

# MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN  
VOL.8 DECEMBER 2020

## Observances

- Dec - National Tomato Month
- Dec - National Root Vegetable Month
- Dec 1 - World AIDS Day
- Dec 1-7 - Handwashing Awareness Week
- Dec 1-7 - Flu Vaccination Week
- Dec 10-18 - Hanukkah
- Dec 24 - Christmas Eve
- Dec 25 - Christmas
- Dec 26-Jan 1 - Kwanzaa
- Dec 31 - New Year's Eve



## Now more than ever.....Wash Your Hands!

### Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time:

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.



# Healthy Eating During the Holidays

**Check out the following tips to remember as you enjoy your favorite holiday foods while staying healthy!**

- 1. Bring on the vegetables** - It's also tough to make "half of your plate" vegetables if there are no actual vegetables being served at your holiday dinner. Consider bringing a dish of non-starchy veggies to the festivities.
- 2. And eat those vegetables...first** - Make sure that you actually eat the vegetables (before getting full). Vegetables are high in nutrients and fiber, even at holiday meals!
- 3. Definitely savor each bite** - It takes 20+ minutes for your brain to get the signal that you're actually full. Remember to pace yourself. By savoring every delicious bite, you're more likely to take your time and stop when you've had enough.
- 4. Ask yourself "Am I still enjoying this?"** - If the answer is yes, then consider continuing to eat. If the answer is no, just stop eating it. You may not want to waste anything left, but it will be garbage in your body if you continue to eat it just to clean your plate.
- 5. Do not skip meals** - Skipping breakfast and lunch to "save" all of your calories for dinner typically leads to overeating. Eat as normally as possible even on special days.
- 6. Eat what you love** - Try to be picky at your holiday dinner. Focus on only eating the foods you absolutely love, and skip the foods you aren't crazy about.
- 7. Drink more water, less punch and alcohol** - If you're going to drink, try to alternate between water and alcohol to minimize intake and stay hydrated.
- 8. Resist the nap after eating** - Get your walk on. Walking is one of the healthiest habits you can have during the holidays, especially after a big meal. Nap after walk!
- 9. Enjoy dessert and be mindful while doing it** - Dessert is a beautiful thing. Have some. Enjoy it. If you want to taste every dessert in attendance, consider savoring a bite of each.
- 11. And finally, lose the guilt** - If you do happen to eat more than you planned during this holiday season, don't beat yourself up. Try to get back to your healthy eating habits as soon as you possibly can.



## Dilly Roasted Root Veggies

### Ingredients

2 pounds small red potatoes, quartered  
1 pound brussels sprouts, halved  
1/2 pound parsnips, peeled and julienned  
1/2 pound carrots, cut into chunks  
1/2 pound turnips, peeled and cut into chunks  
1/2 cup butter, cubed  
2 tablespoons prepared horseradish  
2 tablespoons cider vinegar  
2 tablespoons snipped fresh dill or 2 teaspoons dill weed  
1/2 teaspoon salt, optional  
1/4 teaspoon pepper

### Directions

1. Cook vegetables separately in water until tender; drain. Melt butter; stir in remaining ingredients. Combine the vegetables and butter mixture; toss to coat.

### Nutrition Facts

0.700 cup: 97 calories, 5g fat (0 saturated fat), 0 cholesterol, 72mg sodium, 12g carbohydrate (0 sugars, 0 fiber), 2g protein. Diabetic Exchanges: 1 vegetable, 1 fat, 1/2 starch.



**December 1-7**  
**is**  
**Flu Vaccination**  
**Week**  
**Did you get your**  
**flu shot?**

### The Many Benefits of Flu Vaccination

Flu vaccination can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults.

Flu vaccination can keep you from getting sick with flu.

Flu vaccination is an important preventive tool for people with chronic health conditions.

Flu vaccination helps protect women during and after pregnancy.

Flu vaccine can be lifesaving in children.

Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.

Getting vaccinated yourself may also protect people around you



# What's new in the MOW Kitchen?

## Meet our new Food Service Manager!

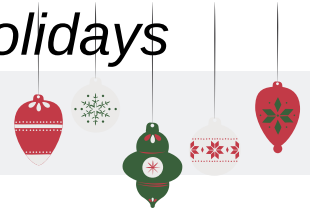
Therese Lennon might be new to this position but she certainly isn't new to Meals On Wheels. Therese has worked over 18 years at MOW in a variety of roles including Food Service Assistant Manager, Kitchen Supervisor, HDM supervisor, and Congregate Site Coordinator. In this new role, Therese oversees the entire kitchen operation and supervises all of the foodservice staff. Therese has a desire to serve our clients well by doing everything she can to provide safe, cost-effective, well-balanced meals to keep our clients independent in their homes.



## Spotlight on Caregivers

### *10 Tips for Caregivers During the Holidays*

- 1. Focus on what is most meaningful**
- 2. Simplify your holiday activities**
- 3. Start new traditions**
- 4. Adjust meals to be less burdensome**
- 5. Approach gift-giving more efficiently**
- 6. Be safe and distanced at gatherings**
- 7. Mind your mindset - deep breath!**
- 8. Keep self-care at the top of the list**
- 9. Connect with other caregivers**
- 10. Ask for help**



For more information  
on this and other  
caregiving topics,  
visit [caregiver.org](http://caregiver.org)



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