

MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN
VOL. 3 MAY/JUN

Observances

May - Older Americans Month

May 10 - Mother's Day

May 25 - Memorial Day

May 27 - National Senior Health
Fitness Day

June 17 - Eat Your Vegetables Day

June 21 - Father's Day



Vegetables are one of the healthiest foods you can eat! And right now is a great time to eat more than you usually do. June 17 is "Eat Your Vegetables Day" so to celebrate why not challenge yourself to eat one more vegetable today and everyday through the month of June! **Why eat more veggies?**

- Vegetables are loaded with healthy carbohydrates for energy, vitamins and minerals for healthy body function, antioxidants to help keep your immune system strong (exactly what we all need right now!), and some even have protein for injury repair and muscle development.
- Vegetables come in bright colors, fun textures, interesting tastes, and cool shapes of all kinds!
- Vegetables are easy to eat and use in recipes. Many vegetables can be washed and eaten fresh, like carrots, cucumbers, tomatoes, even sugar snap peas. Salads are a great way to get in more leafy greens and use up extra vegetables.
- Vegetables are grown by farmers who need our support. Try to eat seasonal vegetables, like asparagus right now and support farmers by buying vegetables from local growers.
- Vegetables are fun to try!

OLDER AMERICANS MONTH



MAKE YOUR MARK: MAY 2020

Stories build community and connect us even when we can't be physically together. They help people you love get to know you better and feel closer to you. Looking back at how we got through tough times can help us manage this challenging time. Sharing what we love about our friends and family helps them feel stronger and more connected. Stories can be told over the phone, on the computer or in the front lawn to neighbors, family, and friends. They can be told in letters, in pictures, in photos. We can **MAKE A MARK** on people's lives with the stories we share. Think about the stories that make up your life....which ones would you like to share? Here are some questions to get you thinking:

- What would you like to tell your 22-year-old self?
- What do you think your 22-year-old self would want to tell you?
- What's your hidden talent?
- What are you most proud of?
- Looking back, is there something you wish you had done that you did not?
- What do you most admire about your best friend?
- What do you wish the world knew about you?
- Was there a time when an older adult helped you feel strong in a tough time?
- When you were a child, what was your favorite and least favorite activities?

Cream Of Asparagus Soup

Yield: 6 - 1 1/4 cup servings

Ingredients:

- 2 pounds asparagus (tough ends snapped off)
- 1 T. unsalted butter
- 1 medium onion, chopped
- 6 cups reduced sodium chicken broth
- 2 T. low-fat sour cream
- kosher salt and fresh pepper (to taste)

Instructions:

1. Melt butter over low heat in a large pot. Add onion and saute until soft, about 2 minutes.
2. Cut the asparagus in half and add to the pot along with chicken broth and black pepper, to taste. Bring to a boil, cover and cook low about 20 minutes or until asparagus is very tender.
3. Remove from heat, add sour cream, and using a hand-blender (or in two batches in a large blender).

Per serving: Calories 81, Carbs 10g, Protein 6g, Fat 3g, Fiber 4g, Sodium 576mg



May 27 is
National Senior Health
Fitness Day

**LIFE IS
BETTER
IN MOTION!**

TUNE IN.....

to the Meals on Wheels
Western Michigan
Facebook page or Instagram
to watch a
smoothie demonstration
and an
at-home exercise class
to celebrate
National Senior Health and
Fitness Day!

May 27, 2020 at 9am!



What's new in the MOW Kitchen?

Thank you to our amazing cooks!



Meet Kristi and Tammi, our fierce cooking duo, who start each work day at MOW at 5:00am! They follow standardized recipes and the strictest food safety regulations to create healthy, appealing and delicious dishes to our 3,000 home-delivered clients and 1,500 clients eating at our dining sites! Yes, they cook TONS of food each day! They keep the client in mind working long, tiring hours knowing their work is feeding the most vulnerable population in this community. Truly, MOW HEROES!!



Spotlight on Caregivers

As a caregiver, here is how you can minimize the risk of COVID-19 infection for you and your loved one:

- Postpone unnecessary doctor visits. If an older adult in your care is feeling well, consider helping them postpone elective procedures, annual checkups and other non-essential doctor visits. To help them stay in touch, ask their doctors' offices if they offer telemedicine, which enables doctors and patients to communicate over video, email or other means rather than face-to-face
- Avoid travel. Older adults should put off non-essential travel.
- Decide on a plan: If you can, involve your older family member/clients in discussions of how you'll manage interruptions of routines and what will happen if they (or you) becomes sick.
 - Pick an emergency contact. If you're the main caregiver, designate someone nearby whom you could rely on to care for your elderly family member if you yourself become ill.
 - Stock up. Gather 1-3 months of medications, and at least 2 weeks worth of food, over-the-counter remedies, pet supplies and other essentials.
- If you or your loved one learn that you might have been exposed to someone diagnosed with COVID-19 or if anyone in your household develops symptoms such as cough, fever or shortness of breath, call your family doctor, nurse helpline or urgent care facility.
- For a medical emergency, such as severe shortness of breath or high fever, call 911.



MEALS on WHEELS WESTERN MICHIGAN
FORMERLY SENIOR MEALS ON WHEELS