

# MEALS AND MORE



## OBSERVANCES:

- New Year's Day Jan 1
- National Spaghetti Day Jan 4
- National Folic Acid Awareness Week Jan 4-10
- National Bean Day Jan 6
- Healthy Weight Week Jan 15-21
- National Pie Day Jan 23
- National Chocolate Cake Day Jan 27
- National Glaucoma Awareness Day Jan 27
- National Puzzle Day Jan 29
- National Oatmeal Month
- National Soup Month
- National Bath Safety Month

**JANUARY  
2023**

## WHY NATIONAL PUZZLE DAY?

Puzzles have been quite popular among all age groups across the world and they come in different forms and kinds. There are Sudoku puzzles, jigsaw puzzles, crosswords, and many more different types of puzzles in the world. Irrespective of your age and the kind of puzzle you choose to work on, they help in stimulating your brain cells and making them active. And when the puzzles require you to work with others, you will develop and hone your social interactive skills as well. It is also helpful in keeping your focus intact and that is why it makes perfect sense to celebrate these brain developing games in one day. That is why we have a National Puzzle Day every year on the 29th of January. But you can celebrate with puzzles all month long! Learn more at:

<https://activities-for-seniors.info/jigsaw-puzzle-brain-games-for-senior/>

# GLAUCOMA AWARENESS MONTH

January is Glaucoma Awareness Month - the perfect time to spread the word about the disease. So, this year, add learning about glaucoma to your list! Your eyes will thank you for it.

**1. Glaucoma can cause vision loss and blindness, which can't be reversed.** Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But, you can save your vision with early detection and treatment.

**2. There are no early symptoms.** Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. Don't wait for symptoms to visit your eye doctor!

**3. In the United States, half the people who**

**have glaucoma don't know they do.** Nearly 3 million Americans have glaucoma. Half don't know it. Lack of awareness and the absence of symptoms are preventing people from detecting the disease early. You can change that! Find out if you have glaucoma.

**4. Some people are at higher risk than others.** African Americans over 40, adults over 60 - especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important. Are you at higher risk? Talk to your family about glaucoma.

**5. There is only one way to know if you have glaucoma.** Getting a comprehensive dilated eye exam is the only way to find out if you have glaucoma. During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve. Now that you've got the facts about glaucoma, make a resolution for healthier vision. Schedule a comprehensive dilated eye exam today! And encourage your friends and loved ones to do the same. To learn more about glaucoma, visit [www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma).



## NUTRIENT OF THE MONTH: FOLIC ACID

Folic acid is an integral mineral that many may be deficient in, particularly seniors. Assess your diet during January's National Folic Acid Awareness Week. It seems that seniors, particularly females, are at risk of developing a dietary deficiency that could impact overall health and well-being. Pay attention to whether you are eating plenty of foods that contain folic acid, such as dark leafy greens, legumes/beans, and cereals. A well balanced diet is not always adequate to get enough folic acid, and you may want to consider a supplement to your everyday regimen. Talk to your healthcare provider about whether you are deficient of this important and essential nutrient. Some ways that seniors are impacted by Folic Acid include:

**MEMORY-** It has been suggested and studied that folic acid is closely-linked to memory. With the majority of seniors over the age of 80 displaying some symptoms or signs of dementia, eating a balanced diet that includes the recommended daily allowance of folic acid may help prevent memory-loss, forgetfulness, and even aphasia.

**AGING-** Exciting new research is showing that dementia symptoms may be lessened and improved with a daily diet rich in folate, or folic acid supplements per your physician's recommendation. Seniors seem less anxious, less agitated, and more able to focus than those that do not get enough folic acid daily. Talk to your geriatric provider about whether your senior's symptoms may be an indicator of low folate levels.

**BLOOD-PRESSURE-** Studies show that people- especially women- who consume ample folic acid in their daily diet reduce their risk of contracting high blood pressure (hypertension). Eat a diet rich in foods with folate, such as salads, fresh produce, and legumes.

**APPETITE-** Many seniors may suffer from weight loss or failure to thrive following an accident, injury, or illness, and it can be tough to regain weight for the strength needed to rehabilitate. Folate has been shown to be significant in regulating appetite, so in many instances, it may help seniors maintain a healthy weight throughout aging.

<https://www.seniorlivingexperts.com/post/how-folic-acid-vitamin-b9-benefits-your-body-importance-in-the-diet>

# SPOTLIGHT ON CAREGIVERS

To celebrate National Puzzle Day, we're including a puzzle to enjoy with you and your loved one! Brain function and strength are strongly related to genetics, age, use, and disease. As a person gets older, dendrites (brain cell connections) weaken and it can possibly lead to dementia and/or Alzheimer's disease, which are types of age-related conditions. A person that does not properly use and stimulate his or her brain regularly is more susceptible of developing such age-related conditions. The good news is, it is possible to reduce the risk of developing Alzheimer's disease and/or dementia by keeping the brain stimulated and functioning.

## HAPPY NEW YEAR

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

Calendar  
Champagne  
Clock  
Confetti  
Family  
Fireworks  
First  
Hangover  
Happy  
Hat  
Holiday  
January  
Kiss  
Midnight  
Parade  
Party  
Resolution  
Sing  
Sparkler  
Toast  
Year

**RECIPE:** Baked Spaghetti

**PREP TIME:**  
15 minutes

**COOK TIME:**  
30 minutes

**SERVING SIZE:**  
10 servings

**INGREDIENTS:**

- 1 lb spaghetti
- 1 pound ground beef
- 1 medium onion, chopped
- 2 cloves of garlic, minced
- 1 jar (32 ounces meatless spaghetti sauce)
- 1/2 teaspoon seasoned salt
- 1 teaspoon Italian seasonings
- 2 eggs
- 1/3 cup grated Parmesan
- 5 tablespoons butter, melted and slightly cooled
- 16 ounces ricotta cheese
- 3 cups shredded mozzarella

**DIRECTIONS:**

1. Cook spaghetti according to package directions. Meanwhile, in a large skillet, cook beef, onion, and garlic over medium heat until meat is no longer pink; drain. Stir in spaghetti sauce, seasoned salt, and Italian seasonings.
2. In a large bowl, whisk the eggs, Parmesan cheese and butter. Drain spaghetti and cool slightly; add spaghetti to the egg mixture and toss to coat.
3. Place half of the spaghetti mixture in a greased 9x13 baking dish. Top with half of the ricotta cheese, meat sauce and mozzarella cheese. Repeat layers.
4. Cover and bake at 350° for 30 minutes. Uncover and bake for 10 minutes longer or until cheese is melted.



**HEAD'S UP!**

We have another Holiday Meal Delivery scheduled for Thursday, December 29 as Meals On Wheels Western Michigan will be closed on Monday, January 2.

HIDDEN QUOTATION BY  
Oprah Winfrey



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](http://www.mealsonwheelswesternmichigan.org)

Meals on Wheels Western Michigan is supported by:

