

ELDERLY NUTRITION PROGRAM VIDEO LIBRARY

The following is the list of DVDs and videos available for borrowing through the **California Department of Aging**. Videos are available for loan to Area Agencies on Aging and Elderly Nutrition Program service providers by contacting the Department. Directions on how to order these materials are found at the end of this list.

Nutrition Education

A Supermarket Tour for Elders (VHS) A1

Filmed in a supermarket, this video addresses the shopping needs of elders and their caregivers. Shows how to make wise nutrition choices; illustrates economical food choice. Reproducible handouts

Date	1999	Length 20 minutes
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Current Nutrition Myths (VHS) A2

This video deals with some current myths: "natural" herbs cure disease, everyone needs vitamin pills and supplements, food allergies are responsible for most of our ailments, sugar make children hyper, and anyone who calls themselves a "nutritionist" is an expert. A teaching resource package and quiz is included.

Date:	1996	Length: 16 minutes
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Diabetes and Food Myths (VHS) A3

Helps dispel the myths the sugar causes diabetes; that a diabetic can never eat any sugar; that a diabetic must eat difference from other people; that they have no say in their meal plan, that fat free means calorie free; and that exercise in not important. Teaching resource package and quiz included.

Date:	1997	Length: 15 minutes
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Enhancing Food Flavor with Herbs and Spices (VHS) A4

Highlights the health benefits of reducing sodium intake and shows how to use the rich array of flavorful herbs and spices in recipes and at the table.

Date:	2002	Length: 12 minutes	Source: American Dietetic Association
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Food & Medicine Interactions (VHS) A5

Explains how and why food and medicines interact, including the speeding up or slowing down of drug absorption and how medicines may affect absorption with special relevance for the elderly. Video offers specific examples such as antidepressants, antibiotics, and other medications. Teaching resource package and quiz included.

Date: 1998 Length: 14 minutes

The Food Guide Pyramid (Outdated Pyramid) (VHS) A6
(Specify **English** or **Spanish** version)

This video offers a straight forward description of how to interpret and use the new Pyramid. It illustrates the wide variety and choices available and discusses the nutritional benefits of balanced eating from all the food groups.

Date: 1995 Length: 14 minutes Source: National Health Videos

Hypertension and Nutrition (VHS) A7

Discusses the research that has found that a diet rich in fruits, vegetables, and low-fat dairy products can reduce hypertension as well as the need for most commonly used hypertension medications. The roles of calcium and alcohol are explained. This is a teaching resource package and quiz.

Date: 1997 Length: 15 minutes

Nutrition For the Over 50 Gang (VHS) A8
(Available in English and **Spanish**)

This publication addresses the special needs of the senior population and discusses the reduced calorie and fat needs of older persons and provides a simple explanation of vitamin, mineral, carbohydrate and protein needs. It also covers exercise, osteoporosis, medicine and food relationships, and the importance of water.

Date: 1994 Length: 15 minutes Source: National Health Video

Osteoporosis Prevention: Food and Fitness for Strong Bones (VHS) A9

This video looks at the causes and risk factors of osteoporosis and offers tips on prevention. The latest calcium and vitamin D guidelines are featured along with demonstrations on safe, weight-bearing exercise for adults.

Date: 2000 Length: 16 minutes Source: Lemon-Aid Films, Inc.

Quick and Easy Low-Fat Cooking (VHS) A10

This publication answers common questions about low-fat eating and defines types of fat, ways to select low-fat foods and ways to prepare low-fat meals. It includes simple and scrumptious low-fat recipes.

Date: 2002 Length: 12 minutes Source: American Dietetic Association

Separating Nutrition Fact From Fiction (VHS) A11

This video stresses the role of real nutrition expert, the Registered Dietitian, how to spot phony credentials or initials, how to go behind headlines, and questions to ask before accepting “breakthrough” announcements. Explains that internet nutrition information is not always accurate, and empowers consumers to make better decisions. Teaching resource package and quiz included.

Date: 1998 Length: 14 minutes

Seven Most Popular Nutrition Myths (VHS) A12

Video “de-bunks” some old food fallacies, “good vs. bad food”, the real meaning of “natural” and “organic”. In their place, positive nutrition messages are emphasized. To summarize good nutrition practices, the video ends with a brief explanation of the Food Pyramid Guide.

Date: 1994 Length: 16 minutes Source: National Health Videos

Smart Shopping with the Food Label (VHS) A13

This video explains how to use the Food Pyramid Guide to make a shopping list. It presents shopping strategies that include: market layout and shelf placement, awareness of impulse buying triggers, use of percent daily values and how to compare nutrient values between competing products. Resource package and reproducible hand outs included.

Date: 1999 Length: 24 minutes

Special Nutrition Problems of the Elderly (VHS) A14

This video will discuss nutritional challenges common to many older persons. More specifically, we will cover weight loss, weight gain, chewing problems, physical activity, alcohol, drug food interactions constipation, dehydration, iron and reliable information sources. Teaching resource package included.

Date: 1997 Length: 14 minutes

To Your Health-Food Safety for Seniors (VHS) A15

Food safety tips for seniors for the prevention of food borne illnesses. Stresses the need for seniors to play particular attention to how they handle their food because of

the changes in their ability to fight off dangerous bacteria that can cause “food poisoning”.

Date: 2002	Source: U.S. Department of Agriculture
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Reading & Understanding the New Food Label (VHS) A16

How to Avoid Harmful Medicine Interactions (VHS) A17

A better understanding of how medications interact with other medications, with food, and with alcohol.

Life Line: Preventing Elder Abuse (VHS) A18

Teaches ways of preventing the hidden crime of elder abuse on seniors.

Date: 1992	Length: 27mins	Source: California Attorney General's Office
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Health Promotion Fitness and Exercise

Armchair Fitness for Seniors - -Strength improvement (VHS) B1

Improvement of upper body and leg strength is important and possible at any age using chair exercises. In the first 20-minute session of this video, Betty Switkes leads the group in a warm-up , strength building with neckties, a balancing exercise done standing or seated, and a lively seated dance. The second 20-minute session features gentle aerobics, upper body strengthening using sop cans as weights, enjoyable dance motions and a pleasant cool-down. You'll enjoy exercises set to lively big band and popular music.

Date: 1995	Length 40 minutes
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Bodywise (VHS) B2 A Fitness and Health Promotion Program

Date: 2005	Length: 30 minutes
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Easy Exercises – Isometrics, Pilates and Stretching (VHS) B3

Sunshine demonstrates 25 easy exercises which are orthopedically safe for balance and strength. These can be done sitting or standing.

Date: None listed

Fitness Forever -The Exercise Program for Healthy Aging! (VHS) B4

This video shows a nationally recognized hospital-based program featuring exercises that will enhance and maintain the good health and fitness of seniors. Features include warm-up, low impact aerobics, strength and flexibility training, balance development and cool down.

Date 1998	Length 50 minutes
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Fun Lightweight Lower Body Isometrics and Pilates with Sunshine (DVD) B5

These exercises can be done sitting or standing. Every muscle group is targeted. The exercises are useful for balance, strength and flexibility. Light weights, soup cans or other substitutions needed.

Date 2006	Length 34 minutes
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Fun Weight Ball Special Variable Weight Ball (1 to 5lbs) (DVD) B6

Medicine Weight Ball Exercise Video is a Simple and Easy Medicine Weight Ball Easy Home Exercise Video. Safe and Fun Exercises for Seniors, Elderly, Nursing Home, Assisted Living, Senior Citizens' Centers, Group Exercises, Rehabilitation Patients, Physical Therapy and Overweight People who can't go to the gym or use machines.

Date: 2005 Length: 30 minutes

Healthy Aging (VHS) B7

Model Health Promotion Programs for Minority Elders – The National Resource Center on Health Promotion and Aging

Date None listed Length: 46 minutes

Move those Joints (DVD) B8

Therapeutic exercise – instructor Dian Nissen-Ramirez has been a member of the teaching facility at U.C.S.D and has produced five award-winning videos and DVDs specializing in senior fitness.

Date 2006 Length 34 minutes

Lightweight Balls Special ¾ lb Weight Balls for Arthritis (DVD) B9

Simple and Easy Light Weight Balls Easy Home Exercise video. Simple and Fun Exercises for Seniors, Elderly, Nursing Homes, Assisted Living, Senior Citizens' Centers, Rehabilitation Patients, Overweight People, Physical Therapy, Group Lightweight Exercises and people who can't go to the gym or use machines.

