

MEALS AND MORE



OBSERVANCES:

- National Egg Day (June 3)
- National Cancer Survivor Day (June 4)
- World Food Safety Day (June 7)
- Flag Day (June 14)
- World Elder Abuse Awareness Day (June 15)
- National Eat Your Vegetables Day (June 17)
- Father's Day (June 18)
- Juneteenth Independence Day (June 19)
- National Hydration Day (June 23)
- National Chocolate Pudding Day (June 26)
- Alzheimer's and Brain Awareness Month
- National Safety Month
- National Dysphagia Month
- National Dairy Month
- National Fresh Fruit and Vegetable Month
- Wound Care Awareness Month

**JUNE
2023**

MAKE TIME TO PLAY THIS SUMMER!

Whatever your age, interests, or abilities, you can enjoy pastimes that make you laugh, lose track of time, or feel like a goofy kid at heart! And plenty of activities cost little or no money. Some of the best types of diversions for older adults or elderly people include interactive games, dancing, social gatherings, board games and puzzles, playing with animals, gardening, birdwatching, fishing, arts, and crafts. Scientific studies continue to show that enjoyable activities can have several major benefits. For example, they have the power to help:

- Improve how your brain works.
- Heal, establish, or maintain relationships
- Improve your mental and emotional well-being.
- Extend your life and improve your physical vitality.

Play should be a part of life for everyone. It's who we are, no matter our age.

BRAIN AWARENESS MONTH

IT'S ALZHEIMER'S AND BRAIN AWARENESS MONTH!

10 WAYS TO LOVE YOUR BRAIN START NOW.

It's never too late or too early to incorporate healthy habits. Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

- **BUTT OUT** Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.
- **FOLLOW YOUR HEART** Risk factors for cardiovascular disease and stroke - obesity, high blood pressure and diabetes - negatively impact your cognitive health.
- **HEADS UP!** Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.
- **FUEL UP RIGHT** Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

• **CATCH SOME ZZZ'S** Not getting enough sleep may result in problems with memory and thinking.

• **TAKE CARE OF YOUR MENTAL HEALTH** Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety, or stress.

• **BUDDY UP** Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

• **STUMP YOURSELF** Challenge your mind. Do word searches. Build a piece of furniture. Play games of strategy, like bridge.

• **BREAK A SWEAT** Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

• **HIT THE BOOKS** Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

For more information, check out: <https://www.alz.org/>

NATIONAL HYDRATION DAY

This June 23 celebrate National Hydration Day by enjoying a refreshing glass of water. Don't like water? Try adding ice, lemon, limes, or other fruit for a splash of flavor.

Check out this video on flavoring water:
<https://mealsonwheelswesternmichigan.org/wellnessguides>

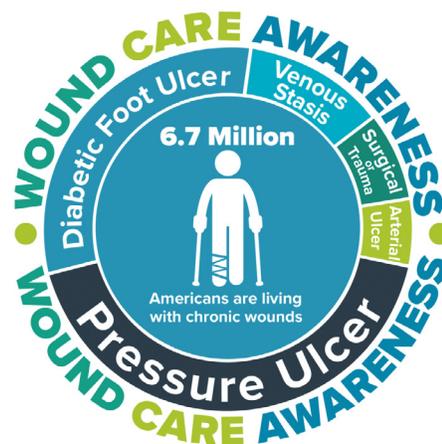
BENEFITS OF STAYING HYDRATED



SPOTLIGHT ON CAREGIVERS

In recognition of Wound Care Awareness Month, it's time to take a closer look at our feet or the feet of those you care for.

What Is a Diabetic Foot Ulcer? Prevention is Key
If you are one of the 34.2 million Americans who are living with diabetes, you could be at risk for a chronic wound known as a diabetic foot ulcer. High blood sugar makes it hard for wounds to heal by reducing the amount of oxygen-rich blood that reaches wounds, especially on lower legs, feet, and toes. A diabetic foot ulcer is a wound that is usually found on the ball of the foot or the toes. It may start from a cut or scrape, or a blister caused by poorly fitting shoes. Additionally, many people living with diabetes suffer from nerve damage in their lower limbs and do not feel pain when an ulcer starts to form. Make foot care a part of your daily routine to check for wounds and help prevent them.



- Never soak your feet.
- Never apply heat of any kind to your feet.
- Never cut your own toenails, refer to a podiatrist or medical doctor.
- Never go barefoot.
- Never assume that the circulation or sensation in your feet is normal.
- Never use strong medications on your feet (be careful of over-the-counter preparations).
- Never allow corns or calluses to go untreated.
- Never perform bathroom surgery on your feet.
- Never wear shoes that do not fit properly.
- Always wear white socks, as colored socks contain dyes.
- Wear acrylic fiber socks, which are actually more absorbent than cotton as it “wicks” moisture away from the skin.
- Never keep your feet too moist or dry.
- Seek medical attention immediately if you have any questions about or problems with your feet.



NUTRIENT OF THE MONTH: PHYTOCHEMICALS

Phytochemicals are found in plant foods and are beneficial to your body by helping to prevent and fight diseases. An example of a phytochemical is lycopene found in tomatoes, peppers, and watermelon. By eating a variety of fruits and vegetables in different forms (fresh, canned, frozen, and dried) and different colors you can be sure you are doing the very best for your body! **EAT THE RAINBOW!**

RECIPE: EASY CHOCOLATE PUDDING

PREP TIME:
10 minutes

COOK TIME:
10 min

SERVING SIZE:
2 servings

INGREDIENTS:

- 6 tablespoons sugar
- 1/4 cup baking cocoa
- 2 tablespoons cornstarch
- 1-1/2 cups milk
- 1/2 teaspoon vanilla extract
- Whipped topping, optional

DIRECTIONS:

1. In a saucepan, combine the sugar, cocoa and cornstarch. Gradually stir in milk until smooth. Bring to a boil over low heat, stirring constantly. Cook and stir for 2 minutes or until thickened. Remove from the heat; stir in vanilla. Pour into two serving dishes. Cover and refrigerate until chilled. Garnish with whipped topping if desired.

NOTES:

www.tasteofhome.com/recipes/easy-chocolate-pudding/



IT'S NATIONAL DAIRY MONTH!

To celebrate National Dairy Month and National Fresh Fruit/Vegetable Month, Join Us For Smoothie Day At The Pantry!

On June 21 from 10-11am, we will be demonstrating how to make fruit/veggie smoothies and providing taste tests. If you attend, we will enter your name into a drawing to win a Ninja High-Speed Blender! Even if you are not a regular client of the pantry, but participate in our home delivered meal service or attend one of our senior dining centers, please come!



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:

