

MEALS AND MORE



OBSERVANCES:

- National Watermelon Day - Aug 3**
- National Chocolate Chip Cookie Day - Aug 4**
- National Nonprofit Day - Aug 17**
- National Potato Day - Aug 19**
- National Senior Citizen Day - Aug 21**
- National More Herbs, Less Salt Day - Aug 29**
- National Grief Awareness Day - Aug 30**
- National Immunization Awareness Month**
- National Sandwich Month**
- National Peach Month**

**AUGUST
2023**

PEACH SEASON IS FINALLY HERE!

Peaches are loaded with fiber, very low in calories, and provide a ton of antioxidants, including vitamin C. Clingstone peaches are great for canning, where freestone peaches are easy to cut and pop out the pit to eat fresh. And peach fuzz? Well, it is a natural defense mechanism against insects and from collecting too much water on the skin of the peach. Don't like that fuzz? Try a nectarine instead. Nectarines and peaches sometimes even grow on the same tree!

NATIONAL GRIEF AWARENESS

August 30 is National Grief Awareness Day!

One of the universal truths of life is that we will all eventually lose someone we love. Another truth is that each loss is unique, and each of us experiences loss differently. On August 30th, Grief Awareness Day reminds us that grief comes in many forms and that there is support available to those who need it.

A Brief History of Grief Awareness Day

Grief Awareness Day was founded by Angie Cartwright in 2014. Over the course of her life, she had experienced many different types of loss including the loss of a sister at age five, the loss of her husband in a car accident, and the loss of her mother. She felt the taboo of grief firsthand, being encouraged to move on rather than healing in her own time frame. She chose the date August 30th in honor of her mother's birthday.

The Grief Recovery Process

Many still mistakenly believe there are five stages of grief: denial, anger, bargaining, depression, and acceptance. While these emotions are common, they don't come in stages, and mourners may experience a wide range of feelings about their loss over the course of their grief recovery.

Other common feelings include anxiety, guilt, irritation, shame, appreciation, and uncertainty, to name a few. People may also experience physical symptoms including changes to sleep patterns,

changes in weight, headaches, and an increased susceptibility to colds and infections.

These symptoms of grief can appear days, weeks, or even months after a loss. During this time, mourners need to be gentle with themselves. Grief recovery specialists or support groups can be a great source of comfort during this time by providing understanding and tools for coping.

How to Honor Grief Awareness Day

You can recognize Grief Awareness Day by sharing your own personal experience with grief. When people talk about the effects of grief in their lives, it reduces the stigma many mourners experience. If you know someone who has recently suffered a loss, reach out and check in on them. (crossroadshospice.com)

If you are experiencing grief and loss, here are a few local resources that can help:

Gilda's Club CA support group (Lowell/GR)
800-326-1419

West MI Survivors of Suicide Loss - Jim/Coordinator
616-856-6897

Widowed Persons Service
616-538-0101



HAPPY SENIOR CITIZEN'S DAY ON AUGUST 21ST!

"Those who love deeply never grow old; they may die of old age, but they die young." Benjamin Franklin

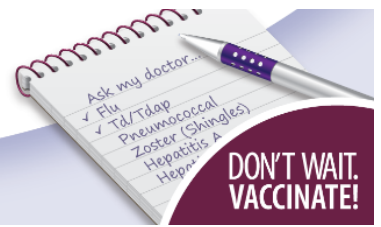
SPOTLIGHT ON CAREGIVERS



National Immunization Awareness Month

It's National Immunization Awareness Month and a great time to check if you and your loved one are up to date on life-saving vaccinations. Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You are also at risk for different diseases as an adult. Vaccination is one of the most convenient and safest preventive care measures available.

What **Vaccines** do **You** need?



Take the quiz and find out! The Center For Disease Control has a quick online quiz to show what vaccines you might need.

The Adult Vaccine Quiz | CDC
www2.cdc.gov/nip/adultimmsched/



NUTRIENT OF THE MONTH: TRANS FATS

There are two types of trans fats found in foods: naturally-occurring and artificial trans fats. Naturally-occurring trans fats are produced in the gut of some animals and foods made from these animals (e.g., milk and meat products) may contain small quantities of these fats. Artificial trans fats (or trans fatty acids) are created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid.

The primary dietary source for trans fats in processed food is “partially hydrogenated oils.” Look for them on the ingredient list on food packages. In November 2013, the U.S. Food and Drug Administration (FDA) made a preliminary determination that partially hydrogenated oils are no longer Generally Recognized as Safe (GRAS) in human food.

Our bodies do not need or benefit from trans fats. Eating these fats increases your risk for health problems, such as high cholesterol.

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/trans-fat>

MAIN DISH

RECIPE: Salmon and Chickpea Salad

PREP TIME:
15 minutes

COOK TIME:

SERVING SIZE:
About 2 c.

INGREDIENTS:

- 3 T. plain Greek yogurt
- 2 T. mayonnaise
- 1 T. Dijon mustard
- 12 oz. canned salmon, drained
- 2/3 cup garbanzo beans (chickpeas), drained
- ¼ cup onion, chopped
- ¼ cup bell peppers, chopped
- 1 tsp. dried dill
- Pinch of black pepper

DIRECTIONS:

1. Mix together all of the ingredients in a bowl and season to taste with pepper
2. Refrigerate for 2 hours and serve either alone or on toast.
3. Store leftovers in the refrigerator

NOTES:



JOIN US FOR LUNCH!



Did you know we provide lunch at 15 dining sites in Kent and Allegan Counties? Anyone 60 or older can attend at no charge (donations are accepted).

Check out the times/locations on our website at: www.mealsonwheelswesternmichigan.org or call 616-459-3111.



If you would like to know more about our home-delivered meals, pantry, or dining site programs, please call Meals On Wheels Western Michigan at 616-459-3111 or go to www.mealsonwheelswesternmichigan.org

Meals on Wheels Western Michigan is supported by:

