

MEALS AND MORE



OBSERVANCES:

- Day of the Dead (Día de los Muertos) (November 1 - November 2)
- Daylight Savings Time ends (November 6)
- Veteran's Day (November 11)
- Great American Smokeout (November 17)
- Thanksgiving (November 24)
- National Leftovers Day (November 25)
- American Diabetes Month
- COPD Awareness Month
- National Family Caregivers Month
- National Alzheimer's Disease Awareness Month
- National Home Care and Hospice Month
- National Banana Pudding Lovers Month
- National Pepper Month
- National Squash Month

**NOVEMBER
2022**

THANK SOMEONE TODAY!

Thanksgiving is a time to reflect on everything that we're grateful for; all that sustains, nourishes, and supports us. For many, the winter holidays are a whirlwind of good food, family gatherings, and even a little well-meaning chaos. At its heart, the most important part of the holiday is always about the people. Recent years have made it more difficult to celebrate Thanksgiving in person. This has allowed many of us to create new traditions, such as smaller gatherings and more local "Friendsgiving" dinners. Since we can't always have everyone we love at the table, Thanksgiving wishes and messages are more important than ever to reach friends and family. A thanksgiving card lets your loved ones know that you're still thinking of them and that you're thankful for their presence in your life. Maybe now is the time to write a note of thanksgiving to someone you love!

DIABETES: ARE YOU HUNGRY?

It's American Diabetes Month and a great time before the holidays to check in with your hunger! There are many signals that tell us it's time to eat (other than a rumbling stomach): television ads, social events, smells from the kitchen or the site of candy and sweets. These factors in the environment trigger our senses and other mental processes that make us think we are hungry even when we're not.

The Hunger Rating Scale can help you decide if you are experiencing real hunger:

10 = Stuffed to the point of feeling sick

9 = Very uncomfortably full, need to loosen your belt

8 = Uncomfortably full, feel stuffed

7 = Very full, feel as if you have overeaten

6 = Comfortably full, satisfied Neutral

5 = Comfortable, neither hungry nor full

4 = Beginning signs and symptoms of hunger

3 = Hungry with several hunger symptoms, ready to eat

2 = Very hungry, unable to concentrate Hungry

1 = Starving, dizzy, irritable

Remember that physical hunger builds gradually over time (usually over several hours after a meal), whereas emotional eating and cravings usually come on very suddenly. When you are genuinely hungry, you may experience one or several of the symptoms listed below:

- Stomach pangs or growling
- Emptiness in the stomach
- Irritability
- Headache
- Low energy/fatigue
- Difficulty concentrating

How does the scale work?

Before you eat, take a moment to rate your hunger. Think about how hungry you physically feel. Your goal is to eat around level four. This means you are eating when you are hungry.

Try not to put off eating for too long. Waiting until level one or two—when you are starving and unable to concentrate—may lead to overeating. When you first start to feel any of the symptoms listed above, you should probably start to think about eating.

We often let the sight of food tempt us when we are above a level six on the scale. Before you indulge, take a step back and think about how you feel. Did you just eat a few minutes ago? Are you eating in response to an emotion or because you are experiencing physical hunger?

Think of alternatives to eating for when these temptations arise. Some ideas are:

- Drink a glass of cold water or another zero-calorie beverage
- Take a walk to change the scenery
- Do another form of exercise (sit-ups, running, swimming, tennis, etc.)
- Call a friend or family member
- Read a book or magazine
- Do you like to knit or paint? Work on a hobby
- Play a game with someone else

Copy the Hunger Rating Scale and carry it with you in your wallet or purse. It can help you decide before you eat if you are experiencing real hunger. There is a lot of research that is linking using the Hunger Rating Scale to better control of blood sugar as well. Time to get in tune with hunger once again! And ask the next question, "What am I really hungry for?"

(www.diabetes.org)

SPOTLIGHT ON CAREGIVERS



Daily routines can be helpful for both you — the caregiver — and the person living with Alzheimer's. A planned day allows you to spend less time trying to figure out what to do, and more time on activities that provide meaning and enjoyment.

Before making a plan, consider:

- The person's likes, dislikes, strengths, abilities and interests
- How the person used to structure his or her day
- What times of day the person functions best
- Ample time for meals, bathing and dressing
- Regular times for waking up and going to bed.

Make sure to allow for flexibility within your daily routine for spontaneous activities.

As Alzheimer's disease progresses, the abilities of a person with dementia will change. With creativity, flexibility and problem solving, you'll be able to adapt your daily routine to support these changes.

Don't be concerned about filling every minute with an activity. The person with Alzheimer's needs a balance of activity and rest, and may need more frequent breaks and varied tasks. Daily plan example (for early- to middle-stages of the disease)

Morning

- Wash, brush teeth, get dressed
- Prepare and eat breakfast
- Have a conversation over coffee
- Discuss the newspaper, try a craft project, reminisce about old photos
- Take a break, have some quiet time
- Do some chores together
- Take a walk, play an active game

Afternoon

- Prepare and eat lunch, read mail, wash dishes
- Listen to music, do crossword puzzles, watch TV
- Do some gardening, take a walk, visit a friend
- Take a short break or nap

Evening

- Prepare and eat dinner, clean up the kitchen
- Reminisce over coffee and dessert
- Play cards, watch a movie, give a massage
- Take a bath, get ready for bed, read a book

Don't care give alone! Check out these resources for a support group in your area and connect with others doing the same as you!

Alzheimer's Association's Care Consultation program.

They complete an assessment by phone, in the client's home or in office and consult regarding coping strategies, communication, future planning, grief and loss, problem solving, understanding behaviors and give information about support groups. The number is 800.272.3900 and phones are staffed 24/7 by RNs and SWs who specialize in Dementia/Alzheimer's. Email is helplinegmc@alz.org.

AAAWM also has 2 programs called Family Caregiver University and Caregiver Resource Network, which are best accessed on their website, caregiverresource.net, but clients/caregivers can call for info as well, 616.456.5664.

NUTRIENT OF THE MONTH: VITAMIN C

Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the proper functioning of the immune system, wound healing, and the maintenance of cartilage, bones, and teeth. Vitamin C is one of many antioxidants that can protect against damage caused by harmful molecules called free radicals, as well as toxic chemicals and pollutants like cigarette smoke. Free radicals can build up and contribute to the development of health conditions such as cancer, heart disease, and arthritis. This antioxidant is found in a variety of fruits and vegetables. The foods richest in vitamin C are citrus fruits, green peppers, strawberries, tomatoes, broccoli, white potatoes, and sweet potatoes. Other good sources include dark leafy greens, cantaloupe, papaya, mango, watermelon, brussels sprouts, cauliflower, cabbage, red peppers, raspberries, blueberries, winter squash, and pineapples.



RECIPE: Sheet Pan Chicken and Vegetables

PREP TIME:
15 Min

COOK TIME:
1 hour 23 min

SERVING SIZE:
6

INGREDIENTS:

2 pounds chicken thighs with bone/skin
1 ½ tablespoons olive oil divided use
1 pound baby potatoes halved
½ red onion chopped
1 bell pepper, green or red chopped
1 cup grape tomatoes
½ cup feta cheese for garnish, optional
1 lemon divided
3 tablespoons lemon juice
3 tablespoons olive oil
2 cloves garlic minced
1 tablespoon soy sauce
1 teaspoon honey
½ teaspoon oregano
½ teaspoon dried rosemary crushed

DIRECTIONS:

Preheat oven 400°F.

Combine marinade ingredients and pour over chicken. Marinate at least 15 minutes or up to 4 hours.

Combine baby potatoes, onion, 1 tablespoon olive oil and salt and pepper to taste. Place on a parchment lined pan. Nestle marinated chicken on the pan between the potatoes. Bake 30 minutes

Toss bell peppers and tomatoes with remaining 1/2 tablespoon olive oil and season with salt & pepper. Add to the pan and bake an additional 20 minutes or until potatoes are tender and chicken reaches 165°F.

Squeeze fresh lemon overtop and garnish with feta cheese

MAIN DISH



Our Home Delivered Meal (HDM) clients receive a letter every month which states how many meals they received and a suggested contribution for those meals. It is NOT a bill. Clients can contribute that exact amount, or more, or less, or nothing at all if circumstances prevent them. Meals will not be stopped if a contribution isn't made. To contribute, however, clients can do the following:

1. Write a check and mail it in the enclosed envelope provided with the letter.
2. Call in and contribute by credit card. (616) 459-3111
3. Call in and contribute by Bridge card. (616) 459-3111

NEWS
FROM
MOWWM

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:

