

MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN

VOL. 17 NOVEMBER 2021

Observances

- Nov - National Squash Month
- Nov - National Pepper Month
- Nov - National Banana Pudding Month
- Nov - National Home Care and Hospice Month
- Nov - Alzheimer's Disease Awareness Month
- Nov - National Family Caregivers Month
- Nov - COPD Awareness Month
- Nov - American Diabetes Month
- Nov 7 - Daylight Saving Time Ends
- Nov 11 - Veteran's Day
- Nov 18 - Great American Smokeout Day
- Nov 25 - Thanksgiving
- Nov 26 - National Leftovers Day
- Nov 28-Dec 6 - Hanukkah



November is COPD Awareness Month!

With early diagnosis and treatment, people with chronic obstructive pulmonary disease (COPD), can improve their quality of life and breathe better.

If you have COPD, the most important step you can take is to quit smoking. Quitting can help prevent complications and slow the progression of the disease. You also should avoid exposure to lung irritants, like air pollution. Follow your treatments for COPD exactly as your doctor prescribes. They can help you breathe easier, stay more active, and avoid or manage severe symptoms. Talk with your doctor about whether and when you should get flu, or influenza, and pneumonia vaccines. These vaccines can lower your chances of getting these illnesses, which are major health risks for people who have COPD.

Call 1-877-645-2448 for more information about diagnosis and treatment plans.

About

661,000
people in
Michigan
have COPD.



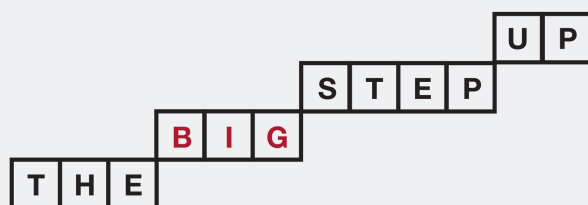
With proper diagnosis and treatment, chronic obstructive pulmonary disease (COPD) can be managed.

nhlbi.nih.gov/breathebetter

Source: CDC Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2018.



It's Time To Step Up!



This November let's invite people to step up where they are and celebrate our collective steps to improve health outcomes.

Week 1 (November 1–7): Step Up Awareness

We all know one of the 34 million Americans living with diabetes or 88 million with pre-diabetes. But the danger we don't know is that 1 in 5 adults has it but hasn't been diagnosed. Step up and educate yourself. Go to [Diabetes.org/adm](https://diabetes.org/adm).

Week 2 (November 8–14): Step Up Detection

Early detection of diabetes is proven to prevent life-altering complications. Your vision, hands, feet, kidneys, heart and especially loved ones will thank you for knowing the signs and getting tested. Step up and take a risk test at [Diabetes.org/risktest](https://diabetes.org/risktest).

Week 3 (November 15–21): Step Up Management

Diabetes demands action. Simple steps can change the course of a diagnosis. Diet, exercise, medication, education, and technology are making life with diabetes more manageable. Step up to new, healthy recipes from [Diabetes.org/foodhub](https://diabetes.org/foodhub) and a healthy living newsletter.

Week 4 (November 22–28): Step Up and Thrive

It all adds up. Small wins become big victories. Numbers go from random to in-check. Little changes turn into proven lifehacks. And suddenly the good days far outnumber the bad. Step up and turn your thriving into advocacy at [Diabetes.org/advocacy](https://diabetes.org/advocacy).

What can I do today to control my diabetes?

- 1** Choose carbohydrate foods with fiber, like whole grain bread, brown rice, and vegetables instead of foods high in sugar with no fiber.
- 2** Go for a walk, even 5-10 minutes at a time. Aim for 30 minutes of activity a day.
- 3** Eat meals at the same time each day with about the same amount of food on your plate (use a small plate and eat slowly!)

African Peanut Soup

INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 2 medium onions, diced
- 2 large red or green bell peppers, chopped small
- 6 garlic cloves, minced
- 1 (28 -ounce) can crushed tomatoes
- 4 cups low-sodium vegetable broth
- ½ teaspoon black pepper
- ½ teaspoon chili powder
- ⅔ cup extra crunchy natural peanut butter
- 1 tablespoon fresh cilantro, chopped

DIRECTIONS:

Heat olive oil in a large pot over medium heat. Cook onions and bell peppers until lightly browned and tender, adding in garlic at the end to prevent burning.

Stir in tomatoes and their liquid, the vegetable broth, pepper, and chili powder. Reduce heat to low, uncover, and simmer for 15 minutes.

Stir in peanut butter and cilantro until well blended. Taste and adjust seasoning, adding salt if needed.

An Oldways recipe and photo.



**There is no
better time to
quit than on
November 18!**

The Great American Smokeout

About 32.4 million American adults still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. And more than 16 million Americans live with a smoking-related disease.

Quitting smoking is not easy, but you can do it. To have the best chance of quitting and remaining smoke-free, you need to know what you're up against, what your options are, and where to go for help.

The American Cancer Society can tell you about the steps you can take to quit smoking and help you find quit-smoking programs, resources, and support that can increase your chances of quitting successfully. To learn about the available tools, call 1-800-227-2345.



What's new in the MOWWM Kitchen?

Check out our new CHOPPER!



Here our new cook, Bill, is loading the chopper with red potatoes and with a push of the handle, out comes diced red potatoes which we roast and season without added salt. Delicious!



Spotlight on Caregivers

November is National Family Caregivers Month!

"Caregiving Around The Clock" is the theme for this year's celebration of caregivers whose 24/7 supportive care of their loved ones needs to be acknowledged!

Many of the home-bound older adults we serve are cared for by their family members. When they need guidance and support, here are two places that can help:

- Area Agency On Aging of Western Michigan - www.aaawm.org/caregivers
616-456-5664
- 24/7 Help Line for Dementia/Alzheimer's - 1-800.272.3900