Date 2006 Length 34minutes

Senior Funcercise Resistance Band Exercises + Isometrics (DVD) B10

This Funcercise video is specially designed for Seniors, Nursing Homes, Communities, Senior Centers Assisted Living & Overweight people who can't use gym machines or free weights. The exercise is orthopedically safe and can be done any time and anywhere. The pace is slow and relaxed. And you can do these exercises either Sitting or Standing.

Date: 2005 Length: 30 minutes

Sit and Be Fit (VHS) B11

Balance and fall prevention workout

Date: 2004 Length: 27 minutes Source: www.sitandbfit.org

Skeletal Fitness - A Work out for your Bones (DVD) B12

Includes: A 50 min., one-on-one bone loading workout divided into 6 color coded sections – making it easy for beginners to stop and go or fast forward to any section that needs work. Advanced exercisers can do the full body workout end to end. **Plus 2** sections packed with facts about bones and osteoporosis.

Date 2004 Length: 50 minutes

Walkaerobics for Seniors - The First Step to Fitness (VHS) B13

This tape includes a complete introduction, health information, cautions and considerations for the adult exerciser. Set to light music, this video stresses the enjoyment and benefits of exercising with a group of friends or in the privacy of your own home.

Date: 1996 Length 30 minutes

Young at Heart Senior Strength Training Series (VHS) B14

Volume I

Bicep Curl, Triceps, Bent leg raise, Frontal raises, Lateral raises, Hip abductor, Compound row, and Shoulder Press.

Volume II

Bicep Curl, Triceps, Bent leg raise, Frontal raises, Lateral raises, Hip abductor, Compound row, and Shoulder Press.

Volume III

Bicep Curl, Triceps, Bent leg raise, Frontal raises, Lateral raises, Hip abductor, Compound row, and Shoulder Press.

Date 2006 Length 57 :30 minutes

Young at Heart Basic Aerobics (VHS) B15

The mission of Healthy Aging Association is to help older Americans live longer, healthier, more independent lives by promoting increased physical activity and sound health and nutrition practices.

Date 2006 Length 57 minutes

Young at Heart Intermediate / Advanced Aerobics (VHS) B16

The mission of Healthy Aging Association is to help older Americans live longer, healthier, more independent lives by promoting increased physical activity and sound health and nutrition practices.

Kaiser Permanente: No More Falls! A guide for Older Adults (VHS) B17

The Kaiser Permanente program will help you anticipate and prevent falls in your home. You'll learn many practical tips to prevent falls, including:

- Installing hall lighting
- Wearing rubber soled shoes
- Removing scatter rugs
- Adding a thick seat cushion to low chairs.

Date	1999	Length	13 minutes
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In-Service Training

A Practical Approach to HACCP (VHS) C1

This video presents a basic overview of HACCP principles and their application in the restaurant setting.

- Tape a.** *Receiving to Cooking* – Follow HACCP through the flow of food from receiving to storing, processing and cooking. (21 minutes)
- Tape b.** *Cooking to Cooling* – See how HACCP contributes to appropriate cooking, hot and cold holding, cooling and storage. (22 minutes)
- Tape c.** *A HACCP Case Study* – Apply what you've learned in the first two videos and review by observing a case study. Identify the hits and misses along the route from receiving to service. (14 minutes)
- Tape d.** *Managing Food Safety* – View an efficient HACCP plan in action as an energetic restaurant team designs, implements and evaluates a food safety system in its operation. (20 minutes)

Date: 2002 Source: Educational Foundation of the National Restaurant Association
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Employee Safety - Video Series: (VHS) C2

A series from the Educational Foundation of the National Restaurant Association. Each video comes with a video guide.

- Tape a.** *Protecting Yourself and Your Customers* – Demonstrates the importance of following safety precautions and how to prevent accidents
- Tape b.** *Preventing Burns and Fires* – Demonstrates how to prevent burns, how to identify what contributes to burns and fires, and how to respond to fires.
- Tape c.** *Preventing Slips, Falls and Lifting Injuries* – Demonstrates how to prevent injuries, and how to identify and report safety hazards.
- Tape d.** *Preventing Cuts and Lacerations* – Demonstrates how to prevent cuts, how to use and sharpen knives, and how to choose the right knife for a job.

Date: 1998	Length: 10 minutes each
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Food-Borne Illness and Their Prevention (VHS) C3

This video takes an in-depth look at the practices that anyone who handles food should follow to prevent the spread of bacteria and to assure that the foods we eat are safe and enjoyable. Viewers investigate the cause, symptoms, and treatment of food-borne illnesses with emphasis placed on their prevention.

Date: 1995	Length: 35 minutes
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Kitchen Food Safety

(VHS) C4

In this video you will find common foods can cause food poisoning if improperly prepared, stored or served. Symptoms of food poisoning can include fever, vomiting and diarrhea. These range from mild to severe. Occasionally death may result. Food poisoning can be prevented by attention to food safety rules.

Date:	None listed	Length:	Not listed
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Food Safety: An Educational Video for Institutional Food Service Workers (VHS) C5

Video provides the latest food safety advice from the FDA for those serving high risk populations, e.g., the elderly. Covers the newest institutional food safety guidelines found in the 1995 Food Code, e.g., revised cooking temperatures and safe food preparation to prevent Salmonella, Shigella, and E. coli 0157:H7.

Date:	1996	Length:	10 minutes	Source:	Food & Drug Administration
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Food Safety Line Level Video **(VHS) C6**

From Meals on Wheels Association of America (English and Spanish)

Food Service Management Training

(VHS & DVD) C7

Each module consists of a video, and instructor's guide, student materials. Modules are designed to be interactive with breakout sessions incorporated into the videos. Each module is designed to be facilitated by a Registered Dietitian.

Length: The modules may be presented individually or jointly. **Each module requires approximately two and a half to three hours to complete.**

- Module 1** *Controlling Food Production Costs* - (Video: 1 hour 30 minutes)
Food and equipment purchasing, controlling and monitoring food and supply costs, how to determine monthly food and supply costs, and how to determine customer count.
- Module 2** *Maintaining Quality in Food Production* - (Video: 1 hour 20 minutes)
Types of food production systems, use of production sheets, portion control, and meal presentation.
- Module 3** *Home Delivered Meal Systems* - (Video: 1 hour 18 minutes)
Video covers menu planning, production issues; hot and cold food holding equipment and packaging procedures; and delivery of home-delivered meals.
- Module 4** *Kitchens and Equipment* - (Video: 1 hour 23 minutes)
Video covers purchasing of equipment; kitchen layout and flow; kitchen design; cleaning of equipment; and maintenance and repair.

Module 5: *Employee Safety in Food Service* - Includes accident prevention (falls and slips, burns and cuts); fire safety; chemical safety; emergency procedures and maintaining a safe work environment.

Module 6: *Managing Human Resources in Food Service* - Includes job descriptions; selecting orienting and training of staff; work schedules; productivity; utilizing your staff to maintain quality.

Date: 1998 –2000

Source: California Department of Aging

Human Resources Videos

(VHS) C8

A series from the Educational Foundation of the National Restaurant Association. Each video comes with a video guide.

Tape a. *Interviewing and Hiring Employees* –

Discusses screening employees, legal guidelines for interviewing, preparing for the interview, conducting the interview, selecting and hiring.

Tape b. *Conducting Effective Group Training* –

Demonstrates group training, conducting the training session, encouraging participation, evaluating and following-up.

Tape c. *Motivating Your Employees*-

Discusses the benefits of a motivated workforce and how to continue to motivate employees.

Tape d. *Managing Employee Performance* -

Discusses the reasons for poor performance, rules for handling performance problems, and employee termination.

Tape e. *Conducting Positive Performance Appraisals* –

Covers planning and preparing for positive appraisals, conducting evaluations, and following through and monitoring progress.

Date: 1998

Length: 20 minutes

Introduction to Food-borne Illness

(VHS) C9

This video provides an overview of the major causes of food-borne illness and illustrates practices to minimize the risk of contracting or spreading a food-borne disease. Viewers learn about microorganisms (parasites, viruses, fungi, and bacteria) associated with food borne illness. They also study ways to reduce harmful pathogens through proper handling, storage, and cooking. Other food safety topics include keeping foods out to the temperature danger zone, avoiding cross-contamination and the importance of personal hygiene. Teaching resource and quiz for each section is included.

