

# MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN  
VOL.11 MAY 2021

## Observances

May - Arthritis Awareness Month  
May - High Blood Pressure Awareness Month  
May - Older Americans Month  
May - National Strawberry Month  
May - National Asparagus Month  
May 5 - Cinco De Mayo  
May 9 - Mother's Day  
May 24 - National Asparagus Day  
May 26 - National Senior Health and Fitness Day  
May 31 - Memorial Day



In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Kent and Allegan Counties as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is [Communities of Strength](#), recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

OLDER  
AMERICANS  
MONTH



COMMUNITIES OF STRENGTH: MAY 2021



Here are some ways to share and connect:

- [Look for joy in the everyday](#): Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
- [Reach out to neighbors](#): Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.
- [Build new skills](#): Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- [Share your story](#): There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

## Homemade Strawberry Crisp

This fresh tasting Strawberry Crisp is quick to toss together and uses fresh or frozen strawberries. A simple, easy to prepare summer dessert that can be enjoyed all year round!

### Ingredients:

4 cups of strawberries, hulled and quartered  
1/4 cup white sugar  
2 T. cornstarch (3 T. if using frozen strawberries)  
1 cup all-purpose flour  
1/2 cup old fashioned roll oats  
1/3 cup white sugar  
1/3 cup brown sugar  
1/2 tsp. cinnamon  
1/4 tsp. salt  
1/2 cup butter, melted

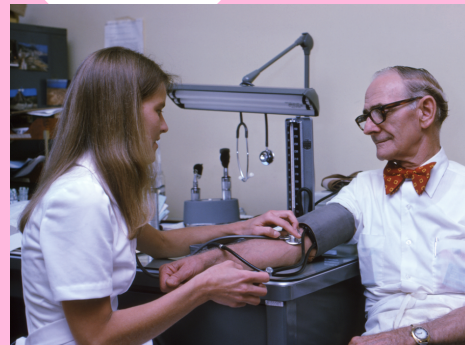
### Instructions:

Preheat oven to 350°F. Spray an 9 x 9 inch square pan with non-stick cooking spray. In a bowl toss strawberries, 1/4 cup sugar and cornstarch. Place berries into prepared pan. In a separate bowl, mix flour, oats, 1/3 cup white sugar, brown sugar, cinnamon and salt. Add melted butter and mix well. Pour oatmeal mixture on top of berries. Bake for 35 minutes or until topping is golden and berries are bubbly. Serve immediately with a scoop of vanilla ice cream!



<https://numsttheword.com/strawberry-crisp/>

# May is National High Blood Pressure Education Month!



If you have high blood pressure (HBP), you are not alone. Nearly half of American adults have high blood pressure. (Many don't even know they have it.) The best way to know if you have high blood pressure it is to have your blood pressure checked. **KNOW YOUR NUMBERS!**

**NORMAL:** LESS THAN 120 and LESS THAN 80

**ELEVATED:** 120 – 129 and LESS THAN 80

**HBP Stage 1:** 130 – 139 or 80 – 89

**HBP Stage 2:** 140 OR HIGHER or 90 OR HIGHER

**HYPERTENSIVE CRISIS:** HIGHER THAN 180 and/or HIGHER THAN 120 (consult your doctor immediately!)

High blood pressure is a "silent killer". Most of the time there are no obvious symptoms. Certain physical traits and lifestyle choices can put you at a greater risk for high blood pressure. When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke and other health threats. With proper treatment and management, you can control your blood pressure to help you live a long and healthy life.

Get it checked today! Go to your physician's office or many pharmacies have blood pressure cuffs so you can check your own BP!





# What's new in the MOW Kitchen?

## SPINACH, EGG, AND CHEESE BAKE!

Check out our new Vegetarian entrée! It is made with spinach, fresh eggs, and Swiss cheese. Spinach is packed with nutrients older adults need like Vitamin A, folate, magnesium, potassium, and even calcium! Along with the protein from the eggs and cheese, this crustless quiche is a **Nutrition-Powerhouse!**



## Spotlight on Caregivers

Check out the link below to help your loved one or those you care for tell their story and leave their legacy for those they love...

The purpose of these questions is to allow you to share your stories, memories, advice and other unique details that people may not know about you. It is a way to capture your life story one question at a time. Feel free to add additional details and thoughts that the questions may trigger, this is your story, make it your own. Add pictures, drawings, and poems, anything you want to the pages to help the story come to life. This will be a precious and priceless gift to your family, friends and loved ones. A way for them to know you better and to learn from your valuable life lessons. Stories open people's hearts and have a deep and lasting effect. It's ok to embellish a bit, that makes the stories even more memorable. Reminiscing about days gone by can have powerful positive effects on your own health. It can help heal past hurts, lighten your heart, honor loved ones, pass along life lessons and give you a sense of pride and purpose.

## MY LIFE STORIES TO SHARE ACROSS THE GENERATIONS

<https://gwaar.org/api/cms/viewFile/id/2005950>



**MEALS on WHEELS** WESTERN MICHIGAN  
FORMERLY SENIOR MEALS ON WHEELS