



## March 2011 E-zine

### Thank You for Voting!

The American Dietetic Association Nominating Committee is pleased to report the outcome of the 2011 national and House of Delegates elections. The following individuals have been elected from among many excellent candidates. The Committee thanks RDs and DTRs for their participation in the nomination and election processes. Please join us in congratulating our colleagues.

[View Election Results Here](#)

[More Information Regarding the ADA Elections](#)



### Long Term Care Improvement Guide

The Long-Term Care Improvement Guide is a first of its kind compendium of innovations and approaches for transforming the culture of long-term care communities to be more resident-directed and relationship-centered. The featured practices and processes for organizational change span all models of culture change and apply across the long-term care continuum. The guide includes a section on Culinary Engagement.

[Access the free guide](#)

### RDs Making a Difference in Haiti

Despite the fact that it has been more than a year after the devastating earthquake in Haiti, people there are still in desperate need of help. Thanks to the donations from RDs across the country, we are helping to save lives. An Ohio RN who is working in Haiti shares the heartwarming story of a young girl whose life was saved due to a small donation of enteral feeding. This is a case of how a little bit can go a very long way!

[Read this touching story](#)

### Seniors Can Still Bulk Up On Muscle by Pressing Iron

As we age, our muscle mass decreases at surprising rates. According to Dr. David Heber, director of UCLA's Center for Human Nutrition, an average male who weighs 180 pounds might after age 60 lose as much as 10 pounds of muscle mass over a decade. But can we turn that around? Heber says absolutely. In fact, new research published in the journal *Medicine & Science in Sports & Exercise* finds older adults who begin lifting weights after 50 may win the battle against age-related muscle loss.

[From NPR News](#)





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### **Food Safety for People with Diabetes**

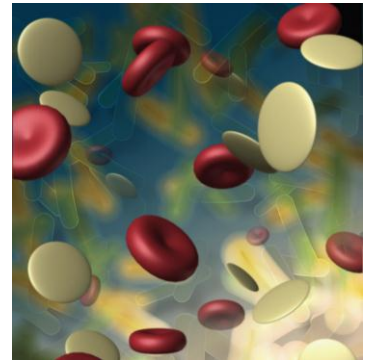
Food safety is important for everyone — but it's especially important for people with diabetes. The U.S. Department of Agriculture's Food Safety and Inspection Service has prepared a special booklet to provide practical guidance on how people with diabetes can reduce risk of foodborne illness. Diabetes can affect various organs and systems of the body, causing them not to function properly, and making people with diabetes more susceptible to infection.

[Access the free guide](#)

### **Older Adults More Likely to Have Bad Reactions from Meds**

Older Americans face a greater risk of harmful reactions to medications than younger individuals, a new study suggests. The study, conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA), found adults ages 50 and older comprised 51.5 percent of all emergency department visits in 2008 that were due to reactions to medications. That's about 1.1 million visits. And of those visits, about 61 percent were made by people aged 65 or older, and 60.9 percent were made by women.

[From MSNBC](#)



### **Daily Coffee Tied to Lower Stroke Risk in Women**

One or two cups a day is enough to do your heart some good, study shows. Women who enjoy a daily dose of coffee may like this perk: It might lower their risk of stroke. Women in a Swedish study who drank at least a cup of coffee everyday had a 22 to 25 percent lower risk of stroke, compared to those who drank less coffee or none at all. "Coffee drinkers should rejoice," said Dr. Sharonne N. Hayes, a cardiologist at Mayo Clinic in Rochester, Minn. "Coffee is often made out to be potentially bad for your heart. There really hasn't been any study that convincingly said coffee is bad."

[Read more](#)

[Watch the video](#)