

## Nutrition

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to order. What's ordered is completely up to the resident, Steele said, however, if staff start to notice that residents aren't picking food based on doctor recommendations or dietary needs, they intervene.

"We give them the freedom to pick off the menu, but we provide guidance with disease and diet education," Steele said. "We also

reach out to families so they aren't bringing snacks or food that they shouldn't."

For example, residents in the congestive heart failure program receive a food diary with information about good nutritional habits and space to catalogue what they eat each day. This allows for the doctor and dietician to work with them on positive changes, while also providing food the residents enjoy.

"We have a food committee, made up of residents, that meets with the chef

every month to discuss what residents are enjoying and what they'd like to eat," Steele said. "We work off their recommendations, and the state requirements, to plan our menus."

For more information on leading a healthy senior lifestyle, visit [www.nutrition.gov/life-stages/seniors](http://www.nutrition.gov/life-stages/seniors). For more information on local senior nutritional services, including home-delivery, contact the Mifflin-Juniata Area Agency on Aging at 242-0315.

### Healthy "Mock" Pecan Pie

Serves 8

#### Ingredients:

- 1 1/4 cups granulated sugar
- 2/3 cups light corn syrup
- 1 1/4 cups liquid egg substitute
- 1 ounce margarine
- 1 teaspoon vanilla extract
- 3/4 cups instant oatmeal
- 1 unbaked pie shell

Mix sugar and corn syrup until well blended.

Combine sugar mixture with liquid egg. Add margarine, vanilla and oatmeal; mix well until oatmeal is coated with egg and sugar mixture.

Pour filling into unbaked pie shell.

Bake at 450 degrees for 15 minutes; reduce to 350 degrees and continue baking for 30 minutes.



Sentinel photo by LAUREN LINHARD

Lori Hare, front, and Danelle Steele prepare an oatmeal caramel pie for residents of Golden LivingCenter - William Penn in Lewistown.

# Lewistown Home Health & Hospice: *The Bridge* Part of Centre HomeCare, Inc.

As a non-profit home health and hospice agency for more than 32 years, Lewistown Home Health & Hospice: The Bridge continues this caring tradition with innovative programs and services to meet the varied array of health care needs of our local residents.

- **Skilled Nursing Care:** A nurse provides individualized care following surgery or illness in the comfort of your home.
- **IV Therapy:** A skilled nurse can be ordered to administer & assist with the delivery of medications, correcting electrolyte imbalances and replacing fluids.
- **Cardiac Care:** Cardiac nurses provide care with frequent assessments, monitoring, evaluation of risk factors and education on the disease process.
- **Wound/Ostomy Care:** A certified wound/ostomy nurse specializes in ostomy care, diabetic foot care, wound debridement, compression therapy, fistulas, acute and chronic wounds, venous and arterial leg ulcers.
- **Home Health Aides:** An aide can provide assistance with bathing, light housekeeping and daily living tasks. They are available to promote patient independence and assist them to reach established goals.
- **Medical Social Services:** We have medical social workers to assist patients with accepting a new diagnosis. They are there to help patients & their families cope with the emotional impact of an illness.
- **Psychiatric Nursing:** A psychiatric nurse can assess the severity of emotional symptoms and their impact on one's well being.
- **Physical Therapy/ Occupational Therapy:** Our therapists can develop a customized recovery program to promote strength and mobility and reduce pain. Our therapists utilize a variety of techniques, including therapeutic exercises and muscle re-education to enhance the body's ability to recover after an illness or injury.

**For additional information call Lewistown Home Health at**

**717.242.5000**