

MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN

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Observances

- Aug - National Peach Month
- Aug - National Immunization Awareness Month
- Aug - International Overdose Awareness Month
- Aug 3 - Watermelon Day
- Aug 9 - Rice Pudding Day
- Aug 19 - Potato Day
- Aug 29 - More Herbs, Less Salt Day



August 29th is National More Herbs, Less Salt Day!

Put away the saltshaker and season your meals with herbs instead. Substituting herbs for salt can increase the flavor and health benefits in your meals. Try these tips to add flavor to your meals:

- Use turmeric, fresh ginger and fresh garlic for added flavor and anti-inflammatory benefits.
- Try dill on potatoes, tomatoes, fish and green beans.
- Season your tomatoes, chicken and green beans with oregano.
- Add rosemary to lamb, chicken and potatoes, and sage or thyme on beef and potatoes. Use marjoram in soups, peas and summer squash.
- Get the most flavor from fresh herbs by crushing or rubbing them just before adding them to the dish. Use them as rubs or in marinades to increase flavor.
- Try using cinnamon in place of salt.
- Season your soups, squash, and carrots with nutmeg.
- Season fruit and beef with cloves or try curry powder or cumin on corn, tomatoes and fish.

Time To Stretch!



It's common knowledge that people slow down as they age. Daily activities like standing up from a chair and getting in and out of bed become increasingly difficult. These limitations are often caused by a decline in muscle strength and flexibility.

Flexibility is the ability of the muscles and tendons to lengthen and stretch in response to movement, and allow a joint to move through its range of motion. A good stretching program is important to incorporate into your daily routine to help maintain flexibility. Stretches for the neck, arms, back, hips and legs will help maintain flexibility as the years pass by, keeping you limber for all life has to offer.

Benefits of Stretching

Stretching allows for greater movement in joints and improves posture. It also helps to release muscle tension and soreness, and reduces the risk of injury. Lastly, it may also help increase circulation, muscle control, and improve balance and coordination.

Stretching Guidelines

Seniors should try to stretch major muscles groups for at least 10 minutes, two days a week. Perform flexibility exercises on all days that cardiovascular or resistance training exercise occurs, if possible.

Stretching Tips

- Take a deep breath and slowly exhale as you stretch.
- Hold each stretch for 30 seconds to give the muscle ample time to relax.
- Don't bounce while you stretch, as this increases your risk of injury.
- Only stretch until you feel tension in the muscle, not to the point of pain.
- Always warm up before stretching by moving for 5 to 10 minutes, such as taking a walk.

WARNINGS

Always consult a doctor before starting a new exercise routine. If you have any muscle or joint injuries or previous surgeries, be sure to ask your doctor or physical therapist what stretches are best for you. Never stretch to the point of pain or hold your breath during stretches.

FOR EXAMPLES OF STRETCHES, CHECK THIS OUT!

<https://www.healthline.com/health/senior-health/stretching-exercises#Stretching-tips->



Peach Oatmeal Muffins

INGREDIENTS:

- 1 cup all-purpose flour
- 1 cup rolled oats
- 1/2 cup brown sugar, packed
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, melted and cooled
- 1 cup sour cream
- 1 large egg, beaten
- 1 cup chopped peaches, fresh or canned

FOR THE CINNAMON SUGAR

- 1/4 cup sugar
- 1 tablespoon cinnamon

DIRECTIONS:

1. Preheat oven to 400 degrees F. Line a 12-cup standard muffin tin with paper liners; set aside.
2. To make the cinnamon sugar, combine sugar and cinnamon in a small bowl; set aside.
3. In a large bowl, combine flour, oats, brown sugar, baking powder and salt.
4. In a large glass measuring cup or another bowl, whisk together butter, sour cream and egg. Pour mixture over dry ingredients and stir using a rubber spatula just until moist. Add peaches and gently toss to combine.
5. Scoop the batter evenly into the muffin tray. Sprinkle with cinnamon sugar. Place into oven and bake for 16-18 minutes, or until a tester inserted in the center comes out clean.
6. Remove from oven and cool on a wire rack.



National Immunization Awareness Month!

You have the power to protect yourself against serious diseases like shingles, pneumonia and flu. Vaccines aren't just for kids. Adults may need vaccines to protect against whooping cough, flu, pneumonia and shingles. Ask your doctor about vaccines you may need for your age, health conditions, job or lifestyle.

- While many serious diseases are no longer common in the United States thanks to vaccines, these diseases still exist and can spread when people aren't vaccinated.
- Even if you received the vaccines you needed as a child, the protection from some vaccines can wear off. You may also be at risk for other diseases due to your job, lifestyle, travel or health conditions. Find out what vaccines you may need based on different risk factors:

<https://www2.cdc.gov/nip/adultimmsched/>

- Every year thousands of adults in the U.S. become seriously ill and are hospitalized because of diseases that vaccines can help prevent. Many adults even die from these diseases. By getting vaccinated, you can help protect yourself and your family from serious, sometimes deadly, diseases.



What's new in the MOWWM Kitchen?

HOME DELIVERED MEALS AVAILABLE

Do you have a family member, friend or neighbor who would love our home delivered meals? Thanks to additional funding, we can now serve even more homebound adults 60 years and older. We offer a variety of delicious options including low-sodium and soft meals. Call 616-459-3111 to learn more.

WELCOME BACK!

After a very long 15 months, many of our dining sites are open again! We're so happy to be offering meals to these sites and seeing communities of friends come together to share a meal. Check with your site for details.



Spotlight on Caregivers

Though hydration is important for healthy living at any age, seniors are at greater risk of dehydration due to physical and physiological changes that occur during the natural aging process.

Here are some tips to help caregivers and their loved ones stay hydrated:

1. Try flavored water. While there are several kinds available, please keep in mind that individuals with diabetes need sugar-free water.
2. Does your loved one like juice? Try mixing in water to increase the intake of H₂O.
3. Be assertive! The urge to drink may diminish with age, so a gentle reminder to take a sip may be helpful or even set an alarm to remind them to drink something.
4. Name-drop. Your loved one may be more inclined to follow directions to drink water if you remind them that "the doctor said it was important."
5. Rethink your drink-ware. An opaque, colored cup is easiest to see and an adult sippy-cup with a straw can assist with the actual process of drinking.
6. Set a daily drink intake goal. Fill a pitcher with the necessary amount of water and make sure it is gone at the end of the day.
7. Make sure there is not a physical challenge keeping your loved one from drinking. Once he or she has initiated the drinking process, do liquids go down correctly and without issue?
8. Be creative. Did you know that foods like fruit have a high water content? Popsicles are a great alternative too!

