

# MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN  
VOL. 13 JULY 2021

## Observances

- July 4 - Independence Day
- July 8 - National Blueberry Day
- July - National UV Safety Month
- July - National Blueberry Month
- July - National Black Bean Month
- July - National Melon Month



Celebrate Independence Day and Melon Month by finding your star-shaped cookie cutter!

### Ingredients

- 1 small package fresh blueberries
- 1 ripe cantaloupe
- 1/3 of a large ripe watermelon

### Instructions

- Rinse the blueberries, checking for any stems. Drain and transfer to a serving bowl.
- Cut the cantaloupe in half and remove the seeds. Use a melon baller to cut into balls. Transfer to the serving bowl. Mix the blueberries and cantaloupe to combine.
- Cut a watermelon into thirds. Take one third and cut it into thick slices. Use a small to medium cookie cutter to cut out star shapes. Add the watermelon stars to the fruit salad, being gentle to not break the stars. Reserve a few stars to decorate the top of the salad with. Serve immediately.



# 6 Benefits Of Being Outdoors For Seniors

Did you know there's a magic cure that can boost your mood, lower the need for pain medication, provide your daily dose of vitamin D, strengthen your relationships, improve your sleep and more? This remedy doesn't come in a pill or potion, but it's free and abundantly available. You get it by lacing up your shoes, opening the door and heading outside. Seniors can benefit in multiple ways from spending time in nature. You can improve your health in a number of ways by getting out into the great outdoors.

## 1. Lift your Spirits

A recent study from the University of Michigan found a link between group nature walks and significantly reduced levels of depression, along with a lowered perception of stress and better mental health and well-being. Smelling the fresh-cut grass, seeing the vivid colors, breathing fresh air and feeling the sunshine on your face simply makes most people feel happier.

## 2. Improve your Sleep

When you're outdoors, you're more likely to be exercising. And when you exercise, research has found, you sleep better and more restfully. As a result, you're more bright-eyed and bushy-tailed the next day, ready to engage in any number of vitality-promoting activities.

## 3. Strengthen your Immune Function

Research has found that being outdoors increases your count of white blood cells, and the effect can stretch over several days. One study found that women who spent several hours in a forest over two days showed an increase in white blood cells that lasted for a week.

## 4. Keep your Vitamin D Levels Healthy

Research indicates that vitamin D — known as the “sunshine vitamin” — may help protect against osteoporosis, heart disease and some types of cancer. Supplements work, but isn't spending time out in the actual sunshine more enjoyable?

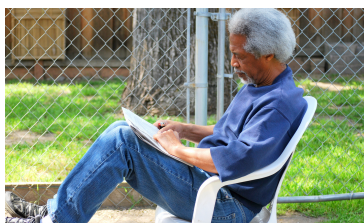
## 5. Give your Energy a Jolt

Anyone who spends time outside knows that connecting with nature makes you feel more alive, and research backs up that good vibe. Being outdoors provides you with greater feelings of vitality and makes you more resistant to illnesses. A number of studies have identified a link between time spent in nature and greater energy.

## 6. Boost Overall Health

Patients recovering from surgery may get well more quickly, experience less pain and spend less time in the hospital when they're exposed to natural light, research has found. Breathing fresh air also can benefit your health, and many pulmonologists recommend short walks to ward off osteoporosis and vitamin D deficiency in pulmonary patients.

from The Overlook. Charlton, MA.



## Blueberry Five-Bean Salad

### INGREDIENTS

- 1 15-ounce can red kidney beans
- 1 15-ounce can chickpeas
- 1 15-ounce can black beans
- 1 15-ounce can black-eyed peas
- 1 15-ounce can cut green beans
- 1 cup corn, canned or thawed from frozen
- 1 cup fresh blueberries
- 1 medium red onion, finely chopped
- 1 bunch fresh cilantro, finely chopped

### For the dressing:

- ½ cup olive oil
- ½ cup blueberry or grape juice
- ¼ cup apple cider vinegar
- 1 teaspoon mustard
- Salt and pepper, to taste

### INSTRUCTIONS

1. Drain and rinse all beans (first five ingredients); add to a large bowl. Add corn, blueberries, onion and cilantro; stir to combine.
2. In a jar, add all ingredients for the dressing. Put the top on the jar and shake until ingredients are mixed together. Pour over the salad; stir to combine.
3. Serve with lime wedges and chips for dipping!



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## ***HERE ARE 5 TIPS FOR BEING SUN SAFE THIS SUMMER***

***1. Make UV eye protection part of your everyday routine, even on days when you feel the sun's rays may be less harmful.***

***2. Reduce UV exposure as much as possible spending time in the shade or indoors between 11-3pm.***

***3. Wear a broad-brimmed hat. It can reduce the amount of UV reaching your eyes by 50 percent.***

***4. For more strenuous activities, consider durable, glare reduction sunglasses or UV protective contact lenses.***

***5. Always use UV protective lenses in combination with other UV protection measures such as remaining in the shade.***



# What's new in the MOW Kitchen?

## THE MEAL CHOICE MENU!

It's finally here! The Meal Choice Menu has been updated. We have some new offerings and some we're retiring, at least for awhile.

This new menu is in response to so many of you letting us know what you like and want to try. We continue to strive to provide nutritious and delicious meals for you while navigating the effects of food purchasing and cost.

And did you know you can change your Meal Choice order online at:  
[www.mealsonwheelswesternmichigan.org](http://www.mealsonwheelswesternmichigan.org)  
Click on "Click here to place meal orders"



## Spotlight on Caregivers

Breakfast is considered the most important meal of the day and rightfully so. Whether you are preparing breakfast for your senior or elderly loved one or if you are making something for yourself, this is when you can give yourself the energy to tackle the rest of the day.



### Overnight Oats

There are so many ways of making oatmeal and it is one of the easiest yet one of the most nutritious breakfast options. Caregivers or healthcare workers can make overnight oatmeal in a slow cooker while they complete other tasks. They can also make oatmeal in the microwave which takes seconds.



### Poached Eggs

Another quick and easy breakfast option is poached eggs. Poached eggs are great because they are not prepared in oil. But if you, the caregiver, or your senior loved one don't like poached eggs, you can always scramble them by adding a little butter and some milk. Pair it with a slice of avocado for added benefits.



### Yogurt Parfait

Making yogurt parfait does not need fancy ingredients. You can also make extra and store it in the fridge. Make your parfait extra nutritious with Greek yogurt because it is packed with protein. Add chia seeds, berries, and granola for some added crunch.