

# MEALS AND MORE



## OBSERVANCES:

**June - National Safety Month**  
**June - National Cancer Survivor Month**  
**June - National Dairy Month**  
**June - National Dysphagia Awareness Month**  
**June - National Fresh Fruits and Vegetable Month**  
**June - Wound Care Awareness Month**  
**June 7 - World Safety Day**  
**June 14 - Flag Day**  
**June 15 - World Elder Abuse Awareness Day**  
**June 17 - Eat Your Vegetables Day**  
**June 19 - Father's Day**  
**June 21 - Summer Begins**  
**June 23 - National Hydration Day**

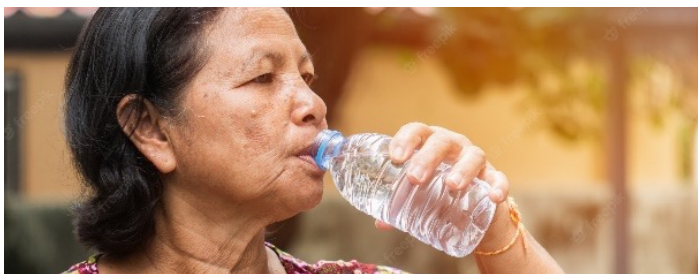
## JUNE IS A GREAT MONTH TO EAT YOUR VEGETABLES!

Crisp cabbage, juicy tomatoes, fresh lettuce, colorful peppers! How would you describe your favorite? Have you ever even thought about what your favorite is? Well now is the time! June 17 is Eat Your Vegetables Day and the month of June is Fresh Fruits and Vegetables Month, so make it your goal to eat your favorite vegetable and even find a new one to try! Or maybe try one again that you haven't liked in the past. Don't forget, as we age, our taste buds change so keep trying. There is a treasure of color, texture and taste awaiting you in the Vegetable Group!

**JUNE  
2022**

# NATIONAL HYDRATION DAY

June 23 is National Hydration Day!



Your best defense against dehydration is prevention. Follow these six tips to stay safe and healthy, especially when temperatures — or your activity levels — increase:

**1. Don't wait until you're thirsty to drink.** By the time you feel thirsty, you're already slightly dehydrated. Sip water steadily throughout the day and drink more fluids than usual when the weather is hot, especially if you're active.

**2. Flavor your water.** If plain water tastes boring to you, you can add flavor with fresh fruits or a splash of fruit juice. You can also consume clear broths, ice pops or sports drinks (especially if you're doing intense exercise). Just make sure to limit caffeine and alcohol.

**3. Eat water-rich fruits and vegetables.** Certain fruits and vegetables contain plenty of water in

addition to helpful nutrients. Watermelon, strawberries, cantaloupe, peaches and pineapples are fruits with high-water content. Water-rich vegetables include cucumbers, leafy greens, radishes, celery, zucchini and tomatoes.

**4. Stay inside when it gets too hot.** On very hot days, stay indoors in an air-conditioned environment. If you don't have air conditioning at home, try a shopping center, movie theater or public library. Avoid sun exposure, especially between 10 am and 2 pm, when the rays are strongest. Plan outdoor activities in the early morning or evening.

**5. Dress for the weather.** Wear light, loose-fitting clothing that lets your skin breathe. Dark colors absorb heat, so stick with lighter shades. Wear a wide-brimmed hat in the sun to keep your head cool and use plenty of sunscreen to avoid sunburn, which can increase your skin temperature and make it harder to stay cool.

**6. Be aware of the signs of dehydration like dark urine, muscle cramps and fatigue.** If anyone in your family is ill, pay attention to how much they're able to drink — especially young children and the elderly. Anyone with a fever, vomiting or diarrhea should drink plenty of fluids. Do not wait for signs of dehydration to appear. (scripps.org)



## DYSPHAGIA AWARENESS

It is National Dysphagia Awareness Month, so we want to remind you that we have modified meals for our Home-Delivered Meal clients who have trouble chewing or swallowing.

