

MEALS AND MORE



OBSERVANCES:

- May 5 - Cinco De Mayo
- May 7 - National Fitness Day
- May 8 - Mother's Day
- May 17 - National Cherry Cobbler Day
- May 24 - National Asparagus Day
- May 25 - National Senior Health and Fitness Day
- May 28 - National Hamburger Day
- May 30 - Memorial Day
- May - Arthritis Awareness Month
- May - High Blood Pressure Education Month
- May - Older Americans Month
- May - National Asparagus Month
- May - National Strawberry Month
- May - Asian Pacific American Heritage Month



MAY 25 IS NATIONAL SENIOR HEALTH AND FITNESS DAY!

Even if you can't get out for a walk or go to an exercise class, celebrate this day by being active in your mind and body! There are so many benefits to being active:

- Improved mood
- Improved physical ability for everyday tasks
- Reduced fall risk because of improved strength and balance
- Improved sense of purpose and accomplishment
- Improved heart health
- Slower mental decline
- Improved sleep
- Improved constipation

Any movement counts, even stretching! If activity is difficult, try to engage your body and mind by playing board games or cards, doing puzzles, or doing crafts. National Senior Health & Fitness Day® is the nation's largest older adult health and wellness event, now entering its 29th year.

OLDER AMERICANS MONTH

Age my way!



Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place - how you can plan to stay in your home and live independently in your community for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways you can remain in and be involved with your community.

Meals on Wheels Western Michigan wants to help you Age My Way in any way we can. Let us know if you want more information about our programs and services. Call 616.459.3111 or check us out online at www.mealsonwheelswesternmichigan.org.

While Age My Way will look different for each person, here are common things that you can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

For more information about the Older Americans Month and Age My Way, check out <https://acl.gov/oam/2022/older-americans-month-2022>

ARTHRITIS AWARENESS

May is Arthritis Awareness Month and a good time to discuss your arthritis condition with your physician. Here are a few questions to ask:

1. Does my type of arthritis condition only affect the joints or are there other areas of my body that can be involved? Can my eyes, heart, lungs, brain, or kidneys be affected? How?
3. What is the likely course of this form of arthritis? What is the long-term outlook?
4. What are my treatment options? What are the risks of not treating it at all?
5. If my symptoms worsen, what should I do on my own? When should I contact you?
6. How and when should I exercise?
7. What are the local support groups or foundations that are available to me? (Note: Arthritis Foundation, U.S.@www.arthritis.org)
8. Are my children likely to be affected by this illness? If so, how can I best help them?
9. While I take the medications that you currently recommend, how should we monitor for possible side effects (for example; examination, blood pressure check, lab testing)?

SPOTLIGHT ON CAREGIVERS

ARE YOU LOOKING FOR CAREGIVING OPTIONS TO HELP YOU AND YOUR LOVED ONE?

Then you should know your options. In general, there are four types of caregiving options:

1 Home Health Care: Receiving care in the home is perhaps the most flexible of all options. Caregivers who come into the home can provide services that range from stand-by oversight for a few hours a week to round-the-clock care. When you engage a home health care agency, they will supply caregivers with the appropriate skills during the time that you request.

2 Assisted Living Facilities: There is no standard model for assisted living residences. They vary in size, appearance, and types of services they provide. Assisted living facilities are a popular choice because they tend to have a variety of social programs and offer a community setting where residents can live relatively active lives.

3 Nursing Homes: There are generally two types of care available in a nursing home: short-term rehabilitative care and long-term care for chronic conditions. Patients receiving rehabilitative care, most often due to an acute illness or surgery, may continue staying at the facility as a long-term care patient if they do not recover the ability to live in their previous environment.

4 Adult Daycare Centers: Adult daycare centers provide programs for adults in a community-based group setting. You might consider an Adult Day Care Center when your loved one is unsafe when left alone, seems unable to manage daily activities, and has extended daily periods of isolation.

Check out www.caregiver.org for more information about caregiving and resources that are available in this area.



NUTRIENT OF THE MONTH: PROTEIN

Protein is found throughout the body - in muscle, bone, skin, hair, and virtually every other body part or tissue. It has six major roles in the body:

- Repair and maintenance of body tissues when growing or damaged
- Energy by providing 4 calories per gram of protein in foods
- Creation of some hormones
- Serves as enzymes that increase the rate of chemical reactions in the body
- Transportation of certain molecules
- Forms antibodies that help prevent infection, illness, and disease

RECIPE: Strawberry Asparagus Salad

Spring 2022

PREP TIME:
30 minutes

COOK TIME:
none

SERVING SIZE:

INGREDIENTS:

- 2 cups asparagus, cut in pieces
- 2 cups strawberries, washed and sliced
- ¼ cup lemon juice
- 2 T. vegetable oil
- 2 T. honey

DIRECTIONS:

Blanch asparagus by filling a large bowl with ice and water. Then in a large saucepan, bring 1 inch of water to boil. Add asparagus, cover, and boil until its bright green, about 3-4 minutes. Immediately, remove from boiling water and plunge into bowl with water and ice to stop the cooking. Once blanched, scoop out the asparagus and toss with the strawberries in a separate bowl. Set aside. In a small bowl, combine the lemon juice, oil, and honey. Pour over the strawberries and asparagus and toss gently to coat. Chill before serving.

NOTES:

You can add different berries to this salad or even put this on top of a spinach or romaine lettuce. Feel free to add some feta or parmesan cheese too.

APPETIZER



Don't forget! Our Meals on Wheels programs are provided at no-cost to you, however, contributions of any amount are greatly appreciated and needed to keep these programs running. We accept all contributions, great or small, for the meals you receive. If your current financial situation prevents you from contributing, that is okay, you can still receive meals from us. Your financial support helps us achieve our vision of a community where no senior is hungry or forgotten.



If you would like to know more about our home-delivered meals, pantry, or dining site programs, please call Meals On Wheels Western Michigan at 616-459-3111 or go to www.mealsonwheelswesternmichigan.org

Meals on Wheels Western Michigan is supported by:

