

Health & Wellness

July
2025
Issue 10

Vitamins and Minerals as We Age

This month's Health & Wellness topic is **Vitamins and Minerals as We Age**. We're going to walk you through how to ensure you get the right amount of nutrients on a regular basis.



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Welcome to DuPage Senior Citizens Council/Kane Senior Council's July Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!

Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council



Health & Wellness Education

Vitamins and Minerals As We Age

Introduction

Vitamins are **essential organic substances** that are required in **small amounts** for the body to function and maintain health.

As we age, our body continues to need vitamins and minerals but the amount and types can vary.



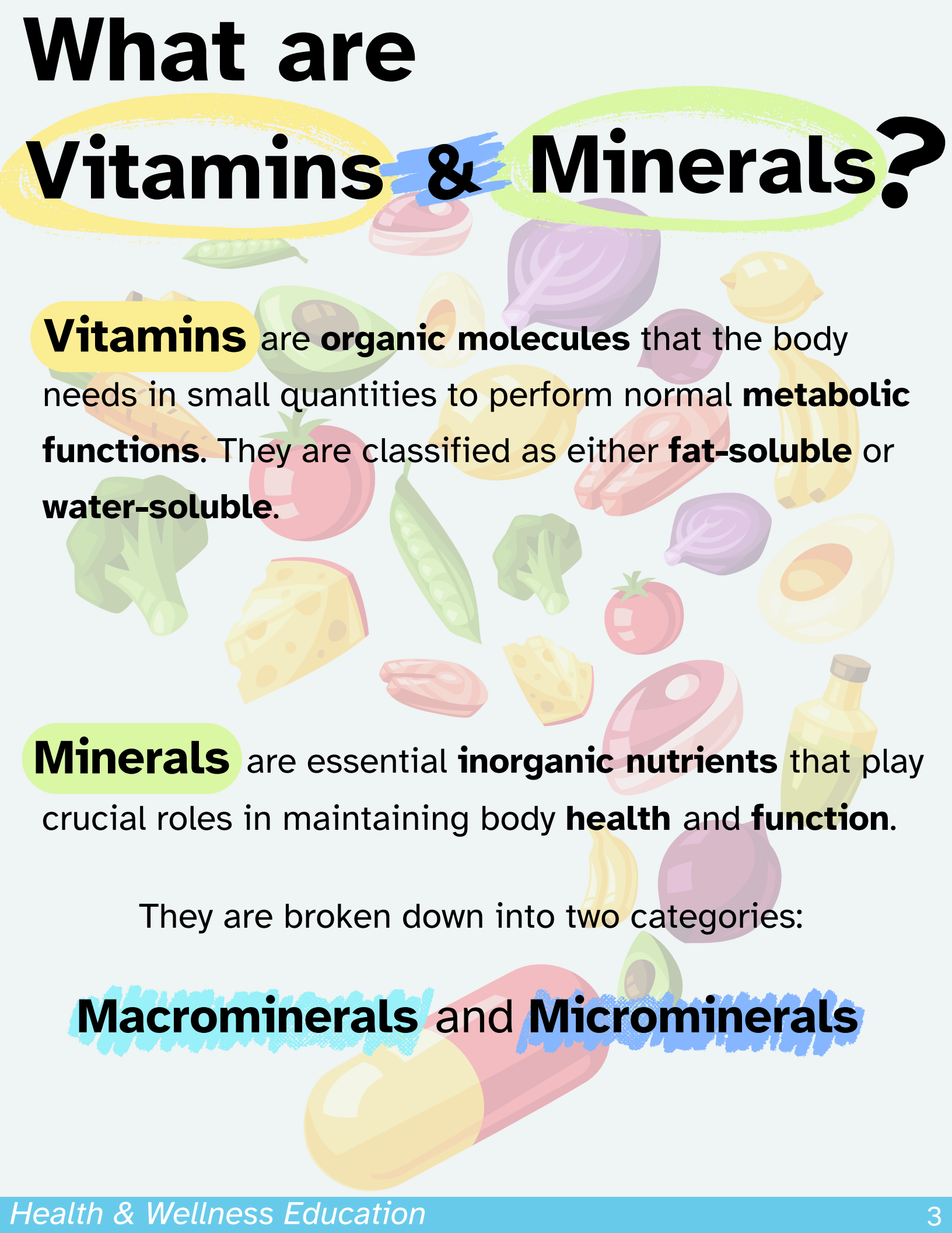
There are **13 essential vitamins** in humans:

4 fat-soluble vitamins (A, D, E, and K) and

9 water-soluble vitamins (eight B vitamins and vitamin C)

These vitamins play various roles in cell function, growth, and development.

What are Vitamins & Minerals?



Vitamins are **organic molecules** that the body needs in small quantities to perform normal **metabolic functions**. They are classified as either **fat-soluble** or **water-soluble**.

Minerals are essential **inorganic nutrients** that play crucial roles in maintaining body **health** and **function**.

They are broken down into two categories:

Macrominerals and **Microminerals**



Vitamins

Vitamins can be obtained through a **balanced diet**, including a variety of foods from **all food groups**.

Fat-soluble Vitamins

are stored in the **liver** and **fatty tissues**

- **Vitamin A**
- **Vitamin D**
- **Vitamin E**
- **Vitamin K**

Water-soluble Vitamins

are ***not stored in the body*** and need to be replenished **regularly**

- **Folate**
- **Vitamin C**
- **B Vitamins:**
 - Thiamin ◦ Biotin
 - Riboflavin ◦ Vitamin B6
 - Niacin ◦ Vitamin B12
 - Pantothenic acid

Vitamins have various roles, including:

- Supporting **cell growth** and **development**
- Boosting **immunity**
- Maintaining healthy **vision**
- Regulating **metabolism**
- Promoting healthy **blood** and **bone** health



Supplementation:



It is important to be aware that some supplements can have **side effects**, such as increasing the risk of bleeding after an injury or changing your response to anesthesia during surgery.

For example, vitamin K can reduce the ability of the common blood thinner warfarin (Coumadin) to prevent blood from clotting.

While a **balanced diet** is ideal, some individuals may need to consider **vitamin supplements** to ensure they are meeting their **daily requirements**.

Supplements can also **interact** with some medicines in ways that might cause problems.

If you need to supplement your diet, your **doctor or pharmacist** can tell you what supplements and doses are safe for you.

When looking for **supplements** to buy there are a lot of choices at the pharmacy or grocery store.



Look for a supplement that contains the vitamin or mineral you need **without** a lot of other **unnecessary ingredients**.

Read the **label** to make sure the dose is **not too large**.



Avoid supplements with **megadoses**.

Too much of some vitamins and minerals can be harmful, and you might be paying for supplements you don't need.



While vitamins are essential, some can cause **toxicity** if consumed in **excess**.



Minerals

Minerals are essential **inorganic** nutrients that play crucial roles in maintaining body health and function.

They are classified into two main groups:

Major Minerals (Macrominerals):

Calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur

Trace Minerals (Microminerals):

Iron, zinc, copper, iodine, manganese, selenium, chromium, molybdenum, and fluoride

Minerals perform various essential functions in the body including:

- **Iron** - Carrying oxygen in the blood
- **Calcium, Phosphorus** - Building and maintaining strong bones and teeth
- **Sodium, Potassium** - Regulating blood pressure and fluid balance
- **Zinc** - Boosting the immune system
- **Magnesium, Calcium** - Supporting muscle function and nerve transmission
- **Magnesium** - Producing energy and supporting metabolism





Mineral Deficiency and Excess:

Mineral deficiencies can lead to **various health problems**, such as osteoporosis, anemia, and thyroid disorders.

On the other hand, **excessive consumption** of certain minerals can also be harmful.

- Example: too much sodium can contribute to high blood pressure

Minerals are widely available in a variety of foods, including:

- Fruits and vegetables (e.g. leafy greens, bananas, potatoes)
- Whole grains
- Lean meats
- Dairy products (e.g. milk, cheese)
- Nuts and seeds

Why Vitamins and Minerals Matter for Seniors

Bone Health:

Vitamin D and calcium are crucial for maintaining **strong bones** and **preventing fractures**, especially important for seniors at risk of **osteoporosis**

Nerve Health:

Vitamin B12 and B6 play a role in **nerve function**, and deficiencies can lead to **nerve damage** or **cognitive issues**

Immune Function:

Zinc and vitamin A support the **immune system**, helping seniors stay healthy

Overall Well-Being:

Many of these vitamins and minerals contribute to overall health and well-being, including **energy levels**, **cognitive function**, and **muscle function**

Specific Vitamins and Minerals for Seniors

Measurements for vitamins and minerals

mg - milligram

(one thousandth of a gram)

mcg - microgram

(one millionth of a gram; 1,000 mcg = 1 mg)

IU - international unit

(the conversion of milligrams and micrograms into IU depends on the **type of vitamin or drug**)

Vitamin A

Men Age 51+ should aim for **900 mcg** a day

Women Age 51+ should aim for **700 mcg** a day

Food Sources:

- eggs and milk
- vegetables and fruit
 - such as carrots and mangoes

Vitamin **B1** (Thiamin)

Men Age 51+ should aim for **1.2 mg** a day

Women Age 51+ should aim for **1.1 mg** a day

Food Sources:

- Meat - especially pork- and fish
- Whole grains
- Fortified breads, cereals, and pastas

Vitamin **B2** (Riboflavin)

Men Age 51+ should aim for **1.3 mg** a day

Women Age 51+ should aim for **1.1 mg** a day

Food Sources:

- Eggs
- Organ meat
 - i.e. liver and kidneys
- Lean meat
- Green vegetables
 - i.e. asparagus and broccoli

Vitamin **B3** (Niacin)

Men Age 51+ should aim for **16 mg** a day

Women Age 51+ should aim for **14 mg** a day

Food Sources:

- Some types of nuts, legumes, and grains
- Poultry, beef, and fish

Vitamin **B6**

Men Age 51+ should aim for **1.7 mg** a day

Women Age 51+ should aim for **1.5 mg** a day

Food Sources:

- Wide variety of food
- Richest sources include:
 - fish
 - beef liver
 - potatoes and other starchy vegetables
 - fruit
 - other than citrus

Vitamin B12

Men Age 51+ should aim for **2.4 mcg** a day

Women Age 51+ should aim for **2.4 mcg** a day

Food Sources:

- Meat, fish, poultry, milk, and fortified breakfast cereals
- Some people over age 50 have trouble absorbing the vitamin B12 found naturally in foods
 - They may need to take vitamin B12 supplements and eat foods fortified with this vitamin

Vitamin C

Men Age 51+ should aim for **90 mg** a day

Women Age 51+ should aim for **75 mg** a day

Food Sources:

- Fruits and vegetables
- Citrus fruits, tomatoes, and potatoes

Calcium

This mineral is important for **strong bones and teeth**, so there are special recommendations for older people who are at risk for **bone loss**.

Men Age 51-70 need **1,000 mg** each day

Men age 71+ need **1,200 mg** each day

Don't consume more than **2,000 mg each day**

Women Age 51+ should aim for **1,200 mg** a day

Don't consume more than **2,000 mg each day**

Food Sources:

- Milk and other dairy
- Some forms of tofu
- Dark-green leafy vegetables
- Soybeans
- Canned sardines and salmon with bones
- Calcium-fortified foods

Vitamin **D**

Men Age 51-70 need at least **15 mcg (600 IU)** a day, but *not more than 100 mcg (4,000 IU)*

Men over 70 need at least **20 mcg (800 IU)**, but *not more than 100 mcg (4,000 IU)*

Women Age 51-70 need at least **15 mcg (600 IU)** a day, but *not more than 100 mcg (4,000 IU)*

Women over 70 need at least **20 mcg (800 IU)** a day, but *not more than 100 mcg (4,000 IU)*

Food Sources:

- Fatty fish, fish liver oils, fortified milk and milk products, and fortified cereals

Vitamin **E**

Men Age 51+ should aim for **15 mg** a day

Women Age 51+ should aim for **15 mg** a day

Food Sources:

- Nuts like peanuts and almonds
- Vegetable oils
- Green vegetables, like broccoli and spinach

Folate

Men Age 51+ should aim for **400 mcg *DFE** a day

Women Age 51+ should aim for **400 mcg *DFE** a day

Food Sources:

- Vegetables and fruit
 - broccoli, brussels sprouts, spinach, and oranges
- Nuts, beans, and peas

***DFE**
= Dietary Folate
Equivalents

Vitamin K

Men Age 51+ should aim for **120 mcg** a day

Women Age 51+ should aim for **90 mcg** a day

Food Sources:

- Green leafy vegetables
 - i.e. spinach and kale
- Fruits
 - i.e. blueberries and figs
- Cheese, eggs, and different meats

Magnesium

Men Age 51+ should aim for **420 mg** a day

Women Age 51+ should aim for **320 mg** a day

Food Sources:

- Foods containing dietary fiber such as green leafy vegetables, whole grains, legumes, and nuts and seeds
- Breakfast cereals and other fortified foods often have added magnesium
- Tap, mineral, or bottled drinking water

Potassium

Men Age 51+ need **3,400 mg** a day

Women Age 51+ need **2,600 mg** a day

Food Sources:

- Many different fruits, vegetables, meats, and dairy foods
- Dried apricots, lentils, and potatoes
- Adults get a lot of their potassium from milk, coffee, tea, and other nonalcoholic beverages

TIPS FOR SENIORS

Consult with a doctor or registered dietitian:

They can help determine **individual needs** and recommend appropriate supplements or dietary changes

Focus on a balanced diet:

Include plenty of **fruits, vegetables, whole grains, and lean protein**

Consider fortified foods or beverages:

Many foods are **fortified** with **essential nutrients**, such as vitamin D or B12

Read supplement labels carefully:

Ensure the product is appropriate for seniors and does not contain **excessive amounts** of any nutrients

Stay Hydrated:

Drinking enough fluids is important for overall health and **nutrient absorption**

Health & Wellness Education

WRAP UP

Vitamins and minerals are essential for maintaining good health.

It's important to consume a balanced diet that provides adequate amounts of all essential vitamins and minerals.

If you have concerns about your intake, consult with a healthcare professional.

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

SUDOKU

1		5						
	7				4		6	
2		3	5			4	1	9
	9	1			5		3	6
	8		7		3		4	
3	5		1			7	9	
9	1	7			6	3		4
	3		9				5	
						9		8

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.



50 YEAR TRIVIA

What **movie** released on **June 20, 1975** was the **first summer blockbuster**?



WORD SEARCH

C G H A A I S K H L E H Z H D O A N J O
 U U I P J Q F V L E R U M Z D W G B Q Q
 B L G N D E F I C I E N C Y D Y C R R Z
 V E O N K T A M L P E S S E N T I A L T
 Q Z Q H V S F E G Z S S Q E F L X Z M N
 I U T C C B R W Q I N A V I T A M I N S
 Z T M D Y Z I M M U N E R M Q R K T L Y
 C K V P G B P W F C Y E N V W F Z W K P
 D N D L O F R F H C G F F I O L B W V V
 T L F K W S L A M A O P M Q I N V H S X
 N K L U A U C O I L V G D I L Y C C G Q
 H Q Z I F P F D N C J S Z I C B Y A N Q
 W C Q R L P I A E I E S F S N R H P Y U
 V S A O F L L R R U B C K J W P O D C A
 W Q Y N L E H Z A M P O T A S S I U M C
 E Z O F S M K M L J M V L H A F U M A D
 X Q V Q D E B A S K Q K U V X I E F O I
 G I A O C N G C V R O Y L Q D F M E F W
 E B A B R T M R T A M L N Q S U P O D X
 L Y P J G Y U O Q U I B Y O N N C K L H

