



CABINET FOR HEALTH  
AND FAMILY SERVICES

502-564-6930

# Senior Health & Wellness Newsletter

*Kentucky Department for Aging and  
Independent Living*

Volume 42, Issue 7

July 2022

## Understanding the Sandwich Generation

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Some adults have found themselves raising their children or grandchildren while caring for their aging parents. These adults have been coined as the sandwich generation, defined by Merriam-Webster as "a generation of people who are caring for their aging parents while supporting their own children." Many of these adults are too young for retirement so they are finding themselves balancing work and home lives. This could include school/sports events, doctor/therapy appointments, two sets of grocery shopping, medication pick ups, and house cleanings. Some have aging parents move into their homes to make things a little easier and still be involved in their parents' daily care.

Sandwich caregiving could last a couple of months to many years, depending on the situation. It is lasting longer than before due to adults having children later in life and increased life expectancy of older adults.

Caregivers can often find themselves to be torn between decisions about children's events or parent needs, making it difficult to weigh out the importance of events between all members of the family while having to fit time in for themselves and their personal and professional needs.

Many people may not be aware or fully understand the stress that goes

along with multi-generational caregiving. Many may experience financial burdens, stress and extremely busy schedules. However, there are great benefits that come out of this opportunity. Being able to be close to family members and keeping them involved helps to create a strong support system and a close relationship between grandparents and grandchildren!

However, this "sandwich generation" does not have to tread these waters alone. The National Family Caregiver Support Program (NFCSP) was established in 2000 as a means to help "fund a range of supports" while working alongside state and community-based services to "reduce caregiver depression, anxiety, and stress," and enable caregivers to provide care at home. In Kentucky the NFCSP offers flexible benefits and support services to informal caregivers of people 60 years of age or older, an individual with Alzheimer's disease or a related disorder and also for grandparents and relatives age 55 or older caring a relative child no older than 18 years of age related by birth, marriage, or adoption.

Sources: <https://www.merriam-webster.com/dictionary/sandwich%20generation>  
<https://www.aplaceformom.com/caregiver-resources/articles/what-is-the-sandwich-generation>  
<https://www.acl.gov/programs/support-caregivers/national-family-caregiver-support-program>

## Food Safe at Potlucks

Potlucks are very common during the summer months. It is a time where family and friends get together and enjoy each other's fellowship and it usually consists of a meal. It is important to follow safe food practices with meals.

1. **Clean** your hands for at least 20 seconds with warm water and soap. Clean all food services prior to and after preparing food. Make sure you sanitize all surface that touch raw foods, including washing your hands with soap and water
2. **Separate** raw foods/meats away from your ready to eat foods. Make sure you use different cutting boards and knives between food items to avoid cross-contamination.
3. **Cook** items completely and check internal temperatures. Use a clean, probe-like thermometer to check the internal temperature of food items.
4. **Chill** foods if not consumed immediately. Do not keep food items out for more than 2 hours after cooking. If food items are set out at room temperature or exposed to hot outdoor temperatures, dispose of the food to avoid any chance of food borne illnesses.

Though these seem simple tasks, they are often forgotten. Stay food safe while enjoying your family and friends!

Source: <https://www.fsis.usda.gov/news-events/branding-toolkits>

## More Money, More Meals

In March of 2020 at the beginning of the pandemic, Governor Beshear announced anyone of the age of 60 or above who needed a meal would receive a meal. With the uncertainty of the pandemic, many seniors began sheltering in place and utilizing Older Americans Act services. This meant waiting lists were eliminated and many Kentucky seniors received a meal. With this, senior centers across the state saw an amazing response serving meals that they didn't know was possible. Every senior center across the state saw a major increase for meals, both drive-thru/congregate or home delivered meals.

Over the past two years, some agencies the demand for meals has decreased slightly, however; they are still serving more than prior to the pandemic. With that, Kentucky's legislatures, along with Gover-

nor Beshear, recognized the importance of this meal program and the benefit Kentucky older adults were receiving. Kentucky's fiscal budget for the next two years included an increase in funds for the meals program. Kentucky's Department for Aging and Independent Living will also receive additional funds from the federal level. This helps sustain the number of meals the senior centers are serving! This is wonderful news. As our senior centers continue to strive to serve as many of Kentucky's older adults as possible, if you know of anyone who is of the age of 60 (or older) and could benefit from a meal, please have to them reach their local senior center or call the state ADRC line at: (877) 925-0037.

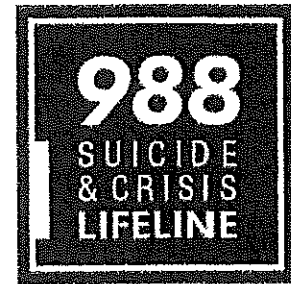
**TEAM**  
**KENTUCKY**

## New Suicide Prevention Lifeline '988'

On July 16, 2022, the National Suicide Prevention Lifeline will begin using a new hotline number, **988**. This number can be used by voice calling or texting services. When used, a trained counselor will be used to listen, understand problems, provide support and connect individuals with local resources. Currently in

Kentucky, suicides in older adults is on a rise. Many reasons for suicide are: loneliness, burdensome, mental health, financial insecurities, and pain. It is important to recognize signs of suicide and provide help and resources to the individual. If you or you know of an individual who may be

at risk for suicide, please call emergency services (911). Offer support to this individual by listening and talking about the situation. Share the National Suicide Prevention Lifeline number (988) for 24/7 support. Source: <https://www.ncoa.org/article/how-to-respond-to-suicide-risk-in-older-adults> <https://suicidepreventionlifeline.org/current-events/the-lifeline-and-988/>



## Stuffed Peppers (2 Servings)

- 2 Medium Green Peppers
  - 1/2 pound ground beef
  - 1 can (8oz) tomato sauce, divided
  - 1/4 cup uncooked instant rice
  - 3 tbsp shredded cheddar cheese, divided
  - 1 tbsp chopped onion
  - 1/2 tsp Worcestershire Sauce
  - 1/2 tsp salt
  - 1/4 tsp pepper
  - 1 large egg, beaten
1. Cut tops off peppers and discard; remove all seeds. Blanch peppers in boil-

- ing water for 5 minutes. Drain and rinse in cold water; set aside.
2. In a bowl, combine beef, 1/4 cup tomato sauce, rice, 2 tbsp cheese, onion, Worcestershire sauce, salt, pepper and egg; mix well. Stuff the peppers; place in ungreased 1-1/2qt baking dish. Pour the remaining tomato sauce over peppers. Cover and bake at 350 degrees F for 45-60 minutes or until meat is no longer pink and peppers are tender.
3. Sprinkle with remaining cheese; return to the oven for 5 minutes or until cheese is melted.

Source: <https://www.tasteofhome.com/recipes/stuffed-peppers-for-two/>



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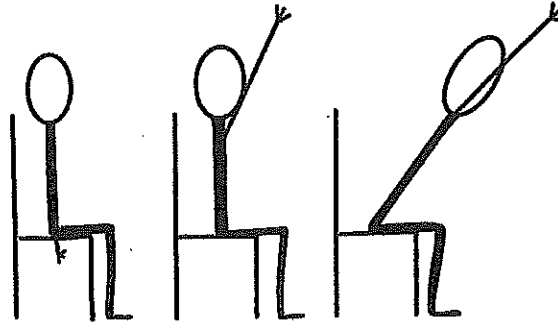
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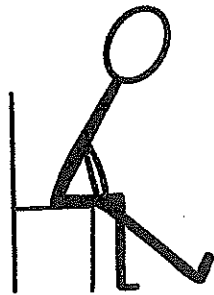
*This month we're focusing on flexibility! Only perform exercises you feel comfortable doing. Do not do anything that causes pain. Always consult your doctor before beginning any exercise regimen.*

### 1. Half Forward Bending Stretch



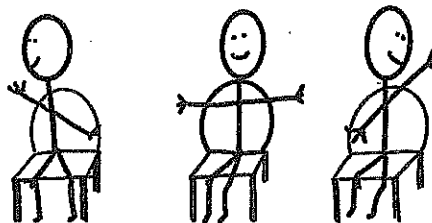
Begin with arms down at your side, then raising comfortably overhead. Next bend at your waist forward and hold position for 5-10 seconds. Return to starting position. Repeat this 5 times.

### 2. Hamstring Stretch



Sitting at edge of sturdy chair, straighten a knee and rest your heel on the floor. Slowly lean forward until you feel a stretch in the back of your straightened leg. Hold in a comfortable position for 30 seconds, repeated 5 times each leg.

### 3. Helicopter Stretch



Raise arms out to side. Slowly turn at waist to your right. Slowly return to center. Slowly turn to your left and return to center. Repeat this motion 5-10 times.

Website:  
[chfs.ky.gov/  
agencies/dail](http://chfs.ky.gov/agencies/dail)



# July Dates in History

Pegi Schlis, CTRS, ACC, AG-BC

## July 1

- **1904** The III Summer (Modern) Olympic Games opened in St. Louis, MO, the first held in the U.S.
- **1963** The U.S. Post Office inaugurated its five-digit ZIP (Zone Improvement Plan) codes.

## July 2

- **1937** Aviator Amelia Earhart and navigator Fred Noonan disappeared over the Pacific Ocean while attempting to make the first round-the-world flight at the equator.
- **2001** Robert Tools received the world's first self-contained artificial heart in Louisville, KY. He lived 151 days with the device.

## July 3

- **1608** The city of Quebec was founded by Samuel de Champlain.
- **1930** Congress created the U.S. Veterans Administration.

## July 4

- **1802** The United States Military Academy officially opened at West Point, NY.
- **1866** A firecracker thrown into the woods started a fire which destroyed half of Portland, ME.

## July 5

- **1811** Venezuela became the first South American country to declare independence from Spain.
- **1865** William Booth founded the Salvation Army in London, England.

## July 6

- **1933** The first Major League Baseball All-Star Game was played at Chicago's Comiskey Park. The American League defeated the National League 4 to 2.
- **1956** President Truman signed an executive order establishing the Medal of Freedom.

## July 7

- **1928** Sliced bread was sold for the first time by the Chillicothe Baking Company in Chillicothe, MO using a machine invented by Otto Frederick Rohwedder. This was described as the greatest forward step in the baking industry since bread was wrapped.
- **1930** Construction began on the Boulder (Hoover) Dam.

## July 8

- **1680** The first confirmed tornado in America killed a servant at Cambridge, MA.
- **1889** *The Wall Street Journal* was first published.

## July 9

- **1815** The first natural gas well in the U.S. was discovered. The well was found accidentally when Captain James Wilson was digging a salt brine at Burning Springs near Charleston, WV.
- **1872** A doughnut cutter patent was granted to John F. Blondel of Thomaston, ME.

## July 10

- **1040** According to legend, Lady Godiva rode naked on horseback through Coventry in England to force her husband, the Earl of Mercia, to lower taxes.
- **1973** The Bahamas became independent after three centuries of British colonial rule.

## July 11

- **1798** The U.S. Marine Corps was formally re-established by a Congressional act that also created the U.S. Marine Band.
- **1955** The U.S. Air Force Academy was dedicated at Lowry Air Base in Denver, CO. Also in 1955 construction on the Academy began in Colorado Springs. The first class of 306 men was sworn in at Lowry.

## July 12

- **1909** The 16<sup>th</sup> Amendment was passed by Congress that gave them the power to lay and collect taxes on incomes.
- **1933** Congress passed the first minimum wage law (33¢ per hour).

## July 13

- **1865** Horace Greeley, founder and editor of the *New-York Tribune*, reputedly advised his readers to "Go west, young man."
- **1923** The Hollywood sign was officially dedicated in the hills above Hollywood, CA. It originally read "Hollywoodland" but the four last letters were dropped after renovation in 1949.

## July 14

- **1789** The French Revolution began with the fall of the Bastille Prison. Citizens stormed the prison and released the seven prisoners inside.
- **1864** Gold was discovered in Helena, MT.

## July 15

- **1869** Margarine was patented by Hippolye Mège-Mouriès for use by the French Navy.
- **1916** The Boeing Co., originally known as Pacific Aero Products, was founded in Seattle, WA by William Boeing.

### July 16

- 1439 Kissing was banned in England to stop the Black Death from spreading.
- 1790 The District of Columbia was established as the seat of the U.S. government.

### July 17

- 1861 The U.S. Congress authorized paper money.
- 1955 Disneyland opened in Anaheim, CA.

### July 18

- 1932 The U.S. and Canada signed a treaty to develop the St. Lawrence Seaway.
- 1947 President Truman signed the Presidential Succession Act which placed the speaker of the House and the Senate president pro tempore next in the line of succession after the Vice President.

### July 19

- 1845 Fire in New York City destroyed more than 345 structures and killed 30 people. It began at dawn on the third floor of a whale oil and candle manufacturing establishment on New Street - only a few blocks from where the Great Fire of 1835 started.
- 1860 The first railroad reached Kansas.

### July 20

- 1858 A fee was first charged to see a baseball game (50¢).
- 1868 Stamps were first used to show payment of taxes on manufactured tobacco. These were denominated in cents per pound - 16¢ for tobacco with stems and 32¢ for tobacco without stems.

### July 21

- 1853 Central Park in New York City was created when the New York state legislature voted to set aside more than 750 acres of land on Manhattan Island.
- 1969 Neil Armstrong, an astronaut from Apollo 11, became the first person to step on the moon.

### July 22

- 1937 The U.S. Senate rejected President Franklin Roosevelt's proposal to add more justices to the Supreme Court.
- 1942 Gasoline rationing involving the use of coupons began along the Atlantic seaboard.

### July 23

- 1829 William Austin Burt patented America's first "typographer" (typewriter).
- 1866 The Cincinnati Baseball Club (Red Stockings) formed.

### July 24

- 1534 Jacques Cartier landed in Canada claiming it for France.
- 1832 Benjamin Bonneville led the first wagon train across the Rocky Mountains by Wyoming's South Pass.

### July 25

- 1866 Ulysses S. Grant was named general of the U.S. Army, the first officer to hold the rank.
- 1952 Puerto Rico became a self-governing commonwealth of the U.S.

### July 26

- 1775 The U.S. Continental Congress created the United States Post Office (U.S.P.O.) in Philadelphia, PA. Benjamin Franklin became the postmaster-general.
- 1952 Mickey Mantle hit his first grand-slam.

### July 27

- 1836 The ship, *Duke of York*, arrived with the first colonists at Nepean Bay, Kangaroo Island, South Australia.
- 1837 The U.S. Mint opened in Charlotte, NC. A fire destroyed it on the same day in 1844.

### July 28

- 1866 The metric system became a legal measurement system in the U.S.
- 1900 One of the many claims to the origin of the hamburger is that Louis Lassing first served hamburgers on buns in his diner in New Haven, CT.


### July 29

- 1914 Transcontinental telephone service began with the first phone conversation between New York City and San Francisco, CA.
- 1958 President Eisenhower signed the National Aeronautics and Space Act which created NASA.

### July 30

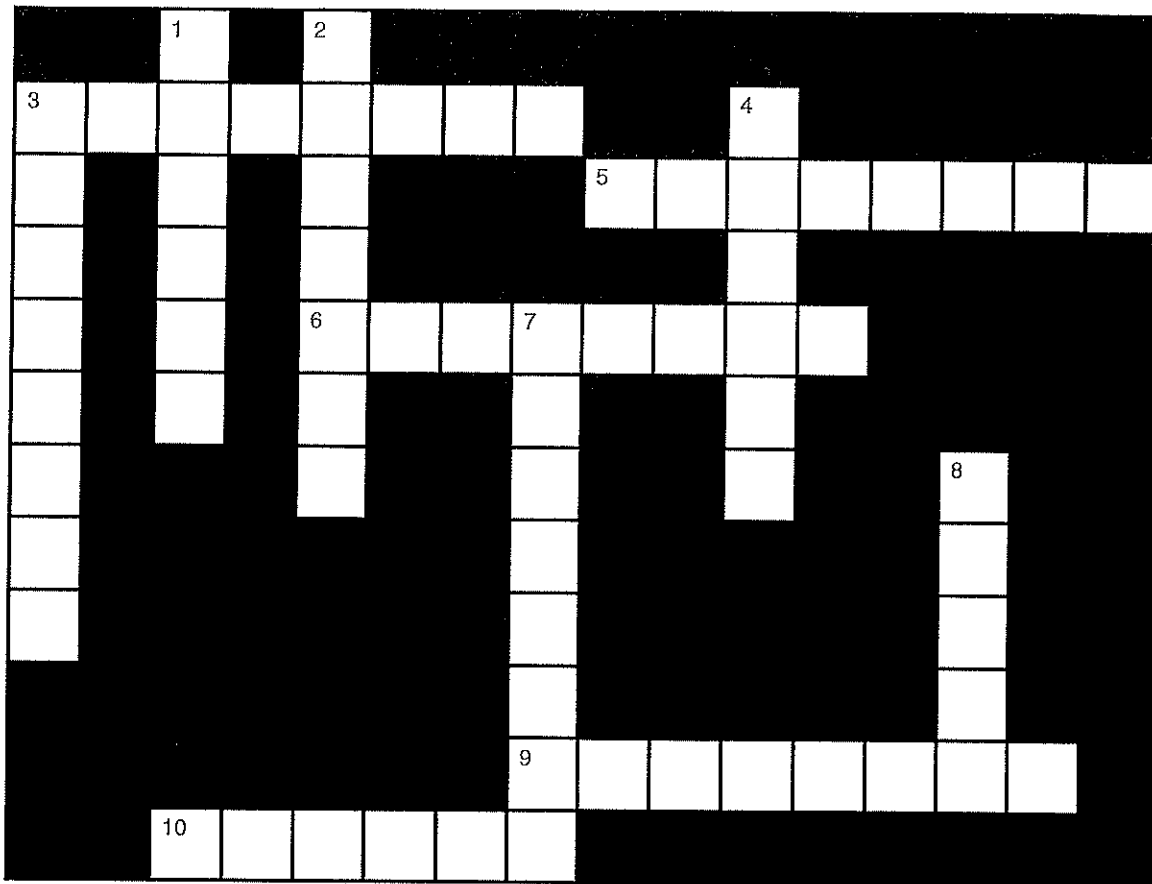
- 1932 The Summer Olympic Games opened in Los Angeles, CA.
- 1942 President Franklin Roosevelt signed a bill creating a women's auxiliary agency in the Navy known as Women Accepted for Volunteer Emergency Service or WAVES.

### July 31

- 1792 The cornerstone was laid for the first U.S. government building, the U.S. Mint in Philadelphia, PA.
- 1922 Ralph Samuelson, who was 18 years old, was credited for riding the world's first water skis (in Minnesota). 



# 👉 MIDDLE EASTERN FOODS CROSSWORD PUZZLE



## ACROSS

- 3. Eggplant dish that's similar to baba ghanoush
- 5. Tender skewered meat
- 6. Lettuce salad with tomatoes, cucumbers, onions, and crunchy squares of pita with a dressing of olive oil, garlic, lemon, and mint
- 9. Shaped like a pie, dessert that's made with a cake-like crust, and a thick muhalabia (milk pudding) \_\_\_\_ Lenza
- 10. Favorite dish among tourists made with ground beef, onions, and bulgur wheat

## DOWN

- 1. Spread made from chickpeas
- 2. Made from chickpeas and herbs and deep fried
- 3. Layered eggplant and ground meat casserole dish
- 4. Traditional dish made of lamb, yogurt, and rice
- 7. Salad made of bulgur wheat, parsley, mint, onions, and tomatoes
- 8. Stuffed grape leaves

**WORD LIST:** DOLMA, EGYPTIAN, FALAFEL, FATTOUSH, HUMMUS, KIBBEH, MANSAF, MOUSSAKA, MOUTABAL, SHAWARMA, TABOULEH



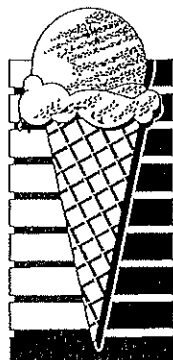
*Answers on page 45*

# 👉 ICE CREAM FLAVORS WORD SEARCH



## WORD LIST

- |                           |                           |                           |
|---------------------------|---------------------------|---------------------------|
| • <u>BANANA</u> NUT FUDGE | • COFFEE                  | • <u>MAPLE</u> NUT        |
| • <u>BLACK</u> WALNUT     | • EGGNOG                  | • PEACH                   |
| • <u>CHERRY</u> MACAROON  | • <u>FRENCH</u> VANILLA   | • <u>PEPPERMINT</u> STICK |
| • <u>CHOCOLATE</u> CHIP   | • <u>GREEN</u> MINT STICK | • ROCKY ROAD              |
| • <u>CHOCOLATE</u>        | • <u>LEMON</u> CRISP      | • STRAWBERRY              |



Answers on page 45