

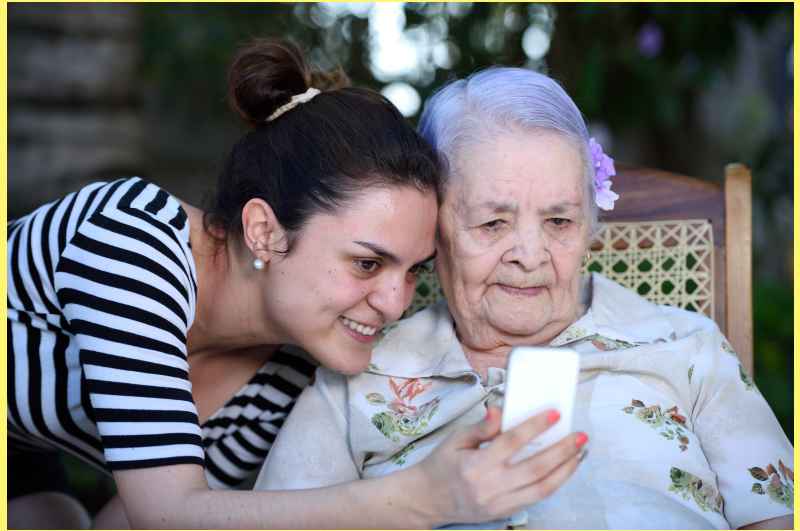
# MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN

VOL. 18 DECEMBER 2021

## Observances

- Dec - National Root Vegetable Month
- Dec - National Tomato Month
- Dec 1 - World AIDS Day
- Dec 5-11 - Flu Vaccination Week
- Dec 1-7 - Handwashing Awareness Week
- Dec 25 - Christmas
- Dec 26 - Jan 1 - Kwanzaa
- Dec 31 - New Year's Eve



*Happy Holidays from  
Meals On Wheels  
Western Michigan*

We hope you can have some quality time with family and friends this month. Make sure to designate someone to take **PHOTOS** of your gatherings to capture the memories for future generations to enjoy!





**Be prepared!**

Check out these 4 ways to get prepared if an emergency occurs:



**EMERGENCY CONTACTS & DOCUMENTS**

Create a list of emergency contacts, family contacts, and emergency services phone numbers. Make copies of important documents, such as medical records, insurance information cards, wills, deeds, social security number, bank accounts, and tax records.



**BE INFORMED**

Know what disasters could affect your area. Monitor the TV, radio, internet, and mobile devices for information on severe weather or emergencies in your neighborhood. Plan ahead for accessible transportation.



**MAKING AN EMERGENCY KIT**

Make a kit or bag of essentials! Include essentials such as a radio, extra batteries, first aid kit, flash light, copies of emergency contacts & documents, change of clothing, travel size toiletries, pet food, water, nonperishable snacks, spare keys, phone charger, Swiss army knife, can opener, etc.



**SUPPORT NETWORK**

Talk with family, friends, caregivers, and others if you need assistance during an emergency situation. Share your emergency plan with them. Know how to evacuate your home and have a plan of where you can go.

**MEALS ON WHEELS EMERGENCY PLAN**

MOWWM provides clients who receive 3 or more meals per week with a shelf-stable emergency food box every 6 months they are on the program.



## Simple Tomato Salad



To celebrate  
**National Tomato Month**,  
try making this quick and easy  
refreshing tomato salad!

### Ingredients For the Dressing:

¼ cup olive oil  
3 tablespoons balsamic vinegar  
2 teaspoons Dijon mustard  
2 teaspoons honey  
½ teaspoon minced garlic  
Freshly ground pepper to taste.

### Ingredients For the Salad:

4 cups cherry tomatoes, halved  
¼ cup chopped fresh oregano OR  
1 tsp. dried oregano

### Directions:

- In a large bowl, combine the olive oil, balsamic vinegar, Dijon mustard, honey, garlic, salt and pepper.
- Add the tomatoes and the oregano and toss to combine. Taste and adjust seasonings as needed.
- Serve chilled. Refrigerate leftovers.



# National Flu Vaccination Week!

## December 5-11



**It's no fun to be sick!**

**And the flu can be very serious  
for older adults!**

Here are 3 ways to prevent getting the flu:

1. Get the flu vaccine if you haven't already.  
Ask your family members to get vaccinated as well.
2. Stop the spread, but keeping your distance from sick people, keeping your hands from touching your face, covering your coughs in the crook of your arm, and washing your hands with soap and water often.
3. Ask your doctor about antiviral drugs and take them if prescribed.



## What's new in the MOWWM Kitchen?

Just another reminder to be patient with us as we navigate the ongoing supply issues with our food vendors. You may notice that sometimes our menu needs to change due to products not being available or receiving less than we need. We continue to strive to provide the best tasting, most nutritious, high quality meals that we can. We appreciate your understanding and support!



## Spotlight on Caregivers



### THE BIG LIST OF 50 BEST GIFTS FOR SENIORS

Check out <https://dailycaring.com/big-list-gift-ideas-for-seniors/> to view the best gifts for your loved ones this holiday season!



Some ideas include weighted blankets, heated blankets, heated wheelchair blankets, digital photo frames and books, adaptive clothing, non-skid slippers and socks, puzzles and games, foot massagers, and handy totes and tools to make everyday tasks easier.

Prices and where to find each item are included in the link.