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**To:** Kester, Tonykester@aging.sc.gov  
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**Subject:** Why Seniors Don't Eat: It's Complicated.

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**Why Seniors Don't Eat: It's Complicated.** • September 15, 2016 • Issue #950

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# 5483 Days Later

Fifteen years ago this week, while writing my column for this newsletter, the unthinkable happened. The date was September 11, 2001 and I was in the middle of a paragraph recounting the terrific time I had while giving a talk in Sioux City, Iowa when the scenes that transfixed the world began to unfold across my television set. The juxtaposition between the terrorists who unleashed such horror and the caregivers I met in Iowa was striking and I commented that no such acts would tear this country apart, rather. ...[more](#)

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## FEATURED ARTICLE

# Why Seniors Don't Eat: It's Complicated.

*By Diane J. Heltsley, MSW, LCSW*

More than half of older adults who visit emergency departments are either malnourished or at risk for malnutrition, but not because of lack of access to health care, critical illness or dementia. Despite clear signs of malnutrition or risk of malnutrition, more than three-quarters had never previously been diagnosed with malnutrition, according to the results of a study published online in *Annals of Emergency Medicine* ("Malnutrition Among Cognitively Intact, Non-Critically Ill Older Adults in the Emergency Department"). [...more](#)

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## GUEST ARTICLE

# A Caregiver's Comparison

*By Cynthia Siegfried*

"What has been is what will be, and what has been done is what will be done; there is nothing new under the sun." Ecclesiastes: 1:9

Caring for aging parents is nothing new. Had we been privy to a family discussion in Bedrock, we might have heard a middle-aged Pebbles and Bam Bam discussing what was to be done with the widow Wilma who was found wandering the streets at three a.m.—minus her leopard skin. [...more](#)

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## CARETIPS

# Older Adults and Alcohol

A national 2008 survey found that about 40 percent of adults ages 65 and older drink alcohol. Older adults can experience a variety of problems from drinking alcohol, especially those who:

- Take certain medications
  - Have health problems
  - Drink heavily [...more](#)
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CAREVERSES

## **For Mom's Caregivers**

By EMR

I've watched in amazement your patience and grace  
Your beautiful soul is not commonplace  
You listen to stories of the lives that they've led  
At night when they wander you're their guide back to bed  
Yours is the hand that they hold when they get really scared  
When they wake in the night it is you who is there  
When he's shouting obscenities and being demanding  
You calmly reassure him with soft understanding  
When it gets too much for the family to bear  
It's much less painful just knowing you're there  
I've seen your humor to coax them to smile  
Making time when asked  
"Can you stay for awhile?"  
I want you to know such a soul is unique  
Some people would hide when things start to get bleak  
I pray that when I am too old to provide  
I'll have someone like you in whom I can confide  
You've treated our mom as if she were your own  
We'll forever be grateful  
I just want you to know

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