The Green House Project, founded by Dr. William Thomas, calls itself a “radically new approach to long-term care.” The Green House Project was created as a response to current, mainstream ways of caring for seniors, citing inability to effectively deliver high quality of life and care.

The Green House Project believes that the environment in which long-term care is delivered can be “warm, smart and green.” The model is a plan for redesigning typical skilled nursing homes. The Green House Project aims to provide a high quality of life through a small, informal setting that delivers safe and effective care.

Some features of the Green House Project include:
- An attractive, home-like setting
- Small number of residents help to foster a warm and informal setting
- Rooms that offer privacy and independence
- Lifts in bedrooms to help move residents easily and safely
- Kitchen is designed for wheelchair residents, allowing access to the counter top and sink
- “Hearth area,” a space filled with daily activity located at the center of the home
- Opportunity for socializing through activities and fun
- Nursing care provided by skilled professionals
- Caregivers are linked with a sophisticated health care delivery network that can ensure quality, provide expertise, and organize back-up staffing

More information about the Green House Project may be found by visiting the website at www.thegreenhouseproject.org
Your Health

Cancer Prevention Through Healthy Lifestyle

When a family member or friend is diagnosed with cancer, it often makes us wonder how vulnerable we are to this devastating disease. Is it simply a roll of the dice or do we have some control over our chances of getting cancer?

The good news is that experts are now telling us that there are ways to prevent many types of cancer. In fact, 30-40% of cancer cases could be prevented by making healthier eating choices, being physically active, and keeping a healthy weight. Another 30% could be prevented by avoiding tobacco.

The following action steps on the best ways to prevent cancer were developed by the American Institute of Cancer Research:

1. Eat more plant-based foods. Although most of us grew up as “meat and potatoes” people, we should focus more on choosing foods that come from plants instead of those that come from animals to help prevent cancer and other chronic diseases. Try to fill at least 2/3 of your plate with vegetables, fruits, whole grains and beans and 1/3 with fish, poultry and lean meat.

2. Eat plenty of fruits and vegetables. Substances in fruits and vegetables known as antioxidants and other phytochemicals fight cancer by preventing cell damage from cancer-causing compounds. Eating at least 5 servings of fruits and vegetables each day could decrease overall cancer rates by 20%.

3. Eat less fat and red meat. If you eat red meat, try to limit it to 3 ounces or less a day. Too much red meat probably increases the risk of cancers of the colon and rectum, and possibly the breast, prostate, pancreas and kidney. Choose fish, poultry and beans more often. Eating too much fat possibly increases the risk of cancers of the lung, colon, rectum, breast and prostate. It also leads to weight gain, which itself increases the risk of certain types of cancer.

4. Eat less meat, fish, and poultry grilled over an open flame. Charred meat may increase your risk of stomach, colon and rectal cancers. Instead, use foil or indirect heat. Using marinades can reduce the formation of dangerous compounds. Grilling non-protein foods like vegetables and fruit does not affect cancer risk.

5. Eat less salt and salty foods. Foods high in salt and foods preserved in salt can increase the risk of stomach cancer, although this type of cancer is rare in the United States.
6. Maintain a healthy weight. Overweight and obesity increase your risk of heart disease, diabetes, high blood pressure and some cancers. Eat smaller portions because you need less food to maintain your weight as you get older. Go light on “empty calorie” foods like sweets and sweetened beverages that provide little nutritional value.

7. Be physically active. Regular physical activity offers you many benefits including helping to prevent colon cancer and possibly breast and lung cancers. Do some activity every day like walking, swimming, biking, or yoga and add some light weight-training.

8. Drink alcohol only in moderation, if at all. Although moderate amounts of alcohol may help protect against heart disease, it can also increase your risk of liver, mouth and throat cancers and possibly breast and colon cancers. If you choose to drink, limit to one drink a day for women and two drinks a day for men.

9. Avoid tobacco. Smoking is the main cause of lung cancer and can contribute to mouth, throat, pancreas, cervix, and bladder cancer. You can still benefit from quitting even if you’ve smoked for many years.

It’s never too late to adopt a healthy lifestyle. Eating healthier foods, staying physically active, and maintaining a healthy weight not only help prevent cancer, but also will keep you healthier by helping to prevent many other chronic diseases and conditions.


**Wild and Brown Rice Medley**

*This recipe is a good way to get nutrition-packed vegetables into your family’s dinner.*

1 cup wild and brown rice blend
2 cups low-sodium chicken broth
3 carrots, peeled and chopped
1/4 cup onion, chopped
8 ounces fresh mushrooms, sliced
3 cups fresh spinach leaves, torn into bite-size pieces, stems removed
Nonstick cooking spray

1. Bring chicken broth to a boil in a 2-quart sauce pan. Add rice and carrots; cover and simmer for 30 minutes.
2. Sauté onion and mushrooms in cooking spray until lightly browned. Add to rice mixture and continue cooking for about 10 minutes.
3. Add spinach leaves to rice mixture and

**People with serious medical conditions such as stroke or Parkinson’s Disease (PD) tend to be at greater risk for depression after the stroke or diagnosis of PD.**

---

Cooperative Extension Service  The University of Georgia
continue cooking on low for about 5 minutes or until spinach wilts.

Makes 4 servings.
Exchanges: 2 starch
Nutrition Information:
- Calories: 170
- Carbohydrate: 31 grams
- Protein: 7 grams
- Fat: 2.5 grams
- Cholesterol: 0 mg
- Sodium: 239 mg
- Fiber: 6 grams

**Your Relationships**

**Depression, Stroke and Parkinson’s**

Depression is a serious medical condition that affects thoughts, feelings, and the ability to function in everyday life. Almost one in ten American adults experience some form of depression every year. Various kinds of therapy can help in more than 80% of cases, but less than half of depressed persons get the help they need.

Depression may be diagnosed when five or more of the following symptoms are present every day for at least two weeks and interfere with daily activities:
- persistent sad, anxious, or “empty” mood
- feelings of hopelessness, pessimism
- feelings of guilt, worthlessness, helplessness
- loss of interest in hobbies
- decreased energy
- difficulty concentrating, remembering
- insomnia or oversleeping
- appetite and/or weight changes
- thoughts of death or suicide
- restlessness, irritability

The causes of depression are not fully understood, but it can strike anyone. Episodes of depression may be triggered by stress, difficult life events, side effects of some medications, or other environmental causes.
People with serious medical conditions such as stroke or Parkinson’s Disease (PD) tend to be at greater risk for depression after the stroke or diagnosis of PD. The reasons for this are complex but are related to the fact that all these conditions are the result of impaired brain functioning.

Many people require psychological help after a stroke. Depression, anxiety, frustration and anger are common post-stroke emotions. Prescription antidepressant medications are generally well-tolerated and safe for people recovering from a stroke. There can be side effects and drug interactions, however, that should be monitored by a healthcare provider. Stroke victims who use herbal supplements or other nontraditional medicine should be sure their healthcare provider is aware of this.

More than half a million Americans have PD, a progressive brain disorder. As many as half of these persons also suffer from depression. Because some of the symptoms of depression and PD are similar, the depression often goes undiagnosed and untreated. Major PD symptoms include trembling in hands, arms and legs, rigidity of limbs, slowness of movement, and impaired balance. Individuals often have difficulty walking, talking, or completing other daily activities.

We do not yet know how to predict, prevent or cure PD. Various medications and physical therapy can provide relief from many of the symptoms, but the progression of the disease cannot be stopped with current therapies. Certain other mental disorders, such as bipolar disorders and anxiety, also tend to occur more frequently with PD patients.

If you are caring for a person with PD or the effects of a stroke, watch for the signs of depression. Depression is a separate illness from stroke and PD, and can often be treated successfully. Left untreated, depression can limit the effectiveness of treatments for stroke and PD, since the victim may lack motivation and focus to improve his health.

Reference: National Institute of Mental Health
Dear Friend:

SENIOR SENSE is a quarterly publication provided by your local county Extension Service office. It is prepared by Extension Family & Consumer Sciences specialists at The University of Georgia specifically for the educational needs of older Georgians.

Please contact your local Extension Service office for more information on these and related topics.