

MEALS AND MORE



OBSERVANCES:

- International Joke Day - July 1
- Independence Day - July 4
- National Blueberry Day - July 8
- World Listening Day - July 18
- National Avocado Day - July 31
- UV Safety Month
- National Black Bean Month
- National Blueberry Month
- National Watermelon Month

**JULY
2023**

HAPPY INDEPENDENCE DAY!

As we celebrate our freedom this 4th of July, we are proud to do our part to keep you independent, well, and living in your home by providing nutritious meals and food through our home-delivered meal program, our 15 community dining locations, and our senior food pantry. Please check out mealsonwheelswesternmichigan.org or call (616) 459-3111 for more information about our programs and services. And as a reminder, we will be closed Tuesday, July 4 for the holiday.

THE POWER OF BLUEBERRIES!



July is National Blueberry Month. Often labeled a superfood, this little berry is bursting with vitamins and minerals — many of which are classified as antioxidants.

Much of the power of blueberries lies in their colors. The deep-blue hue comes from anthocyanin, an antioxidant that could help protect the body from heart disease and cancer, as well as reduce inflammation and increase immune function. Research also suggests the compounds found in blueberries may delay the effects of vascular dementia or Alzheimer's disease.

“A half-cup serving of blueberries contains 25 percent of the recommended daily value for vitamin C and 3 grams of dietary fiber — and only 30 calories,” says Allie Wergin, a Mayo Clinic Health System registered dietitian nutritionist.

Whether you're eating blueberries for the health benefits or you like the taste, or both, blueberries can easily be eaten plain. They also can be added to cereal or yogurt, or incorporated into baked goods for added sweetness and nutrition. To prolong the shelf life, Wergin advises keeping fresh blueberries refrigerated.

“During these summer months, be sure to take advantage of blueberries when they are plentiful and on sale by purchasing in large quantities and freezing them,” says Wergin. “Just wash and dry the berries, lay them on a pan, and freeze until they're solid. Package frozen blueberries in freezer-safe storage bags, so they are ready for the winter months. You can easily substitute frozen berries for fresh.”

<https://newsnetwork.mayoclinic.org/discussion/the-power-of-blueberries/>



NUTRIENT OF THE MONTH: ANTIOXIDANTS

Antioxidants are natural substances that may prevent or delay some types of cell damage. Diets high in vegetables and fruits, which are good sources of antioxidants, have been found to be healthy; however, research has not shown antioxidant supplements to be beneficial in preventing diseases. Examples of antioxidants include vitamins C and E, selenium, and carotenoids, such as beta-carotene, lycopene, lutein, and zeaxanthin. Vegetables and fruits are rich sources of antioxidants. There is good evidence that eating a diet that includes plenty of vegetables and fruits is healthy and protective against diseases. Eat a rainbow of colorful fruits and vegetables to be sure you eat enough antioxidants each day!

SPOTLIGHT ON CAREGIVERS

In recognition of Wound Care Awareness Month, As we age, we gradually lose the ability to perspire and regulate our body temperature. Caregivers can prevent a heat-related emergency (hyperthermia) by keeping a loved one cool, watching for signs of heat stress and following these tips for dealing with hot weather.

- **Wear cool clothing:** See that the person is dressed in light-weight, light-colored, loose-fitting clothing, preferably of natural fabrics like cotton.
- **Use air conditioning:** Keep the air conditioning on below 80 degrees F.
- **Cover windows:** During the day, pull the curtains on all windows that are in direct sunlight. Open windows at night and use fans or cross-ventilation to circulate cooler air.
- **Avoid direct sun:** Stay indoors during the hottest hours, 11 a.m. to 4 p.m.
- **Drink plenty of fluids:** Give the person plenty of water and fruit or vegetable juice even if they say they're not thirsty.

- **Take cool showers:** Help the person take a cooling shower or bath. Lay a cool, moistened towel over the forehead or back of the neck and replace often.
- **Be alert:** Remember that a cognitively-impaired person may not be able to tell you when he or she is feeling hot or ill.

If you are caring for an elderly or disabled person, learn the signs of heat-related problems. Seek medical assistance for any of the following signs and — if you suspect heat stroke — call 911 or medical personnel immediately.

- Headache, nausea and fatigue are signs of at least some heat stress.
- **Heat fatigue:** cool, moist skin, a weakened pulse, feeling faint.
- **Heat syncope:** sudden dizziness, pale, sweaty looking skin that is moist and cool to the touch, weakened pulse and rapid heart rate but normal body temperature.
- **Heat stroke:** this is life-threatening. Immediate medical attention is required. Death can occur quickly when heat stroke occurs. Body temperature rises above 100 degrees F and the person may become confused, combative, behave bizarrely, feel faint, stagger. Pulse is rapid. Skin is dry, flushed and may feel hot. Lack of sweating. Breathing may be fast and shallow. Pupils may widen or dilate. Delirium, seizures or convulsions, and coma are possible.

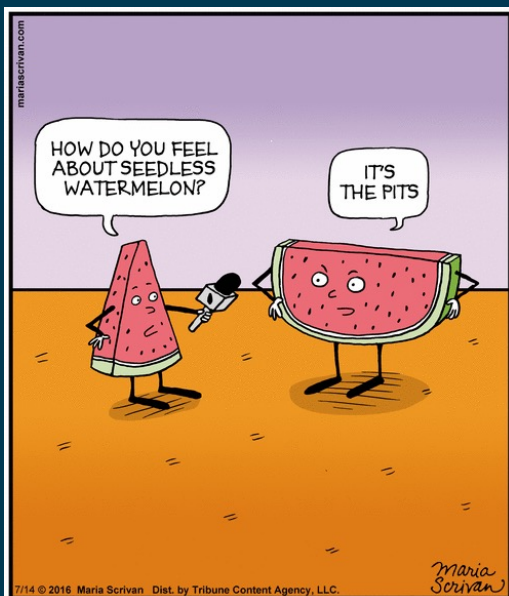
To alleviate symptoms for any heat-related problem and while waiting for medical help:

- Have the person lie down in a cool place.
- Elevate the feet.
- Apply cool, wet cloths or water to the skin, especially the head, groin and armpits which cool quickly.
- Fan by hand or with an electric fan.

Following a heat stress episode, a person will likely feel tired and weak for several days. Continued monitoring is important.

Adapted from www.caregiver.org/resource/hot-weather-tips

JULY 1 IS INTERNATIONAL JOKE DAY!



DESSERT

RECIPE: Blueberry Muddie Buddies (Chocolate Covered Blueberries!)

PREP TIME:
5 minutes

COOK TIME:
15 min

SERVING SIZE:
2 cups

INGREDIENTS:
2 tbsp dark chocolate chips
2 tbsp peanut butter or almond butter
1/2 tsp coconut oil
2 cup blueberries, washed and dried
1/4 cup powdered sugar

DIRECTIONS:
Melt the chocolate, nut butter, vanilla, and coconut oil together until liquid. Coat the blueberries then sift the powdered sugar over them. Lightly toss until coated.
Pour on tray in a single layer and refrigerate for 15 minutes to harden. Refrigerate leftovers.

NOTES:



WELCOME CHEF NICK!



Nick is our new Executive Chef at Meals on Wheels Western Michigan. He brings a vast working knowledge of many different facets of the hospitality industry including Healthcare, Corporate Dining and Commercial Kitchens. He has been part of the culinary workforce for over 20 years with 15 of those years being in management.

Nick is highly motivated to make sustainable choices in all avenues of his life and career. He believes nutrition, healthy lifestyles and the environment need to be a key decision making factors, especially in the culinary world and believes as a Chef, he has the responsibility of being an educator.

Nick is extremely excited to be able to bring all his culinary tools and experience to MOWWM. He believes this position is the perfect ratio of Chef and Humanitarian and looks forward to knowing that all the hard work will have a truly positive impact on the clients and community here at MOWWM.



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:

