

MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN
VOL. 1 OCT NOV DEC

Observances

October 14 - Columbus Day
October 19 - Sweetest Day
October 31 - Halloween
November 3 - Daylight Savings Time
November 11 - Veteran's Day
November 28 - Thanksgiving
December 23 - 1st day of Hanukkah
December 24 - Christmas Eve
December 25 - Christmas Day
December 26 - 1st Day of Kwanzaa
December 31 - New Year's Eve



Fall is in the air!

Time to enjoy the Fall harvest

It's time to pull out your sweaters and slippers once again! The leaves are changing colors and the nights are getting cooler. This season helps us prepare for the cold of winter, but we can still enjoy the beauty and taste of the Fall season. In this season of thanks and gratefulness, Here are just a few healthy fruits and vegetables that we can savor during this season...

Slow cooker Applesauce

Ingredients:

8 apples - peeled, cored, and thinly sliced
1/2 cup water
3/4 cup packed brown sugar
1/2 teaspoon pumpkin pie spice

Directions:

Combine the apples and water in a slow cooker; cook on Low for 6 to 8 hours. Stir in the brown sugar and pumpkin pie spice; continue cooking another 30 minutes.



Fall is in the air! (cont.)

APPLES: These sweet, crunchy fall favorites (7,500 varieties!) are packed with antioxidants, which may help prevent chronic illness and slow aging.

BEETS: When shopping, look for firm, smooth bulbs and (if attached) bright, crisp greens. Toss the greens in salads and roast the beets for their betaine—a compound that may help prevent heart and liver disease—and nitrate, which may increase blood flow to the brain and potentially reduce risk of dementia.

CABBAGE AND BRUSSEL

SPROUTS: Packed with vitamins A and C, cabbage and its mini-me, Brussels sprouts, boast high concentrations of cancer-fighting glucosinolates (which also lend these veggies their distinct flavor).

CRANBERRIES: Research suggests cranberry concentrate can help prevent urinary tract infections and that fresh cranberries can help prevent oral diseases and slow the growth of cancer.



NOVEMBER IS AMERICAN DIABETES MONTH!

ARE YOU AT RISK?

Take the American Diabetes Association
Risk Test at:

<https://www.diabetes.org/community/calendar-events/american-diabetes-month>

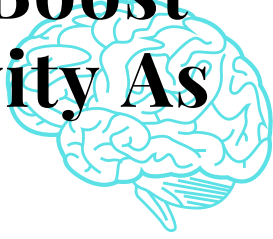
GRAPES: Research has shown that resveratrol, a phytonutrient that is most widely found in the grape's skin, is known to increase the expression of three specific genes which are related to longevity.

PEARS: In the U.S., the European varieties, Bosc and Bartlett, are most common, and grow on the west coast during fall. Pears are high in soluble fiber, which helps lower “bad” (LDL) cholesterol.

SQUASH: All varieties of squash are rich in beta-carotene, which can prevent vitamin A deficiencies, promote healthy eyesight, and generate retinol production.

SWEET POTATOES: Sweet potatoes are high in beta-carotene as well as vitamin C, and when eaten with their skin on, a medium potato can pack nearly four grams of fiber.

5 Ways To Boost Brain Activity As you Age



1. **Physical exercise.** Physical exercise strengthens your brain. Exercise benefits your brain cells. The blood vessels inside your brain dilate and increase blood flow when you engage in regular exercise. Exercise helps to eliminate toxins and allows oxygen and other nutrients to flow into your brain strengthening your brain cells

2. **Healthy breakfast.** Start your day with a healthy breakfast. Skipping breakfast affects your brainpower and performance at home, school or work. Choose a lot of fresh, raw fruits and veggies throughout the day. This will help you detoxify and nourish your brain with essential nutrients and antioxidants to protect your brain from daily free radicals assaults.



3. **Increase Water Intake.** Given that your brain is about 80 percent water, the first rule of brain nutrition is adequate water to hydrate your brain. Even slight dehydration can raise stress hormones, which can damage your brain over time. Drink at least 84 ounces of water a day. It is best to have your liquids unpolluted with artificial sweeteners, sugar, caffeine, or alcohol. You can use herbal, non-caffeinated tea bags. Green tea is also good for brain function as it contains chemicals that enhance mental relaxation and alertness.

4. **Think positively.** Thinking positively enables you to access your higher thinking abilities. When you are positive and feeling good, your mind functions smoothly. Ask yourself emotion-leading questions like, "What am I grateful for right now?" and "Who do I love and who loves me?"

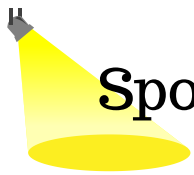
5. **Make sure you sleep enough.** Your brain is rejuvenate during those sleeping hours. Sleep allows your brain to process new memories, practice new skills and solve problems. Therefore, a good night's sleep is essential to boost your brainpower.



What's new in the MOW Kitchen?

Roast Beef!

Roast beef, our most popular Home Delivered Meal (HDM) is new and improved! We are now using beef that has been sliced and delivered with our specifications from Tolman's Wholesale Meats. We tested this product with our HDM clients and the positive response was overwhelming - tender, juicy, and delicious! Although it's a different shape, the new roast beef is the same weight, yet is lower in sodium and calories than the one we were using. This is just one example of our commitment to continuously explore and test new products for the well-being and health of MOW clients!



Spotlight on Caregivers

Recommended Reading for Caregivers

Every caregiver knows that their role is both physically and emotionally challenging, so reading a worthwhile book may be just the thing for a bit of encouragement. Taking the time to read up on senior caregiving should provide constructive ideas for improving your care plan, seeking respite, communicating with your care team, managing your emotions in a healthy way and understanding other people's unique perspectives. Here's 4 book recommendations from Sheri Samotin of LifeBridges Solutions, expert in Senior Caregiving:

29: A Novel by Aldena Halpern (*fiction*)

Still Alice by Lisa Genova (*fiction*)

How Do Say It To Seniors: Closing Our Communication Gap with Our Elders by David Solie (*non-fiction*)

Your Room At The End: Thoughts About Aging We'd Rather Avoid by Charlie Hudson (*non-fiction*)