It is the same delicious food, just processed differently to create textures that are easier to chew and swallow. Please call 616-459-3111 for more information. Pictured is our Minced & Moist Meatloaf Meal with carrots and mashed potatoes.

# SPOTLIGHT ON CAREGIVERS

**Elder abuse can include neglect, physical, emotional, financial or sexual abuse.**

It is up to all of us, not just caregivers, to prevent and report suspected abuse.

Here are some signs of elder abuse that everyone should know.

## **Emotional & Behavioral Signs**

- Unusual changes in behavior or sleep
- Fear or anxiety
- Isolated or not responsive
- Sadness

## **Physical Signs**

- Broken bones, bruises and welts
- Cuts, sores or burns
- Torn, stained or bloody underclothing
- Sexually transmitted diseases without clear explanation
- Dirtiness, poor nutrition or dehydration
- Poor living conditions
- Missing daily living aids (glasses, walker and medications)

## **Financial Signs**

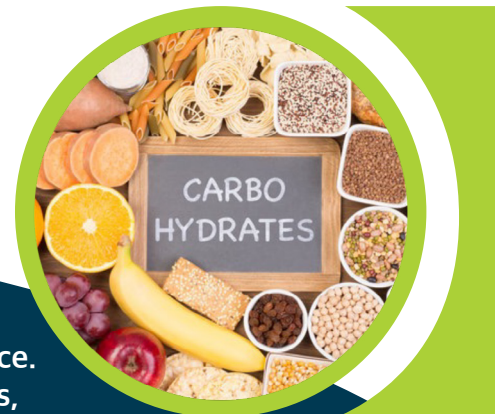
- Unusual changes in bank account or money management
- Unusual or quick changes in a will or other financial documents
- Fake signatures on financial documents
- Unpaid bills

**REPORTING ABUSE:** Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at 1-800-677-1116 ([www.eldercare.acl.gov](http://www.eldercare.acl.gov)). In cases of urgent danger, call 911 or the local police. ([eldermistreatment.usc.edu](http://eldermistreatment.usc.edu))



## **NUTRIENT OF THE MONTH: CARBOHYDRATES**

The carbohydrates we get from food are our body's main energy source. Even our brains run on carbohydrates! We find carbohydrates in grains, fruits, vegetables and dairy foods. Some are simple (desserts, candy, sugary drinks) meaning our bodies break them down very quickly which can raise the sugar in our blood requiring a lot of insulin to process it. Some are complex (whole grains, most vegetables) which take longer to process in the body and provide a steadier flow of energy to move and think. Despite what you may have heard, CARBS ARE NOT BAD FOR YOU! Like with all foods, too much of one food or nutrient is not the best way to stay healthy. Eating a balance of whole grains, fruits, vegetables and low-fat dairy is a great way to get your carb intake. The meals at MOWWM are balanced for carbohydrates, especially for older adults with diabetes who may need to control the carbohydrates they eat throughout the day.



# **RECIPE:** Summer 7 Layer Salad

**PREP TIME:**  
10 minutes

**COOK TIME:**  
None

**SERVING SIZE:**  
One large salad

**INGREDIENTS:**

1 cup spinach  
¼ cup onion or carrots,  
cut in pieces  
4 grape tomatoes  
¼ cup shredded cheese  
1 T. sunflower seeds  
½ cup frozen peas, thawed  
2 tsp. bacon bits  
¼ cup salad dressing of  
your choice  
(ranch, Italian, French, etc.)

**DIRECTIONS:**

1. Gather and prepare all ingredients
2. Put all ingredients in a bowl
3. Mix gently
4. Drizzle dressing over salad
5. Serve immediately

**NOTES:**

You can use other fresh vegetables in this salad such as celery, olives or edamame.  
Add different nuts for more crunch, like walnuts or almonds



For the second year in a row the MOWWM kitchen received a perfect score for food safety and sanitation from the Kent County Health Department. Way to go kitchen crew!



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:

