

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc. Call the Journal at 285-7411

Seniors among those at highest risk of getting food poisoning

Q. Are older people at greater risk of getting food poisoning?

A. The people at highest risk for suffering from food poisoning are seniors, pregnant women, young children, and those with chronic diseases.

When you age, your immune system may not respond as well to infectious organisms as it did when you were younger. During pregnancy, changes in metabolism and circulation can increase poisoning risk. The immune systems of infants and young children are not fully developed. A chronic disease reduces your immune response.

Food poisoning is caused by eating food contaminated by organisms such as bacteria, viruses and parasites. Symptoms include nausea, vomiting, diarrhea, abdominal cramps, and fever. The onset of symptoms can occur hours after consump-



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tion of the tainted food. However, symptoms can begin to show up in days and sometimes weeks.

The following – in alphabetical order – are some possible food contaminants: campylobacter, clostridium botulinum, clostridium perfringens, escherichia coli (E. coli), giardia lamblia, hepatitis A, listeria, noroviruses, rotavirus, salmonella, shigella, staphylococcus aureus, and vibrio vulnificus.

And here are some of the sources: meat and poultry soiled by animal feces during processing, foods kept warm for too long, unpasteurized milk and apple cider, raw produce, contaminated water, improperly canned commercial foods, smoked or salted fish, cream sauces, undercooked ground beef, alfalfa sprouts, raw or undercooked shellfish, raw eggs, prepared salads, and cream-filled pastries.

The symptoms of food poisoning usually diminish without help in about two days. However, some cases need treatment.

The treatment for food poisoning varies according to the source. For example, antibiotics are used to combat bacterial food poisoning.

Dehydration, which can be fatal, is the major complication of food poisoning because you lose fluids from vomiting and diarrhea. Older people and others with

inadequate immune systems can become extremely dehydrated. Hospitalization for intravenous hydration may be necessary.

Diarrhea can be much more than an inconvenience. Diarrhea can be lethal to older people. With the fluid you lose from diarrhea, you also lose salts that your body needs. Diarrhea can make a victim pass more than a quart of watery stools a day.

Dehydration symptoms include thirst, reduced urination, dark urine, dry skin, fatigue, dizziness, fainting.

You should see a doctor if your diarrhea lasts more than 3 days, or if you have dehydration symptoms, severe abdominal or rectal pain, a fever of 102 degrees Fahrenheit or higher, or blood in your stools.

In many cases of diarrhea, the only treatment needed is replacing lost fluid and salts.

Adults should consume broth, non-citrus fruit juices, flat ginger ale and ice pops.

As your condition improves, you can start eating bananas, plain rice, boiled potatoes, toast, crackers, cooked carrots. Smaller meals are recommended because they're easier to digest.

Here are some tips to prevent food poisoning:

■ Wash your hands, utensils and kitchen counters often.

■ Keep raw meat, poultry and seafood away from other foods.

■ Kill contaminants by cooking at a safe temperature. Use a thermometer to check. For example, fish is done at 145 degrees Fahrenheit, but ground beef should reach 160 degrees.

■ Refrigerate or freeze perishable foods within two hours of purchasing or preparing them.

■ Do not thaw foods at room temperature. Defrost

foods in the refrigerator or microwave.

■ Wash all raw fruits, vegetables, and herbs with cold, running water

■ Cook eggs until they are solid.

■ When cooking meat or fish, don't reuse the plate that held them when they were raw.

■ When in doubt, throw it out.

Do NOT eat the following foods: anything that contains raw eggs such as cookie dough or hollandaise sauce, packaged foods with broken seals or cans that are bulging or dented, honey that hasn't been heat-treated, soft cheeses, alfalfa sprouts, raw ground beef or fish.

If you would like to read more columns, you can order a copy of "How to be a Healthy Geezer" at www.healthyyeezer.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

To contribute photos, news or features Contact the Editor, Laurel Beager at 285-7411 or email laurel@ifallsjournal.com

FEATURES: Flippin' and Sippin' Food, Drink and Recipes Eye On The Sky Lunar table & constellation Around The Campfire Stories, treats, traditions & legends Off The Beaten Path What's going on in the woods? Shack Doctor Simple solutions, fix-ups & how-to's Without a Paddle Things for everyone to do Simply Solutions Tried & tested, tips & tricks Cabin Couture From shabby to chic! The Frozen Gardener Seeds, weeds and growing needs.

