparingly	Salad Dressing 1 Tablespoon Potato Chips 1 ounce	2 dice 15-20 chips

*Prepared by the Hillsborough County Nutrition Program for education of SCNAP participants-4th quarter 2008
Adapted from the Hillsborough County Extension*

Coconut Oil Dietary Suggestions

By Dr. Mary Newport

HOW CAN COCONUT OIL BE USED IN THE DIET?

Coconut oil can be substituted for any solid or liquid oil, lard, butter or margarine in baking or cooking on the stove, and can be mixed directly into foods that have already been prepared. Some people take it straight with a spoon, but for most people it may be hard to swallow this way and may be more pleasant to take with food. If you are cooking on the stove, coconut oil smokes if heated to greater than 350 degrees or medium heat. You can overcome this problem by adding a little olive oil or peanut oil, which will allow you to cook at higher temperatures. Coconut oil can be used at any temperature in the oven.

WHAT IS THE NUTRIENT CONTENT OF COCONUT OIL?

Coconut oil has about 117-120 calories per tablespoon, about the same as other oils. It contains 57-60% medium chain triglycerides, which are absorbed directly without the need for digestive enzymes. It is then metabolized by the liver to ketones which can be used by any of the cells in the body as energy. This portion of the coconut oil is not stored as fat. Coconut oil is about 86% saturated fat, but keep in mind that this is vegetable, not animal, fat. It contains no cholesterol and no transfat as long as it has not been hydrogenated. An advantage of a saturated fat is that there is nowhere on the molecule for free radicals or oxidants to attach. About 6% of the oil is monounsaturated and 2% polyunsaturated. Coconut oil also contains a small amount of phytosterols, which are one of the components of the "statins" used for lowering cholesterol. Coconut oil contains omega-6 fatty acids but does not contain any omega-3 fatty acid, so this must be taken in addition to coconut oil. Some good sources of omega-3 fatty acids are salmon, fish oil or flax oil capsules, ground flax meal, chia (a fine grain), walnut oil and walnuts. Lauric acid is a medium chain triglyceride that makes up almost half of the coconut oil. Scientific studies show that lauric acid has antimicrobial properties and may inhibit growth of bacteria, fungus/yeast, viruses and protozoa. It is one of the components of human breast milk that is known to help prevent infection in a newborn.

WHAT KIND OF COCONUT OIL SHOULD I LOOK FOR?

Look for coconut oils that are non-hydrogenated and have no transfat. You will want to avoid coconut oils that are hydrogenated or super-heated because it changes the chemical structure of the fats.

HOW MUCH SHOULD I TAKE?

Some people, who try to take a lot of oil immediately, 2 tablespoons for example, experience cramping and diarrhea, or the sensation of fullness in the stomach. This might discourage someone from taking any further coconut oil! It is better to start with a small amount,

perhaps 1 or 2 teaspoons at a meal, and increase it slowly as tolerated over a week or longer. For most people, increasing gradually to about 3-4 tablespoons a day, spread over 2-3 meals would provide a steady level of ketones.

People who have a neurodegenerative disease that involves decreased glucose uptake in certain parts of the brain could benefit from taking higher amounts of coconut oil to produce ketones which may be used by brain cells as energy. Some diseases that fall into this category are Alzheimer's disease and other dementias, Parkinson's, ALS (Lou Gehrig's), multiple sclerosis, and Huntington's chorea. If you have one of these diseases or are at risk due to family history, you may want to try increasing to just over two tablespoons per meal (35 grams of oil) with two or three meals per day to see if the ketones from the coconut oil can produce some improvement. If your loved one is in assisted living, it may be possible for the doctor to prescribe coconut oil to be given at each meal, with the caution that it should be increased gradually.

DO I NEED TO BE WORRIED ABOUT GAINING WEIGHT FROM THE EXTRA FAT IN THE DIET?

Yes!! The best way to avoid gaining weight is to substitute coconut oil for most other fats and oils in the diet, and if that isn't enough, perhaps cut back on portion sizes of the carbohydrates, such as breads, rice, potatoes, cereals, and other grains.

Tips for Cooking with Coconut

- Use coconut oil instead of butter on toast, bagels, grits, corn on the cob, potatoes or sweet potatoes.
- Mix coconut oil into oatmeal or other hot cereal.
- Add coconut oil or coconut milk to your favorite smoothie recipe.
- Mix coconut oil into rice, vegetables, noodles, pasta.
- Mix coconut oil half and half with salad dressings. If the salad dressing is cold from the refrigerator, pour some into a microwavable container and warm it for about 10-12 seconds in a microwave oven and then add the coconut oil. If added to cold liquids or foods, coconut oil tends to harden.
- Mix coconut oil into your favorite soup, chili or spaghetti sauce.
- Use a measured amount of coconut oil to stir fry or sauté any of your favorite dishes.
- Purchase or make coconut macaroons made from all natural ingredients. This may be an easy way to add coconut oil to the diet of an elderly person or a child. The fiber may be especially beneficial to a person with Crohn's or other type of inflammatory bowel disease and the oil will help with absorption of vitamins and other nutrients.
- Eat a 2" x 2" square of raw coconut for a snack to provide 15 grams of oil.



Department of Aging Services
 601 E. Kennedy Blvd., 25th Floor
 Tampa, FL 33602
 Phone: 813-272-6630
 Fax: 813-276-6862
www.hillsboroughcounty.org/aging

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 Bart Banks, Director

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Town 'N Country Commons Senior Center

The Hillsborough County Town 'N Country Commons opened its doors to the public on December 3, 2008. The Town 'N Country Commons community senior center, a head start center and a regional library are co-located within this area. In addition, opening soon is the Hillsborough County Shimberg Gardens.

The 10,150 square foot Town 'N Country Senior Center will provide nearby seniors with essential programs to promote independence and improve their quality of life. The senior center features amenities and activities for active seniors such as a fitness room with exercise equipment, a game room with a billiard table, Zumba dance lessons and other exercises, cooking, sewing, and painting classes. The center also offers congregative dining, nutrition education, health screenings, health and financial seminars, as well as services for seniors with Alzheimer's disease or similar forms of dementia and their caregivers.

Town 'N Country Commons
 7606 Paula Drive
 Tampa, FL 33615
 Senior Center Phone:
 813-873-6336



Volunteer Opportunities at Town 'N Country Senior Center

Aging Services is currently seeking volunteers for activities at the new Town 'N Country Senior Center. If you or someone you know would like to participate in this exciting new volunteer opportunity, please contact the RSVP office at (813) 276-2936. The senior center is particularly interested in recruiting volunteer coordinators, activity coordinators, receptionists, and facilitators for activities such as scrap booking, exercise, crochet, sewing, painting, or whatever your unique talent is.