WORD BANK

Supplement

Macro

Deficiency

Iron

Essential

Micro

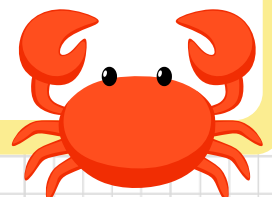
Potassium

Calcium

Immune

Vitamins

Minerals





July Recipe: Cucumber Melon Water with Mint

Recipe from: APlaceforMom.com

Ingredients:

- 1 cucumber
- Handful of fresh mint or basil
- 1 cup watermelon
- Cold, filtered water



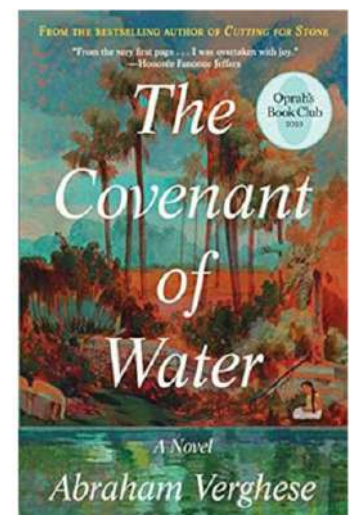
Directions:

1. Thoroughly wash and slice cucumbers
2. Cut watermelon into cubes
3. Lightly crush the mint to release fragrance and flavor.
If you're using basil, remove the stems
4. Add your ingredients to the bottom of a pitcher, cover with water, and infuse for 2-8 hours before drinking

Our Book Pick of the Month

The Covenant of Water by Abraham Verghese

A novel which tells the story of a family living in southwest India spanning three generations from 1900 to 1977. Each generation sees members of the family die by drowning due to what they refer to as “The Condition”.



ANSWER KEY

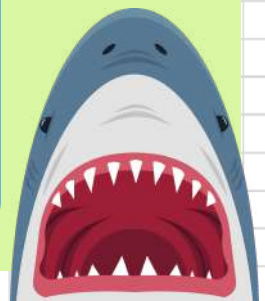
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9	1	7	8	5	6	3	2	4
4	3	8	9	7	2	6	5	1
5	2	6	3	4	1	9	7	8

Trivia Answer:

What movie released on June 20, 1975 was the first summer blockbuster?

Jaws

directed by Steven Spielberg



ANSWER KEY

C G H A A I S K H L E H Z H D O A N J O
U U I P J Q F V L E R U M Z D W G B Q Q
B L G N D E F I C I E N C Y D Y C R R Z
V E O N K T A M L P E S S E N T I A L T
Q Z Q H V S F E G Z S S Q E F L X Z M N
I U T C C B R W Q I N A V I T A M I N S
Z T M D Y Z I M M U N E R M Q R K T L Y
C K V P G B P W F C Y E N V W F Z W K P
D N D L O F R F H C G F F I O L B W V V
T L F K W S L A M A O P M Q I N V H S X
N K L U A U C O I L V G D I L Y C C G Q
H Q Z I F P F D N C J S Z I C B Y A N Q
W C Q R L P I A E I E S F S N R H P Y U
V S A O F L L R R U B C K J W P O D C A
W Q Y N L E H Z A M P O T A S S I U M C
E Z O F S M K M L J M V L H A F U M A D
X Q V Q D E B A S K Q K U V X I E F O I
G I A O C N G C V R O Y L Q D F M E F W
E B A B R T M R T A M L N Q S U P O D X
L Y P J G Y U O Q U I B Y O N N C K L H





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Kane Senior
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From the Council

News & Events

JULY

17

Senior Dance Party

4 pm - 8 pm

Abbington Distinctive Banquets

3002 Route 53

Glen Ellyn, IL 60137

Print Monthly Meal Menus at:

www.DuPageSeniorCouncil.org/Home-Delivered-Meals-Menus

www.KaneSeniorCouncil.org/Meals-On-Wheels



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