

# MEALS AND MORE



## OBSERVANCES:

- July 4 - Independence Day
- July 8 - National Blueberry Day
- July - UV Safety Month
- July - National Black Bean Month
- July - National Blueberry Month
- July - National Melon Month

**JULY  
2022**

## **KEEP YOURSELF PROTECTED FROM UV RAYS THIS SUMMER!**

In honor of National UV (Ultraviolet) Safety Month, consider your sun safety habits and stay safe while you're outside. Getting some sunlight and fresh air each day can help us feel alive and is good for the mind and body. The sun allows our bodies to naturally produce Vitamin D, a nutrient necessary for good health and one that older adults can easily lack during sunless, cold winter months. To be safe in the sun, make sure to use sunscreen with a sun protection factor (SPF) that is at least 15, cover up with a hat and sunglasses, and stay in the shade between 10am-4pm when the sun is most intense. Also, limit the amount of time you are out to avoid heat-related illnesses (read more on next page).

# HOW TO STAY SAFE IN THE HEAT



Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F (38°C) to put them at risk for a heat-related illness.

Headache, confusion, dizziness or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

**1. Drink plenty of liquids**, such as water, or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.

**2. If you live in a home or apartment without fans or air conditioning**, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds or curtains closed during the hottest part of the day. Open your windows at night.

**3. If your house is hot**, try to spend time during mid-day somewhere that has air conditioning - for example, go to the shopping mall, movies, library, senior center or a friend's house.

**4. If you need help getting to a cool place**, ask a friend or relative. Some religious groups, senior centers and Area Agencies on Aging provide this service. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.

**5. Dress for the weather.** Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.

**6. Don't try to exercise** or do a lot of activities outdoors when it's hot.

**7. Avoid crowded places** when it's hot outside. Plan trips during non-rush-hour times.

(<https://www.nia.nih.gov/health/hot-weather-safety-older-adults>)



## BLUEBERRIES AND BLACK BEANS

Nutritional Powerhouses!

Celebrate National Blueberry and Black Bean Months by eating both at least once a week for the month of July! Throw some canned black beans in your next salad, rice or pasta dish or blend up and make bean dip. Blueberries taste so refreshing and sweet just as they are or serve on cereal, yogurt, or even baked in a crisp.

# SPOTLIGHT ON CAREGIVERS

## What Does ADL Mean?

The term ADL means activities of daily living, a term coined by Sidney Katz in 1950. ADLs are a way of measuring a senior's functional ability. Assessing and maintaining awareness of these abilities assures the individual can maintain a high quality of life despite possibly needing assistance or care. ADLs are a way of measuring a senior's eligibility or need for alternate living arrangements like nursing care facilities. They can also help measure outcomes for rehabilitative treatments. Examples include feeding, dressing, toileting and walking.

## What Does IADL Mean?

IADL stands for instrumental activities of daily living. This category within the ADL measurement system describes more complex aspects of taking care of oneself independently. These skills are more challenging for the elderly and affect their ability to live as independent members of their communities. These are likely the first activities your loved one needed assistance with. They may not be crucial to their survival, but these activities help an individual thrive. Examples include shopping, preparing meals, cleaning and managing finances.

Here are some tips to help you objectively assess your loved one's capacity regarding ADLs and IADLs:

- 1. Ask** two to three people their opinion about any changes they've noticed in your loved one's abilities (i.e. siblings, your loved one's friends or neighbors).
- 2. Assess** on a spectrum. It is more useful to use a spectrum to frame questions around abilities. Ask yourself whether your loved one can do the task a little bit, sometimes, or often, rather than "yes" they can do the task or "no" they cannot.
- 3. Be patient.** "If a person is doing a task more slowly than they used to, it doesn't mean they can't do the task," says Dr. Kernisan.
- 4. Consider the time of day** and how tired they are. Many seniors have sharper cognitive abilities and more energy in the morning.
- 5. Consider their health.** If they're fatigued or fighting a virus, their abilities can be momentarily impaired.
- 6. Consider why** you're doing the assessment. Is it to complete a Medicaid application? Is it a checklist for a long-term care community or is it to prepare for a yearly physical?
- 7. Find the time.** "It's common to be in a hurry and it's difficult to find the time to observe, but it's important to take the time and when you do, be patient," Dr. Kernisan suggests.
- 8. Look** at your own preconceived notions about your loved one. Are they interfering with your ability to make an impartial assessment?
- 9. Make the effort** to help correct what you can to ensure your loved one can live life to the best of their abilities and as independently as possible.

For more information about ADL assessment, visit [www.americancaregiverassociation.org](http://www.americancaregiverassociation.org)



## NUTRIENT OF THE MONTH: FAT

Fat is an essential nutrient we need to consume for a healthy lifestyle. Most of the time, however, we consume a lot more than our bodies need. There are different types of fat found in foods; some are healthy for us, like unsaturated fats, and some are not, like saturated fat and trans-fatty acids. Fat in foods provides flavor and a feeling of fullness, but a little goes a long way! Fat has 9 calories per gram, so any food high in fat is also high in calories. Healthy fats include olives, olive oil, nuts, seeds, nut butters, avocados, salmon and eggs. Unhealthy fats include butter, meats, high fat dairy like cheese, cream, and whole milk, and chocolate. When eating high fat foods, try smaller portions to start, eat slowly, and savor each bite!

**RECIPE:** Massi's Watermelon salad

**PREP TIME:**  
10 Min

**COOK TIME:**  
None

**SERVING SIZE:**  
6

**INGREDIENTS:**

- 3 cups cubed Watermelon
- 1 cup fresh Blueberries
- 1 cup fresh Strawberries halved or quartered
- 2 Tbsp Honey
- Juice of 1 Lime (2 Tbsp)
- Optional: Chopped Mint for garnish

**DIRECTIONS:**

- Wash and dry the berries and combine with watermelon in bowl.
- Mix honey and lime juice until honey is thinned out. Pour over fruit and toss.
- Optional to top with chopped mint for garnish

**NOTES:**



We want to serve more seniors in our community! Do you know anyone who may need home delivered meals? If they are 60 or older, live in Kent or Allegan County, and are homebound, Massi would love to sign them up for our home-delivered meal program! Massi will talk with them over the phone, ask a few questions, and get them signed up to receive meals as soon as two days after calling! She wants to talk with your friends and family members so pass her number along. She can be reached at 616-459-3111.



**Attention Kent County residents!**

**The Kent County Senior Millage continuation will be on the ballot on August 2, 2022, to continue the millage at its current level. Each year, over 22,000 Kent County seniors are served through 51 different funded services, enabling them to stay in their homes and communities as they age. This includes MOWWM services! Learn more at [www.kentseniormillage.com](http://www.kentseniormillage.com)**

**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)**

