

MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN
VOL.10 FEBRUARY 2021

Observances

- Feb - American Heart Month
- Feb - National Cancer Prevention Month
- Feb - National Canned Food Month
- Feb - National Sweet Potato Month
- Feb - National Cherry Month
- Feb 3 - National Carrot Day
- Feb 4 - World Cancer Day
- Feb 5 - National Wear Red Day
- Feb 6-8 - National Dry Bean Day
- Feb 7 - Wear Red Day
- Feb 7 - Give Kids A Smile Day
- Feb 14 - Valentine's Day
- Feb 23 - National Pancake Day



It's time to celebrate **American Heart Month!**

To mark American Heart Month, NHLBI (National Heart Lung and Blood Institute), one of the National Institutes of Health, is inviting people across the country to team up and join #OurHearts, a national heart health initiative that encourages people to improve heart health together as heart disease continues to be the leading cause of death for men and women in the United States.

“Studies show that having positive, close relationships and feeling connected to others benefits overall health, blood pressure, weight and more,” said NHLBI’s Dr. David Goff, director of cardiovascular sciences.

Consider the five tips on the next page that can help lower your risk of heart disease:



5 Tips To Help Lower Your Risk of Heart Disease



Risk: Inactivity

Solution: Move more throughout your day. Aim for at least 150 minutes each week of physical activity. Build up to activity that gets your heart beating faster and leaves you a little breathless. If you're busy, try breaking your daily activity into 10-minute chunks.

Stay motivated: Make walking dates. Do chair exercises while watching TV. Grab a loved one and dance in your kitchen.

Risk: An unhealthy diet

Solution: Consider an option like NHLBI's Dietary Approaches to Stop Hypertension (DASH) eating plan, which is free and scientifically proven to lower high blood pressure and improve cholesterol levels.

Stay motivated: Invite friends to cook up heart healthy recipes together. Try the Meal Choice Menu at Meals On Wheels to receive different meals each week.

Risk: Smoking, even occasionally

Solution: Quitting can be beneficial to your overall health, even if you've smoked for years. Set a quit date and let those close to you know. If you've tried quitting in the past, consider what helped and what made it harder.

Stay motivated: Ask your family and friends for support or join a support group. Find resources and connect with a trained counselor at 1-800-QUIT-NOW or smokefree.gov.

Risk: Inadequate or poor-quality sleep

Solution: Sleeping 7-8 hours each night helps improve heart health. Try going to bed and waking up at the same time each day. Getting a 30-minute daily dose of sunlight may also improve sleep.

Stay motivated: Resist that late afternoon nap. Turn off all screens at a set time nightly. Relax by listening to music, reading or taking a bath.

Risk: Uncontrolled stress

Solution: To help manage stress, try relaxation therapy and increase physical activity. Talk to a qualified mental health provider or someone you trust. De-stressing may also help improve sleep.

Stay motivated: Join a friend or family member in a relaxing activity like walking, yoga or meditation every day.

*Don't forget to WEAR RED
on National Wear Red Day
February 5, 2021!*

Learn about heart health and heart healthy activities in your community at nhlbi.nih.gov/ourhearts.

Use #OurHearts on social media to share how you and your friends, colleagues or family members are being heart healthy together.



Roasted Sweet Potatoes - Two Ways!

Ingredients:

Simple Roasted Sweet Potatoes

2 pounds (~3 large) sweet potatoes, peeled and cut into 1/2-inch pieces
2 tablespoons melted coconut oil
3/4 teaspoon fine sea salt
1 tablespoon light brown sugar, lightly packed

Seasoned Roasted Sweet Potatoes

2 pounds (~3 large) sweet potatoes, peeled and cut into 1/2-inch pieces
2 tablespoons olive oil
3/4 teaspoon fine sea salt
1/4 teaspoon freshly cracked pepper
1/2 teaspoon ground chili powder
1/2 teaspoon paprika
1/2 teaspoon ground cumin
1/2 teaspoon garlic powder



Instructions:

SIMPLE ROASTED SWEET POTATOES: Preheat the oven to 425 degrees F. Peel and cube the sweet potatoes into 1/2 inch pieces. Add to your largest sheet pan and add the melted coconut oil, salt, and brown sugar on top. Toss to coat all the sweet potatoes and then spread out to arrange in an even layer. You don't want any potatoes overlapping or you'll end up with steamed potatoes instead of roasted potatoes. Flip every 10-15 minutes cooking for a total of 27-35 minutes.

SEASONED ROASTED SWEET POTATOES: Preheat the oven to 425 degrees F. Peel and cube the sweet potatoes into 1/2 inch pieces. Add to your largest sheet pan and add the olive oil, salt, pepper, chili powder, paprika, cumin, and garlic powder on top. Toss to coat all the sweet potatoes and then spread out to arrange in an even layer. You don't want any potatoes overlapping or you'll end up with steamed potatoes instead of roasted potatoes. Flip every 10-15 minutes cooking for a total of 27-35 minutes.

To Celebrate National Cancer Awareness Month, here are **6 TAKE ACTION** Tips for Reducing your Risk

1. Maintain a Healthy Weight and Active Lifestyle

2. Avoid Smoking and Tobacco Products.

If you need help quitting tobacco, ask your doctor about products and strategies available to support you.

3. Sun protection.

Generously use sunscreen, cover exposed areas with hats or loose clothing, and utilize the shady areas when outdoors.

4. Get Immunized!

5. Get Screened.

Regular screenings help detect cancers early and maximize your chance for successful treatment.

6. Know your family history

5-10% of all cancers are inherited.

Understanding your family history can help guide your discussion with your physician of when you need to start cancer screening and whether to consider genetic counseling.

Challenge yourself to do at least one of these TAKE ACTION steps each month, and then add another the next month, and then another and so forth until you are doing them all!



What's new in the MOW Kitchen?

Janet is our NEW Food Service Supervisor! She has been working at MOW for almost 3 years. She was working for Dining Services by prepping and packing meals for all of our dining sites. When asked what her favorite thing about working here is she said, "I love what we do to make sure our seniors are well taken care of!"



Congratulations Janet and Angie!

Angie has been working at MOW for 7 years. For the last two years, she has been the lead in our Home Delivered Meal room. She now is our NEW Food Service Supervisor - HDM! Angie states, "I love working here because this feels like a second home to me. I love the people here. It feels so good to make great quality meals for the seniors."



Spotlight on Caregivers

How Family Caregivers Can Recharge During the Winter Months

- Soak up as much sunlight as possible and find ways to go outside for some fresh air and a little bit of adventure!
- When you're feeling stressed or pressured, take some time to retreat to your indoor oasis while reading a book, doing a craft or watching a movie.
- This winter, start the next 12 months on the right foot by making time to schedule doctor's appointments for yourself.
- You may feel healthier, happier, and more fulfilled if you get proactive about spending time with others, even COVID-friendly ways like using Zoom or Skype to connect.
- This winter, reaching out might mean bringing together your network of friends and family to help support your loved one. It might mean taking advantage of meal delivery, laundry pick-up, and other handy services in your area.

