

clearance to maneuver it easily. In addition, a bed rail can be added for a secure handhold, making it easier to get in and out of the bed.

All around the house

Simple fixes can make everyday tasks easier, even ones that you might not think twice about, such as switching door handles to levers and changing light switches from toggles to paddles.

Review the lighting in each room. Have an electrician install overhead lights to get rid of lamps: The cords can be a tripping hazard. Consider motion-sensor lighting at floor level along the hallways that run from the bedroom to the bathroom to light a path in the middle of the night.

Do a walk-through to evaluate the transitions from one room to the next. Measure doorways to see if any would need to be widened to accommodate a walker or wheelchair. Remove area rugs and clutter on the floor to eliminate these tripping hazards. A more expensive project is replacing carpeting with wood or wood-like flooring, which is easier for maneuvering a walker or wheelchair and easier on the lungs of anyone with respiratory issues.

With people of all ages relying on electronic gadgets, make sure charging stations are easily accessible in the bedroom and living room. Remember, outlets don't have to be near the floor. Have some installed higher up the wall.

Many people forget to update closets, but it's important to adjust shelving for better access to commonly used items. The closet doors themselves should be wide enough to accommodate a walker if needed. Inexpensive items like grabbers are handy for reaching items on high shelves.

Professionals such as occupational therapists and contractors who are trained in aging-in-place projects can help you make smart choices.

Bottom Line Health interviewed Steve Cunningham, a certified aging-in-place specialist (CAPS) and owner of Cunningham Contracting, Williamsburg, Va.; and Brandy Archie, OTD, OTRL, CLIPP, doctor of occupational therapy, certified living-in-place professional (CLIPP), and owner of AccessAble Living, Kansas City, Mo.



[SMARTER EATING]

Janet Bond Brill, PhD, RDN, FAND

Fight climate change with your plate

Cows raised for slaughter leave huge environmental footprints. Livestock are responsible for almost 15 percent of the total global greenhouse gas emissions that cause global warming. That's more than cars, planes, and all other forms of transportation put together. According to the United Nations, the bulk of the emissions—65 percent—come from beef cattle. Here are a few more reasons why you should have a beef with beef:



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1. Beef production releases about 10 times more greenhouse gases per pound of meat than chickens or pigs. Each year, a single cow will release about 220 pounds of methane.
2. Beef accounts for about 3 percent of the calories in the average U.S. diet, but it uses 43 percent of U.S. land used for agriculture. It requires over 1,500 gallons of water per pound to produce.
3. The saturated fat in beef increases your risk of heart disease. Eating red and processed meat is also tied to an increased risk of diabetes, some cancers, and a shorter life.

Most Americans may not be willing to give up beef entirely but might consider cutting back. Switching from eating beef to chicken and pork would have major climate and environmental benefits. Even better is switching to a plant-centered diet, which is the healthiest approach for your health and the health of the planet.

Dr. Janet's Portobello Burger

Burger ingredients:

- 4 Portobello mushrooms, stem and gills removed
- 4 whole-wheat buns
- 2 red bell peppers, halved
- 1 Tbsp. extra-virgin olive oil
- 2 cups of fresh arugula
- ¼ cup crumbled blue cheese or feta cheese

Mushroom marinade:

- ¼ cup extra-virgin olive oil
- 2 Tbsp. white vinegar

Walnut pesto:

- 2 oz fresh basil leaves (stems removed)
- 1 cup walnut halves
- ½ cup extra virgin olive oil
- 3 garlic cloves

1. Preheat the grill to 400° F. Whisk together the mushroom marinade ingredients. Brush the marinade on both sides of the mushroom caps. Let the marinade sit for at least 10 minutes. Grill the mushrooms for three minutes on each side.
2. Sauté the red bell pepper halves in oil until the peppers are browned on both sides.
3. Place the pesto ingredients into a food processor and blend to a spreadable consistency.
4. On half a bun, place a grilled portobello mushroom cap, a sautéed red bell pepper, and ½ cup of arugula. On the other half of the bun, spread 1 Tbsp. of pesto.

Nutrition facts per serving (Yield: 4 servings): Calories: 297 kcal, Fat: 15 g, Cholesterol: 0 mg, Carbohydrates: 34 g, Dietary Fiber: 7g, Protein: 10g, Sodium: 203 mg

Janet Bond Brill, PhD, RDN, FAND, is a registered dietitian nutritionist, a fellow of the Academy of Nutrition and Dietetics, and a nationally recognized nutrition, health and fitness expert who specializes in cardiovascular disease prevention. Based in Hellertown, Pa., Dr. Brill is author of *Blood Pressure DOWN*, *Cholesterol DOWN*, and *Prevent a Second Heart Attack*. <http://DrJanet.com>.