

MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN
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Observances

Nov - American Diabetes Month
Nov - COPD Awareness Month
Nov- National Family Caregivers Month
Nov - National Pepper Month
Nov - National Squash Month
Nov 1 - Daylight Savings Time Ends
Nov 11 - Veteran's Day
Nov 17 - Great American Smokeout
Nov 26 - Thanksgiving
Nov 27 - National Leftovers Day



November is American Diabetes Month!

This month is a great time to find out what causes diabetes and see if you are at risk. The good news is you can prevent or delay type 2 diabetes. If you're at risk, making small changes to the way you eat, increasing your physical activity levels or getting early treatment can, for some, actually return blood sugar levels to a normal range. So, take a breath—and then take action.

If you're looking for ideas on how to get started—or reverse the course of what's already underway— take the Diabetes Risk Test on the American Diabetes Association website. The risk test can help you assess your risk level. And if you're at high risk or feel like you might have diabetes, get a blood test at your doctor's office to find out if you have diabetes or pre-diabetes.

www.diabetes.org/risk-test

9 Ways Older People Can Manage Their Diabetes to Stay Healthier

by Amy Hess-Fischl MS, RD, LDN, BC-ADM, CDE

Diabetes is often a life-long condition and requires careful treatment. By sticking to your meal plan changes, exercise, and medication plan, you can live a long and healthy life. To help older people with diabetes to stay health and active are the following tips.

Eat Healthy

All people with diabetes should eat a healthy diet that is low in sugar (including sugar from fruit) and saturated fats.

Stay Active

Aerobic exercise such as walking, swimming, and bicycling can help you control your glucose level, manage your weight, and stay strong.

Check Glucose Levels Regularly

Your healthcare professional will tell you how and when to check your blood glucose level. In general, people taking insulin, those who are having a hard time controlling blood glucose levels, or have hypoglycemia (low blood sugar) need to monitor their blood glucose levels regularly.

Never Miss a Dose of Medication

It is easy to forget if you have taken your diabetes medication. Luckily, there are a variety of ways to organize your medicines (such as a pill box) as a reminder to take your medication.

Get Blood Pressure and Cholesterol Levels Checked Regularly

To reduce your risk for heart disease and stroke, talk to your healthcare professional about quitting smoking and controlling your blood pressure and cholesterol levels.

Examine Your Feet Every Day

Make sure to look at your feet every day for cuts or signs of infection.

Get Vaccinated

It is important to get the flu vaccine each fall and the pneumonia vaccine if you are over 65 years old or if you received a pneumonia vaccine before the age of 60.

Hearing Tests

Hearing loss is common as we age, and is even more common among older adults with diabetes. Hearing loss slowly worsens over time, making it hard to realize when you are having hearing problems.

Visit Your Dentist

People with diabetes are more likely to have dental problems and gum disease. Visit your dentist regularly and tell your dentist if your gums bleed or are red.



Mini Meatloaf Pepper Rings

ingredients:

1 green bell pepper
1 red bell pepper
1 yellow bell pepper
1 pound ground beef
2 slices white bread, cubed
OR 15 saltine crackers, crumbled
2 cloves garlic, minced
1 egg
1 small onion, chopped
1 dash Worcestershire sauce
1 dash hot sauce
salt and freshly ground black pepper
1 tablespoon oil
vegetable oil, for frying
ketchup or tomato sauce

directions:

Preheat oven to 400 degrees F. Remove core and seeds from peppers. Slice into 1 inch rings and place on nonstick baking sheet. You should get about 3 rings per pepper. In a large bowl, mix together beef, bread or crackers, garlic, egg, onion, Worcestershire sauce, hot sauce, and season with salt and pepper. Press meatloaf mixture evenly into pepper rings. In a skillet over medium-high heat, add oil. Saute meatloaf rings on both sides until golden brown, about 5 minutes per side. Transfer the meatloaf rings to a baking sheet. Add your ketchup or tomato sauce on top of your meatloaf rings and bake until cooked through, 20-25 minutes.



November 27

is

National Leftover Day!

How to keep Thanksgiving leftovers (and all leftovers!) safe to eat:

- Leftovers should be stored within two hours of cooking. Store them right away even if they are still hot. Divide leftovers into smaller portions and refrigerate or freeze them in covered shallow containers so they cool quickly.
- Leftovers can be kept in the refrigerator for three to four days. If they aren't eaten in that time, you can freeze them for up to 6 months.
- When reheating leftovers, be sure they reach 165°F, as measured with a food thermometer. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge
3-4 days

Safe frozen,
but use within
2-6 months for
best quality.

Leftover turkey
should be cut
into smaller
pieces, and store
items separately
in smaller
containers.

Be sure to pack
leftovers in a cooler if
traveling.

Reheat thoroughly to a
temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!



What's new in the MOW Kitchen?

A NEW BLAST CHILLER!



A blast chiller is a piece of equipment that quickly lowers the temperature of food. It has multiple shelves where food pans or sheet pans can be chilled at extremely low temperatures. Blast chillers operate by blowing forced cooled air over food placed inside. The goal of a blast chiller is to chill foods at a rapid rate. They can typically bring the temperature of foods down from 160 degrees to 41 degrees Fahrenheit or less in about 90 minutes. Blast chilling lengthens the shelf life of food. This allows MOW to blast chill food quickly to be scooped into trays and frozen within hours of preparation. This is yet another way we keep our food safe and healthy for YOU!



Spotlight on Caregivers

National Family Caregiver Month 2020

During National Family Caregivers Month, Caregiver Action Network address the new realities family caregivers face with their loved ones during these uncertain times. Family caregivers manage health emergencies, juggle priorities, and suffer isolation and all that was before COVID. The pandemic brings even more challenges as family caregivers handle Caregiving in Crisis.

- Video appointments are great, but they come with their own challenges.
- It was hard enough to cover dad's added costs and now I'm on unemployment.
- I want to keep grandma at home and out of the nursing home.
- It's just so hard not to be with mom and she's worse because of it.
- With COVID, how much risk is too much?

For answers to these questions and more, contact the Caregiver Help Line at 855.227.3640

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