

# MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN  
VOL. 2 JAN FEB

## Observances

January 1 - New Year's Day

January 20 - Martin Luther King Jr. Day

February - American Heart Month

February 2 - Groundhog Day

February 2 - Super Bowl Sunday

February 14 - Valentine's Day

February 17 - President's Day

February 26 - Ash Wednesday



## Winter Time. Family Time.

Try these 4 warm, indoor activities together this winter

**1. Cook together - Making a delicious, hot meal with your parent or spouse has surprising, heartwarming benefits. Not only can you spend time together actively doing something, but the act of reading recipes, measuring, setting timers and cooking is great stimulation for the brain and helps fight cognitive decline and memory loss. For those who use a wheelchair to get around, tasks that don't involve standing at the stove are best – reading the recipe, setting a timer, or stirring ingredients together on a low table are creative ways to involve them in the cooking fun.**



**2. Knit, crochet, or quilt - knitting, quilting or crocheting make great indoor activities spent by a warm fire with a cup of tea. Seniors could knit hats to donate to local homeless shelters or hospitals, make a quilt for a grandchild, or crochet blankets for children in need.**



**3. Exercise - Literally warm the heart by pumping up the blood flow with low-impact exercises older adults can do at home. Routine exercise is hugely beneficial to older adults and can include activities like daily walks, yoga, swimming, or even getting in a good stretch while sitting in a wheelchair.**



**4. Video chat with family and friends - A free Skype or Google+ account lets anyone video chat using their computer or laptop, or if you have an iPhone, you can video chat via Facetime with others who have iPhones. Not only does connecting with others benefit older adult's overall well-being, it also gives them something to look forward to during seasonally darker days.**



**THINK**

**When is the last time you washed your hands?**

Hand washing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others!

Think of it as a do-it-yourself vaccine! It's quick, it's simple, and it can keep us all from getting sick this winter. Make sure to use soap and wash for at least 20 seconds to remove and rinse off germs.



# Tumeric Chicken Stew

Makes 6 - 1 cup servings

2 skinless, boneless chicken breasts, cubed  
2 sweet potatoes, cubed  
½ red onion, chopped  
1 small eggplant, cubed  
2 cloves garlic, minced  
1 tablespoon minced fresh ginger root  
2 teaspoons ground turmeric  
½ cup low-sodium chicken broth

## Directions:

Heat olive oil in a large skillet over medium-high heat. Add chicken; cook until browned and no longer pink in the center, about 5 minutes. Add sweet potatoes and onion; cook and stir until onion is translucent, 2 to 3 minutes. Add eggplant, garlic, ginger, and turmeric; cook until fragrant, about 1 minute more. Pour in broth and simmer stew until thickened, stirring occasionally, about 20 minutes.



## FEBRUARY IS AMERICAN HEART MONTH!

Visit  
[www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov)  
to learn more  
about the risks and  
how to prevent heart disease  
and stroke.

## Why should you get your blood pressure checked?

1. High blood pressure is a silent killer as there are often no symptoms of this potentially deadly condition.
2. High blood pressure could be damaging your arteries, your heart, and other organs.
3. The consequences of leaving high blood pressure untreated include stroke, kidney damage, and even erectile dysfunction.
4. Your risk of high blood pressure increases with age.
5. If you smoke, are obese, are physically inactive, or have diabetes or high cholesterol, you may also be at an increased risk.

### **BUT.....**

The good news is that a blood pressure test is quick and painless and can be done at most any doctor's office, hospital, or clinic.

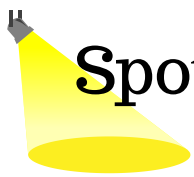
**Get yours checked today!**



## What's new in the MOW Kitchen? The Menu!

Over the past few months every menu at MOW has been updated with new recipes, products, and seasonings. We have new choices on our Meal Choice menu, including two new vegetarian entrees. Our Hearty Menu has more variety of entrees and side dishes. Even our Mechanical Soft menu has a new name...Minced & Moist! You can find all the current menus on our website at:

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



## Spotlight on Caregivers

### **Supporting those you care for with high blood pressure**

Having the support of a friend or family member sometimes is the deciding factor for an individual struggling to manage and control high blood pressure successfully. You can make a difference. Of the 75 million American adults who have high blood pressure, only about half (54%) of these people have their blood pressure under control. If this sounds like someone you know, team up with him or her to make blood pressure control your goal, too. Here are tips on how you can help:

- **Help them set up a routine to take medications regularly.**
- **Set a reminder to their blood pressure checked.**
- **Track results in a journal or diary that they can take to health care visits.**
- **Help them eat better by buying less processed foods and using less salt.**
- **If they smoke, help him or her quit.**
- **Be more active with them by encouraging safe physical activity.**



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