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## Have you Heard About EGSEF?

EGSEF is the **Elm Grove Senior Education Forum**, comprised of professionals in Elm Grove and surrounding communities. EGSEF includes a: Chiropractor/ Nutritionist, Medical Patient Advocate, Acupuncturist/ Nutritionist, Certified Public Accountant, Home Realtor, Home Care Specialist (personal cares and senior care management), Physical Therapist, Estate Planning Attorney, Trust & Wealth Management Officer, Veterinarian, EMT, ENT and more. These profes-

sionals will share their expertise with seniors on such topics as: Diabetes, Alzheimer’s, Parkinson’s, Arthritis, other diseases, mixing medications and supplements, Health Care Power of Attorney, Living Wills, Medicare, pet medicine, how to survive the aging process, and so much more. You will have the opportunity to pick the brains of professionals including a physician and pharmacist to help resolve some of your personal health related questions. Come meet your neighbors. Pro-

grams will be held monthly at the Elm Grove Park & Recreation Center (below the Library). Meetings will begin in July. Watch for our community service announcement in area newspapers and pick up an EGSEF Booklet at 910 Elm Grove Road, Suite 22, as well as many other area businesses. Booklets will be available June 2nd. Be sure to tell a friend. Treats will be served.



## Need More Protein in Your Diet?

Did you know that quinoa (keen-wah) has nine essential amino acids making this unique grain a complete protein? Eating quinoa can provide you with 10% of your daily iron and a serving provides you with 3 grams of fiber. Also quinoa is gluten-free. Quinoa is a very versatile seed. It can be served for breakfast, lunch or dinner. It can be cooked up like rice with your favorite vegetables, or mixed with your favor-

ite berries and honey. Like couscous quinoa has been cultivated for over 5,000 years by the Inca Empire. Quinoa is often thought to be a grain, but is actually a seed. Quinoa has a fluffy, creamy and yet crunchy texture. When cooked quinoa has an almost nutty flavor. This protein rich item is available in the health food section of your local grocery store.

Magee, Elaine. "Five Reasons to Try Quinoa". Web MD: Healthy Recipe Doctor 11 Mar 2011; Web: 17 Mar 2011. <http://blogs.webmd.com/healthy-recipe-doctor/2011/03/five-reasons-to-try-quinoa.html>



**Quinoa (keen-wah).**

Photo from [www.mothernature.com](http://www.mothernature.com)

**“Quinoa & Black Bean Recipe”**  
**Amount Per Serving:**  
Calories: 142 | Total Fat: 1.7g | Cholesterol: 0mg

**Directions:**

Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and sauté until lightly browned. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.

<http://allrecipes.com/Recipe/quinoa-and-black-beans/etail.aspx>

**“Quinoa & Black Bean Recipe”**

**Ingredients:**

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, peeled and chopped
- 3/4 cup uncooked quinoa
- 1 1/2 cups vegetable broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- salt and pepper to taste
- 1 cup frozen corn kernels
- 2 (15 ounce) cans black beans, rinsed and drained
- 1/2 cup chopped fresh cilantro



Did you miss last month's newsletter?

Read it on our website:

[www.prestigehomehealth.com](http://www.prestigehomehealth.com)

For more information on Nutrition and Health call the

**Wisconsin Institute Of Nutrition** at

1-877-332-7899 or go to their website at

[www.nutritioninstitute.com](http://www.nutritioninstitute.com)

## Are You a Celiac or Just Sensitive to Gluten?

What is a Celiac? A celiac is an individual who has an inability to tolerate wheat protein (gluten). Gluten is found in breads, rolls, cookies, pretzels, muffins, scones, cakes, bagels, crackers, biscuits, flour, pastas, crusts, stuffing, waffles, and more. When celiacs digest gluten the body's immune system sends out an attack force that is



referred to as it's antibodies. These antibodies end up destroying

portions of the intestines by mistake. Due to the gluten in the body, these antibodies flatten finger-like tissues on the surface of the inside of the intestines, (villi). These villi are responsible for nutrient absorption. Numerous symptoms can be created by this inoperable digestion process; such as: bloating, cramping, IBS (irritable bowel syndrome), and diarrhea. If you are just sensitive to gluten you are less likely to have flattened villi in your intestines, but you will have symp-

toms such as: fatigue, headaches, diarrhea, stomach problems that are similar to that of an individual with IBS, possible depression, and even numbness. At the moment there are no medical treatments for celiacs or individuals who have gluten sensitivity. The only source of treatment is a gluten-free diet.

Beck, Melinda. "Clues to Gluten Sensitivity". *Wall Street Journal* (2011) Web. 22 Mar 2011. <[www.wsj.com](http://www.wsj.com)>

## What if...



**What if you were incapacitated and couldn't make health care decisions for yourself?** If you have a **Health Care Power of Attorney** established you are usually in good hands. But, make sure the person

named on this document will represent your wishes when the time comes for some tough decisions. It's also good to have someone who is local, and don't have more than one primary and a back-up HCPOA.



**What if you are sick and can't pay your bills.** If you have established a **Durable Power of Attorney**, the person named on this document can write checks for you and access your bank account and legal papers. You can also have a professional do this for you if trust is an issue. Remember, as long as you have not activated your **HCPOA** or the **DPOA**, the person named on the document cannot act on your behalf, so you are protected.

**What if you end up in the emergency room** and the doctor doesn't know your medical history, current medications, HCPOA or other pertinent information that could expedite your care and perhaps even save your life? Stop in the Prestige Home Health Care office located at 910 Elm Grove Road Suite 22 and we'll give you the form you need and show you how to complete it. If you need help completing it, we'll do that too. Having this information available to the EMTs and Doctors could save your life.

**What if you are in the hospital and they tell you that you will be discharged in a day or two and you don't feel you are ready to go home?** You have several options. First off, meet with the case manager. Ask him/her what your options are if you feel discharge would be premature. Perhaps you can stay a few days longer if you work out a deal and pay privately. You can request that you be evaluated for transfer to a rehab facility. You can transfer to a nursing home for short-term respite care, just till you feel ready to go home. Other options available as well, such as a respite stay in a facility so you can transition home.

