

# MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN  
VOL.6 OCTOBER 2020

## Observances

- Oct 4-10 - Mental Illness Awareness Week
- Oct 5-9 - Malnutrition Awareness Week
  - Oct 1 - International Day of Older Persons
  - Oct 4 - National Taco Day
  - Oct 8 - National Depression Screening Day
- Oct 31 - Halloween
  - Oct - National Chili Month
  - Oct - National Pasta Month



## Spotting Malnutrition in Seniors

By Debra BenAvram, FASAE, CAE  
Former CEO, American Society for Parenteral and Enteral Nutrition (ASPEN)

What does malnutrition look like? Probably very different than you think. In fact, all too frequently, it looks a lot like my Dad. A while back, Dad was admitted to the hospital. He had no appetite and had lost a significant amount of weight, but because he was not underweight and did not appear malnourished, his nutritional state was not assessed. In the hospital, Dad grew weaker, and it wasn't until 10 days into his stay that he was started on nutrition intervention.

When a patient doesn't get the calories they need — because of illness-induced loss of appetite, gastrointestinal symptoms, or a reduced ability to chew or swallow — not only can complications develop, but recovery can be significantly affected. Without nutrition support, Dad's outcomes could have been very different.

Continue on next page.....

Unfortunately, his experience isn't uncommon. Disease-related malnutrition in the elderly accounts for the majority of malnutrition cases in the U.S. The causes of malnutrition in older adults are a complex blend of physical, social, and psychological issues — from the loss of appetite due to depression to the inability to get to the store for groceries. And the symptoms of disease-related malnutrition can mirror the signs of aging: unplanned weight loss, feeling weak or tired, loss of appetite, swelling or fluid accumulation, and being able to eat only in small amounts.

If you suspect you or your loved one may be at risk of malnutrition, there are steps you can take to encourage healthy eating habits and well-being:

1. Most importantly, be an advocate! Ask for a malnutrition screen to be done the next doctor visit or hospital stay.
2. Encourage healthy food choices that includes a variety of foods from each food groups including a lot of fruits and vegetables, whole grains, and lean meats or plant-based protein foods. Help your loved one limit alcohol use, salt, high fat foods, and high sugar foods.
3. Encourage snacks that are nutrient rich and may be easier to eat throughout the day than an entire meal. This may even include protein rich shakes or smoothies that are easy to drink.
4. Try to make food taste good again by adding herbs, spices, or even citrus fruits like lemons, to encourage eating more.
6. Encourage social activities including eating with others if possible, and finding ways to be with friends and family.

# ASK ABOUT YOUR NUTRITION

Good Nutrition Can Help You Prevent Infections,  
Heal Faster, Feel Stronger



ARE YOU OR YOUR LOVED ONE EXPERIENCING ANY OF THESE?



TALK TO YOUR HEALTHCARE PROVIDER

for more information on Malnutrition Awareness Week go to:  
<http://www.nutritioncare.org/maw/>

## Chili Mac Skillet



Let's celebrate National Chili and Pasta Month!

### Ingredients:

- 1/2 small onion
- 2 cloves garlic
- 1 pound lean ground beef
- 3/4 pound dry macaroni noodles
- 28 oz crushed tomatoes
- 2 tablespoons tomato paste
- 3 cups low-sodium beef broth
- 1 beef bouillon cube
- 1/2 tablespoon sugar
- 1/2 teaspoon each dried parsley, basil and oregano
- 1 tablespoon chili powder
- 3/4 cup sharp cheddar cheese shredded

### Instructions:

Finely dice the onion (or grate with a cheese grater). Add onion, beef and garlic to a pan over medium heat. Cook until no pink remains. Drain any fat.

Add remaining ingredients except cheese. Bring to a boil, reduce heat to medium low and cover.

Stirring occasionally, let cook 13-17 minutes or until macaroni is cooked through (add a little bit of water if needed).

Season with salt & pepper to taste and serve warm topped with cheese.

### NUTRITION INFORMATION

Calories: 458, Carbohydrates: 47g,  
Protein: 27g, Fat: 17g, Sodium: 544mg,  
Fiber: 2g,

# OCTOBER 4-10 is Mental Illness Awareness Week

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. Despite mental illnesses' reach and prevalence, stigma and misunderstanding are also, unfortunately, widespread.

That is why each year, during the first week of October, National Alliance On Mental Illness and participants across the country raise awareness of mental illness. Each year, we educate the public, fight stigma and provide support. And each year, the movement grows stronger.

(see next page for resources)



## What's new in the MOW Kitchen?

Meet Sue and Janet. Our dynamic duo cooking up all of the meals for our dining site locations. Before COVID-19, they prepared food each day for 23 dining sites around Kent, Allegan, Barry and Montcalm Counties. Many of those sites had to close due to the virus, so Sue and Janet switched gears and started preparing grab-n-go meals for the sites that remained open for drive-by meal pick up. Sue and Janet also make all of our texture modified meals. These two get up early each morning with the motivation to nourish our seniors well. THANK YOU SUE AND JANET!



## Spotlight on Caregivers

Here are a few resources for caregivers and others to call who are seeking help for themselves or those they care for who are struggling with mental health or mental illness:

**PINE REST URGENT CARE CENTER:** 616-455-9200

Provides immediate assessment and treatment for people experiencing acute psychiatric symptoms.

**NETWORK 180 ACCESS CENTER** is open 24/7: 616-336-3909

Learn more at <https://www.network180.org/en/>

**ARBOR CIRCLE:** 616-456-6571

Provides mental health services for all ages

**MICHIGAN WARMLINE:** 888-733-7753

10:00a.m. - 2:00a.m. seven days a week.

The warmline is for individuals living with persistent mental health conditions including anxiety, depression and trauma.



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