

# MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN  
VOL. 15 SEPTEMBER 2021

## Observances

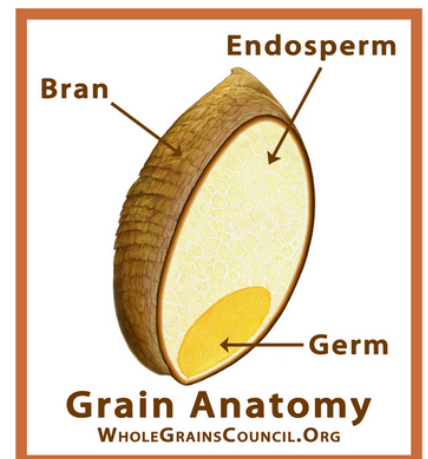
- Sept - Healthy Aging Month
- Sept - National Potato Month
- Sept - Whole Grain Month
- Sept - Food Safety Month
- Sept - World Alzheimer's Month
- Sept 6 - Labor Day
- Sept 12 - National Grandparents Day
- Sept 21 - World Alzheimer's Day
- Sept 22 - Fall Begins
- Sept 22 - Falls Prevention Awareness Day
- Sept 26 - National Pancake Day



## September is Whole Grains Month

Good nutrition is important at every age, and seniors who eat a wide variety of nutritious foods, including whole grains, are setting themselves up for better health.

What is a Whole Grain? All grains start out as whole grains, but some grains are refined during processing so that parts of their original kernel are removed, stripping away much of the grain's nutrients and flavor. A grain ingredient counts as whole grain if it contains all three parts of the original kernel — the starchy endosperm, the fiber-rich bran, and the germ — in their original proportions.



## Easy Ways to Eat More Whole Grains

- Make oatmeal for breakfast.
- Use brown rice instead of white rice.
- Try whole grain pasta in place of white pasta.
- Add whole grains like barley or bulgur.
- Choose whole grain bread instead of white bread.
- Eat whole grain snacks like whole grain crackers.

### Eating More Whole Grains is Linked To...

- Slower cognitive decline in aging
- Healthy digestion and staying “regular”
- Less inflammation
- Lower risk of type 2 diabetes
- Healthier gut microbiome
- Improved metabolism
- Lower BMI and less obesity
- Lower LDL “bad” cholesterol
- 14% lower risk of stroke
- 19-22% lower risk of heart disease
- 17% lower risk of colorectal cancer
- Overall “successful aging,” defined as the absence of disability, depression, cognitive problems, respiratory problems, and chronic disease.

For more information on these studies, visit:  
[WholeGrainsCouncil.org/whole-grains-101/health-studies](http://WholeGrainsCouncil.org/whole-grains-101/health-studies)



The 2015-2020 Dietary Guidelines recommend that all Americans, including seniors, “make at least half their grains whole.” This means most people should consume three or more servings of whole grains each day.



When looking to purchase WHOLE GRAIN bread at the grocery store, look for the official packaging symbol called the Whole Grain Stamp. This Stamp assures you that this food contains a full serving or more of whole grain in each labeled serving and that ALL the grain is whole grain.

## Whole Grain Pancakes

1 cup whole wheat flour  
½ cup rolled oats  
¼ cup cornmeal  
3 tablespoons flaxseed meal  
3 tablespoons brown sugar  
1 teaspoon baking powder  
½ teaspoon baking soda  
1 egg, beaten  
2 cups buttermilk  
cooking spray

In a large bowl, stir together the whole wheat flour, oats, cornmeal, flaxseed meal, brown sugar, baking powder, and baking soda. Pour in buttermilk and egg. Stir just until smooth.

Heat a large skillet or griddle over medium heat. Coat with cooking spray. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.



# WORLD ALZHEIMER'S MONTH 2021

The focus for this year's World Alzheimer's Month campaign is diagnosis, stimulated by recent developments, and potential breakthroughs, in both dementia treatment and diagnostics.

## Facts

- **Dementia is a term used to describe different brain disorders that affect memory, thinking, behavior and emotion.**
- **Early symptoms of dementia can include memory loss, difficulty performing familiar tasks, problems with language and changes in personality.**
- **There is currently no cure for dementia.**
- **Dementia knows no social, economic, or ethnic boundaries.**
- **Alzheimer's disease is the most common cause of dementia.**

For more information go to:  
[www.alzint.org/](http://www.alzint.org/)



# What's new in the MOWWM Kitchen?

## Meet Heather!

Heather has worked for MOWWM for three years. Her main job responsibility is to wash dishes, pots, pans, bins, and anything else needing washing and sanitizing! You can imagine the dirty dishes created by making over 5,000 meals each day! She is dedicated to our vision of creating a community where no senior is hungry or forgotten. Heather has a cheery attitude and is an accomplished musician! Thank you, Heather, for all you do!



## Spotlight on Caregivers

### It's National Food Safety Education Month!

There are things you can do to protect yourself and your loved ones. As you prepare and handle food, follow these four steps:

- #1 Clean: Wash your hands, utensils, and surfaces often when you cook.
- #2 Separate: Raw meat, poultry, seafood, and eggs can spread germs. Separate them from cooked food and fresh produce.
- #3 Cook: Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- #4 Chill: Refrigerate perishable foods and leftovers within two hours. Chill within one hour if it's above 90°F.