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MEMORIAM

In loving memory of our dear wife and mother, Doris Aklestad, who passed away nine years ago, Dec. 10.

We seem to see in the soft dim light, A face we loved the best; And think of her when the sun's last ray, Goes down in the far off West. We miss you no less as the time passes on, Than we did on the day of your going; For absence can never close the door of our hearts, And the lamp of our love is still glowing. Your heart was the truest in all the wide world, Your love the best to recall; For no one on Earth could take your place, You are still the dearest of all.

Sadly missed by husband, Eugene daughters, Barb and Bonnie

BIRTH

The following birth has been reported from La Verendrye General Hospital, Fort Frances. Born to: Brittany Ottertail and Dan Morrison, Lac La Croix, Ontario, a daughter, Talia Lynn Morrison, 6 pounds, 14 ounces, Nov. 22, 2013.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$3.50 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$6.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

- MONDAY Meatballs Mashed potatoes Gravy Coleslaw Rosie applesauce
- TUESDAY Spaghetti

- Meat sauce Tossed salad Dressing Whipped Jell-O

- WEDNESDAY Chicken breasts with dumplings Green beans Apple juice Pumpkin nut cookies

- THURSDAY Roast pork Mashed potatoes Gravy Squash Favorite Cake

- FRIDAY Meat Fruits and/or vegetables Dessert Bread

Open House Bridal Shower For Aimee Imhof Sat. Dec. 14<sup>th</sup> • 10am - Noon at Littlefork Lutheran Church Aimee & Travis are registered at Target, Kohl's, Gander Mountain and Polkinghorne's

HOLIDAY TUPPERWARE SALE Sun. Dec. 15<sup>th</sup> at 1pm Kooch Senior Center Cash-N-Carry Items Available Call Elda with questions 715-483-9318 or 651-249-1703

This Christmas open a complete outfit! 25% OFF Sweaters & Denim The Hideaway Clothing for Women & Children Open Sundays until Christmas 12-4pm Downtown 326 3rd St. 283-4358

Want It Done by the End of Year? The end of the 2013 year is approaching fast. Many of our clients desire to utilize flex money and insurance benefits in the current year; however, waiting until the very end does not allow time to deliver the instruments. If you desire to purchase hearing aids this year, please give us a call as soon as possible to schedule your appointment. We offer hearing instruments from the four leading manufacturers in the basic models to the high tech premium models. We strive to provide you with the level of technology to meet your communication and lifestyle needs. Give us a call soon to get your hearing needs addressed before the holiday season and the end of the year. We will be on a lighter schedule during the holidays so that our staff can enjoy the season. It is never too early to book an appointment. December 12 & 19 RENAISSANCE HEARING CENTERS, INC. 612 5<sup>th</sup> St. NW, Bemidji 444-4444 or 1-800-414-5854

Happy Trail Tours "Taking you places you've always dreamed of and beyond"

JAN 16-31 FLORIDA GULF-7 NIGHTS @ SHERATON SAND KEY RESORT 15 NIGHT MOTOR COACH ADVENTURE SOUTH. 7 NIGHTS @ SAND KEY ISLAND RESORT ON THE GULF OF MEXICO (CLEARWATER BEACH); DAILY SIDE TRIPS WHILE IN FLORIDA SUCH AS: CLEARWATER MARINE CENTER, WINTER TALE BACKSTAGE TOUR, TARPON SPRING'S SPONGE, CAPITAL OF THE WORLD, DOLPHIN CRUISE, SUNSET DINNER CRUISE, DUNEDEN & CALEDESI ISLAND, (OPTIONAL SIDE TRIP TO DISNEY THEME PARK & BUSCH GARDENS IN TAMPA); 2 NIGHTS IN CHARLESTON (BOONE PLANTATION, HISTORIC MARKET PLACE); 1 NIGHT IN ASHEVILLE (BILTMORE ESTATE, WINERY & DINNER); 1 NIGHT IN NASHVILLE (GRAND OL' OPRY) 21 MEALS. OVER 30 ON BOARD - FILLING UP!

MAR 9 -11 LAKE OF THE WOODS ICE FISHING - SPORTSMAN'S LODGE WE'LL STAY 2 NIGHTS AT SPORTSMAN'S LODGE, 1 1/2 DAYS FISHING ON THE RAINEY RIVER LOCATION OF LOW TRAVEL BY BOMBEDIERES TO HEATED FISH HOUSE (PRIVATE RUSTIC BATHROOMS W/ EACH HOUSE); FISHING GUIDE, BAIT, TACKLE, FISH CLEANING. SIX MEALS.

MAR 28-APR 7 WASHINGTON DC - CHERRY BLOSSOMS & GETTYSBURG 11 DAYS TO DC (5 IN OLDE TOWNE ALEXANDRIA & 1 IN GETTYSBURG); LINCOLN, JEFFERSON, VIETNAM, IWO JIMA, AIR FORCE, FDR, MKL MEMORIALS. UNITED STATES CAPITOL TOUR, ARLINGTON NAT'L CEMETERY NAT'L ARCHIVES, FORD'S THEATER, PETERSON HOUSE, QUANTICO, VIRGINIA (USMC MUSEUM); NATURAL & AMERICAN AIR & SPACE, GETTYSBURG BATTLE FIELD, FLIGHT 93 MEMORIAL, 12 MEALS. CALL TODAY.

APR 28-MAY 3 CHURCHILL DOWNS - DERBY WEEK IN LOUISVILLE, KENTUCKY PRE DERBY "A DAY AT THE RACES" AND BARN & BACK-STRETCH TOUR - (MEET THE HORSES); OAKES DINNER CRUISE ON THE OHIO RIVER; BATTLE OF THE BELLES RIVERBOAT RACES; KENTUCKY DERBY PARADE; WATERFRONT PARK DERBY FESTIVAL; INDIANA WINE TRAIL; 12 MEALS AND SO MUCH MORE

JUN 25 CHANHASSEN'S THE LITTLE MERMAID SPECIAL \$139 PP JOIN US AS WE SEE THE LITTLE MERMAID AT THE CHANHASSEN DINNER THEATER. CHILD'S PRICE IS \$119 PP.

JUL 9-10 DRIVING MISS DAISY & THUNDER VALLEY FARM / DINNER WE'LL TAKE OUR OWN LITTLE DRIVE THROUGH WISCONSIN FOR FARM TOUR, ENTERTAINMENT & MEAL AT THE THUNDER VALLEY INN. FOLLOWING DAY ENJOY "DRIVING MISS DAISY" AT THE FIRESIDE THEATER IN FT ATKINSON. LODGING & 3 MEALS.

JUL 18-AUG 1 ALASKA! INSIDE PASSAGE CRUISE -DENALI NP -ALYESKA -TRAIN IRON RANGE & CENTRAL MN SHUTTLES TO THE AIRPORT, RT AIRFARE FROM MPLS; 2 NIGHTS IN VANCOUVER, BC BUTCHART GARDENS ON VANCOUVER ISLAND) 7 NIGHT NORTHBOUND INSIDE PASSAGE CRUISE ON NCL "NORWEGIAN SUN" (BALCONY CABINS); PORTS OF CALL: KETCHIKAN, JUNEAU, SKAGWAY, GLACIER BAY NP; HUBBARD GLACIER, WHITTIER; OVERNIGHT IN ALYESKA ; 2 NIGHTS IN DENALI NP; TUNDRA WILDERNESS TOUR, TRAIN TO ANCHORAGE ALL ROUNDRIP TRANSFERS FROM AIRPORT, BACK TO ORIGINAL BOARDING LOCATIONS, MANY MEALS & MORE. 1/2 FILLED.

AUG 2-10 NEW YORK CITY (ALL MOTOR COACH - 4 NIGHTS IN - MIDTOWN MANHATTAN) OUR 9 DAY MOTOR COACH TOUR TO NYC IS FABULOUS. WE'VE INCLUDED 4 NIGHTS IN NYC IN THE THEATER DISTRICT, UPTOWN, DOWNTOWN, MIDTOWN COMPREHENSIVE CITY TOUR, GROUND ZERO & 9-11 MEMORIAL, ELLIS ISLAND, STATUE OF LIBERTY, ROCKEFELLER CENTER, TOP OF THE ROCK, BROADWAY MUSICAL AND FREE TIME TO EXPLORE AS PER YOUR OWN AGENDA. 10 MEALS. ALREADY 1/2 FILLED.

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