



# Nutrition News: Summer 2021

Published by the Area Agency on Aging of Dane County

*It's finally time...*

## For Summer Farmers' Markets!

Visiting a farmers' market is a great way to people watch, get some fresh fruits and vegetables, try some different kinds of foods, be outdoors, and do some walking. For those of you who can't get out to visit the farmers' markets, ask a trusted person to go for you. Or ask someone to help you with growing some vegetables in a container.

Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to senior adults for use in purchasing fruit, vegetables, or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2021 growing season (June 1–October 30).



The vouchers are distributed on a first come/first serve basis to those age 60+, who live in Dane County, and have gross incomes under **\$23,828 per year (or \$1,986/month) for a one person household and \$32,227 per year (or \$2,686/month) for a two person household.** One set of vouchers per household regardless of size of household.

**Due to COVID-19, distribution of farmers' market vouchers will be done by mail.** If you received vouchers last year, you will receive an application in the mail by the end of May, along with instructions for this year's program. For those who have never participated in the program and wish to apply, contact AAA Dietitian Shannon Gabriel at 261-5678. Once we receive and approve your application, vouchers will be mailed starting on June 1<sup>st</sup>.



*"This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."*



In tough times, communities find strength in people—and people find strength in their communities.

In the past year, we've seen this time and again in Dane County as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger, too. Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too. Together, we can find strength—and create a stronger future. Here are some ways to share, connect, and make our community stronger:



**Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal or call a friend or family member to share a happy moment or to say thank you. **Reach out to neighbors:** Even if you can't get together in person right now, leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.

**Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

**Share your story:** There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. That's something to celebrate!

## The Sun, UV Light, and Your Eyes

Summertime often means long hours in the sun. Most of us remember to protect our skin by applying sunblock, but your eyes need protection as well. UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens. Unfortunately, many people are unaware of the dangers UV light can pose.



Protect your eyes from sun damage in every season by wearing UV-blocking sunglasses. Many sunglass shoppers forget to check the UV rating before purchasing a pair. Be sure to select sunglasses that provide 100% UV or UV400 protection, or block both UV-A and UV-B rays.

Here are additional tips to protect your eyes from UV damage, no matter what the season:

- Wear a hat along with your sunglasses. Broad-brimmed hats are best.
- Know that clouds don't block UV light. The sun's rays can pass through haze and clouds.
- Sunlight is strongest midday to early afternoon, at higher altitudes and when reflected off of water, ice or snow. Never look directly at the sun— doing so at any time, can damage the eye's retina and cause a serious injury.



### Sunlight and your health

Healthy exposure to sunlight can have positive effects, as long as you protect your eyes from UV damage.

You need a little natural light every day to help you sleep well. That's because the light-sensitive cells in our eyes play an important role in our body's natural wake-sleep cycles. This is especially important as we age and become more apt to insomnia.

### Prevention matters

The American Academy of Ophthalmology recommends adults 65+ see their ophthalmologist for a complete eye exam every 1-2 years to check eye health.

- Adapted from American Academy of Ophthalmology

## Oatmeal is a Great Way to Get Fiber.

Oatmeal has two types of fiber: **soluble** and **insoluble**. Both types of fiber are essential for keeping your intestinal system running smoothly. Soluble fiber allows more water to remain in your stool, making waste softer, and thus, easier to pass through your intestines. Insoluble fiber adds bulk to your stool, which hastens its passage through your gut and prevents that constipated feeling.

The soluble fiber in oatmeal takes longer to break down, which can help you feel fuller longer. This will prevent over-eating later on in the day, provide constant energy, and can also help control your blood sugar. As a general rule, the less processed the oats are, the more nutritious they are.



## A New Way to Eat Oatmeal: Overnight Oats

A mixture of milk, yogurt, and raspberries combine with dry oats to become a smooth make-ahead breakfast. Just mix and refrigerate overnight for the next day. Pro tip: Make 2-3 jars at a time.

### Ingredients

- 1/2 cup milk (or less for thicker oatmeal)
- 1/4 cup Greek yogurt, plain or flavored
- 2 teaspoons honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup raspberries, frozen or fresh

**Directions:** Combine milk, Greek yogurt, honey, cinnamon, and vanilla extract in a container or jar with a lid. Add oats and mix well. Gently fold in raspberries. Cover and refrigerate 8 hours to overnight. Enjoy cold or heat as desired.

## Nutrition News

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