Date: 1996 Length: 39 minutes

The Open Road: America Looks at Aging

(DVD) C10

The Baby Boom is about to retire. How will they answer "What's Next?" A documentary as seen on Public Television

Date: 2005 Length: 60 minutes

ServSafe: Serving Safe Food Training Series

(VHS) C11

(Instructor and student materials are available)

This series has been superseded by the "ServSafe Step" series but these videos are still a good sources for the training of food service staff and volunteers. Tape b covers HACCP which is not included in the "Step" series. Video tapes in this set must be requested individually; all will not be loaned at one time to a single user.

- Tape a.** *Introduction to Food Safety* – Teaches causes of food borne illness and the important role employees play in serving safe food
- Tape b.** *Managing Food Safety (HACCP)* – Reinforces the value of HACCP and teaches the seven steps in establishing the system.
- Tape c.** *Receiving and Storage* – Employees learn the correct steps to ensure food received is safe and stored properly
- Tape d.** *Preparation, Cooking and Service* – Illustrates the continuing flow of food and instructs in proper food preparation methods crucial to maintaining safe food
- Tape e.** *Proper Cleaning and Sanitizing* – Teaches proper cleaning and sanitizing steps that can reduce harmful bacteria on utensils, dishes and equipment
- Tape f.** *Personal Hygiene* – Demonstrates to employees why personal cleanliness and hygiene practices are vital to food safety

Date: 1993 Length: Tapes a, c-f are 10 min. Tape b. is 20 min.
Source: Educational Foundation of the National Restaurant Association

ServeSafe: Steps to Food Safety (VHS) C12

Each video is in both English and Spanish and includes a video guide.

This series is the latest from the Educational Foundation of the National Restaurant Association. The information is consistent with the FDA Model Food Code.

Video tapes in this set must be requested individually; all will not be loaned at one time to a single user.

Tape a. Step 1: Starting Out with Food Safety – Defines what food borne illness is and how it occurs; how foods become unsafe; and what safety practices to follow during the flow of food.

Tape b. Step 2: Ensuring Proper Personal Hygiene – Introduces employees to ways they might contaminate; personal cleanliness practices that help protect foods; and the procedures for thorough hand washing.

Tape c. Step 3: Purchasing, Receiving, and Storage – Explains how to choose a supplier; calibrate and use a thermometer properly; accept or reject a delivery; and store food safely.

Tapes d & e are missing

Tape f. Step 6: Take the Food Safety Challenge: Good Practices, Bad Practices – You Make the Call – Challenges viewers to identify good and bad practices presented in five short scenarios from different industry segments

Date: 2000	Length: Tapes a - c are 10 to 12 minutes each tape f is 35 minutes.
Source: Educational Foundation of the National Restaurant Association	

ServSafe – Steps to Food Safety (DVD) C13

(English and Spanish)

Six-in-One DVD including

- (1) Starting Our with Food Safety,
- (2) Ensuring Proper Personal Hygiene,
- (3) Purchasing, Receiving, and Storing,
- (4) Preparing, Cooking, and Serving
- (5) Cleaning and Sanitizing
- (6) Take the Food Safety Challenge: Good Practices, Bad Practices- You Make the Call!

This set includes a manager tip guide in hard copy.

Serving Food Safely (CD) C14

Serving Safe Food Training CD includes posters, forms, policies and procedures.

Date: 2006	American Culinary Standards Board
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Give 'em the PICKLE! With Bob Farrell

(DVD) C15

Serving is a noble profession. Be PROUD of what you do.

Give 'em the Pickle is a fun, motivational look at the most important thing we can do in business...take of the customer.

Date: 2007

Media Partners /MPCfilms.com

Directions for Ordering DVDs or Videos

1. Call (916) 419-7554 to make requests for loan of DVDs or videos.
 - Allow at least five (5) working days for processing and mailing of requested material(s).
 - Request videos as far in advance as possible as some videos are very popular. Reserving them in advance can help assure that they will be available for your program needs.
2. All videos except for the CDA Food Service Management Training Modules may be kept for two weeks only. When calling to request an item(s), be specific about the time frame you need the material.
3. The organization, name, address and telephone number for the person who will be responsible for loaned items(s) is required.
4. Videos must be mailed back in an envelope or box to prevent damage to: California Department of Aging at 1300 National Drive, Sacramento, California 95834. The replacement cost of lost or damaged media will be charged to the user.

