

MEALS AND MORE



OBSERVANCES:

- International Day of Older Persons Oct 1
- National Taco Day Oct 4
- National Depression Screening Day Oct 6
- National Mental Illness Awareness Week Oct 2-8
- Active Aging Week Oct 3-9
- National Check Your Meds Day Oct 21
- National Chili Month
- National Pasta Month
- National Apple Month

**OCTOBER
2022**

FALL IS A PERFECT TIME FOR CHILI!

And October is National Chili Month!

Chili is loaded with protein, vitamins, and minerals. It also contains energy-giving carbohydrates and a lot of fiber (check out the Nutrient of the Month on page 3). If you shop at our senior pantry, pick up some beans and beef to make the chili recipe on the back of this newsletter. And look for chili to be on the menu soon!

ARE YOU DEPRESSED?

National Depression Screening Day is October 6. It's a good time to check in with yourself and how you've been feeling recently.

Major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults each year.

Like screenings for other illnesses, depression screenings should be a routine part of healthcare.

Why Screen For Depression?

- Clinical depression is a serious medical illness.
- Clinical depression can lead to suicide.
- Sometimes people with depression mistakenly believe that the symptoms of depression are a "normal part of life."
- Clinical depression affects men and women of all ages, races and socioeconomic groups.
- Only about a third (35.3%) of those suffering from severe depression seek treatment from a mental health professional.
- Depression can co-occur and complicate other medical conditions.
- Screenings are often the first step in getting help.

Who Should Get Screened?

People suffering from depression often experience some of these key symptoms:

- A persistent sad, anxious or "empty" mood
- Sleeping too little, early morning awakening, or sleeping too much
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of death or suicide

Screenings are not a professional diagnosis.

Screenings point out the presence or absence of depressive symptoms and provide a referral for further evaluation if needed. You should see your doctor or a qualified mental health professional if you experience five or more of these symptoms for longer than two weeks or if the symptoms are severe enough to interfere with your daily routine.

Check out this screening tool to start or call your health care provider.

<https://screening.mhanational.org/screening-tools/depression/?ref>



IT'S APPLE MONTH!

Here are some ways to enjoy them:

1. Peel and chop apples to use in baked goods, like pies, muffins, and cobblers.
2. Core apple, cut in half, place on microwave safe plate, and microwave until soft. Eat with a spoon!
3. Peel, chop, and place apples in saucepan with water. Cook until apples are soft and can be mashed. Mash with potato masher, sprinkle with cinnamon and enjoy!
4. Core, slice thin, and bake until crisp. Eat as a crispy snack!
5. Make herbal tea by boiling apple peels, orange peels, and cinnamon in a pot of water.

SPOTLIGHT ON CAREGIVERS

October 21 is Check Your Meds Day!

What is National Check Your Meds Day?

National Check Your Meds Day is observed every October 21st. Historically, pharmacists have done these types of reviews for consumers, known as “brown bag” medication reviews, as the patients would literally bring brown paper bags filled with their medications to their pharmacists for the consultations.

What is an annual medication review?

Medication management is especially important for people with chronic conditions. An annual medication review with a pharmacist can help older adults ensure that they are still taking their medications correctly, even as new medications are added to

their regimens throughout the year. They can also check in with their pharmacists for important information on interactions between medications and for help in identifying redundant medications to stop taking. In addition, pharmacists can help seniors determine if there are more cost-effective medication alternatives during the medication review.

For the pharmacist, a medication review is a way to show that they care about their patients as they look for these potential problems when they perform their consultations. They can give advice to consumers on the best time of day to take a medication, whether taking it with food impacts the medication’s effectiveness, and whether older adults should avoid alcohol while taking this medication.

Why is an annual medication review important?

A medication check-up prompts seniors to better manage their medications and take them as prescribed so they can experience the health benefits intended from their treatments. We urge you to schedule a medication checkup for your loved one with their local pharmacist. It is one more important step they can take to live a healthier and longer life.



NUTRIENT OF THE MONTH: FIBER

Fiber is a type of carbohydrate that the body can’t digest. Though most carbohydrates are broken down into sugar molecules called glucose, fiber cannot be broken down into sugar molecules, and instead it passes through the body undigested. Fiber helps regulate the body’s use of sugars, helping to keep hunger and blood sugar in check.

Fiber comes in two varieties, both beneficial to health:

Soluble fiber, which dissolves in water, can help lower glucose levels as well as help lower blood cholesterol. Foods with soluble fiber include oatmeal, chia seeds, nuts, beans, lentils, apples, and blueberries. **Insoluble fiber**, which does not dissolve in water, can help food move through your digestive system, promoting regularity and helping prevent constipation. Foods with insoluble fibers include whole wheat products (especially wheat bran), quinoa, brown rice, legumes, leafy greens like kale, almonds, walnuts, seeds, and fruits with edible skins like pears and apples. Older adults need at least 25 to 35 grams of fiber per day for good health, but most Americans get only about 15 grams a day. Great sources are whole grains, whole fruits and vegetables, legumes, and nuts.

RECIPE: Classic Chili

Fall 2022

PREP TIME:
15 min

COOK TIME:
25 min

SERVING SIZE:
1 cup

MAIN DISH

INGREDIENTS:

- 1 tablespoon olive oil
- 1 medium yellow onion -diced
- 1 pound 90% lean ground beef
- 2 1/2 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 tablespoons granulated sugar
- 2 tablespoons tomato paste
- 1 tablespoon garlic powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cayenne pepper* -optional
- 1 1/2 cups beef broth
- 1 (15 oz.) can petite diced tomatoes
- 1 (16 oz.) can red kidney beans, drained and rinsed
- 1 (8 oz.) can tomato sauce

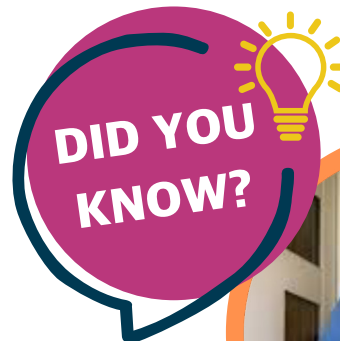
DIRECTIONS:

1. Add the olive oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion. Cook for 5 minutes, stirring occasionally.
2. Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.
3. Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and optional cayenne. Stir until well combined.
4. Add the broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well.
5. Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally.
6. Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving.



Did you know that you can have another person shop for you at our Senior Pantry by signing a proxy form?

We know that sometimes it's hard to visit the pantry. You might not be feeling well or not have transportation, but there is a way to still get your groceries! A proxy is for current senior pantry clients to give permission to another person to shop at the pantry for them. A proxy should be at least 18 years of age and dependable for the duration of the program months of operation. You can list two different individuals who you give permission to shop for you. If you are a client at the senior pantry, call or stop by the pantry front desk and ask for the Proxy Form. 616.459.3111 ext.3.



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:

