

Keep Foods Safe

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Don't be a victim of foodborne illness. Many people get sick from contaminated food each year but think they just had a case of the flu. Keep your food safe by:



Thawing meat in the refrigerator. The outside of the meat can become room temperature while the inside is still thawing. Bacteria can grow on the outer parts of the meat and make you sick.

Put food in the refrigerator after you eat. Leaving food at room temperature can allow bacteria to grow. Refrigeration slows down that growth. You can't see, smell or taste most bacteria. If you think the food may be bad, throw it away!

Tai Chi for Health

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Tai Chi is a common exercise for Chinese and has been found to offer health benefits, in particular to older people. Tai Chi is a series of slow and continuous movements which requires grace and balance. A study by the

U.S. National Institute of Aging found that Tai Chi helped reduce the percentage of falls among 200 people age 70 and older by about 50%. In this study, 200 older people practiced Tai Chi and found that it helped them gain confidence and lessened their fear of falling.

About one out of three older Americans fall very year. Twenty-five percent of them have a serious injury as a result of falls. In addition, older people usually have more serious falls than younger people since they have brittle bones which break easily and take longer to heal. About 12 billion dollars is spent on these falls annually in the United States.



Tai Chi can lower the rate of falls and help maintain the benefits of strength. Tai Chi does not require equipment and is an inexpensive and effective exercise for older people to practice even at home. (Global Aging Report, Vol. L, No. 3).



Creative Living is written by University of Missouri Extension Regional Specialists for seniors in English and Spanish. This newsletter is a partnership among the Guadalupe Center, Alzheimer's Association, and University of Missouri Extension. If you have any suggestions for its content, please contact Nina Chen, Ph.D., Human Development Specialist, 816-252-5051.

****Spanish translation provided by Kelly Loeb through Support of Alzheimer's Association.***