

# MEALS AND MORE



## OBSERVANCES:

**International Day of Older Persons - Oct 1**  
**National Taco Day - Oct 4**  
**National Mental Illness Awareness Week - Oct 1-7**  
**Active Aging Week - Oct 2-8**  
**National Depression Screening Day - Oct 5**  
**National Check Your Meds Day - Oct 21**  
**Halloween - Oct 31**  
**National Chili Month**  
**National Pasta Month**  
**National Apple Month**

**OCTOBER  
2023**

## FALL IS IN THE AIR!

It's a perfect time to put on a cozy sweater and take a walk outside to breathe in some fresh cool air. Just a short walk each day has many health benefits, both physically and mentally. Be sure to wear good fitting non-skid boots for traction to prevent slipping. Use a walker or cane if necessary, for balance. As we focus on mental illness and depression this month, it's even more important to prioritize good self-care through movement and activity each day.

# ACTIVE AGING WEEK OCT 2<sup>ND</sup>-8<sup>TH</sup>

Active Aging Week, which was first launched by the International Council on Active Aging in 2003, is an annual weeklong campaign aimed at celebrating and highlighting the positive aspects of aging. The event showcases the abilities of older adults and their valuable contributions to society. The overarching goal of Active Aging Week is to challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, including physical, social, spiritual, emotional, intellectual, vocational, and environmental domains, regardless of age or health status.

One focus of this week is highlighting the importance of getting enough protein as we age to preserve muscle mass to keep active. Protein intake can decrease with aging due to changing

tastes for high protein foods, less ability to cut and chew meat which is a good source of protein, and decreased appetite overall. This is a time when the need for protein is great as muscle loss goes hand in hand with diminished strength, stability and balance, all of which can put older adults at an increased risk for falls.

So how can we get enough protein? Our home-delivered meals are a great source of protein and we carry many high protein items at our Senior Food Pantry. Also check out these tips from [ActiveAgingWeek.com](http://ActiveAgingWeek.com)

## Tips for adding protein



Try to include protein rich foods at every meal



Aim for 25-30g of protein per meal



Include protein-rich foods at snacks: cheese, yogurt, protein shakes, nuts, oral nutrition supplements



Look for "high protein" on your food labels (contains 10g+ protein per serving) or "good" source, (5 to 9.5grams)



Rethink snacks to include higher protein foods like omelets, beans and rice, sandwiches



If you get full easily, eat protein foods first



Consider adding protein powders to foods you eat daily



Consider sipping oral nutrition supplements between meals



## OCTOBER IS A PERFECT TIME TO GET YOUR MEDICATIONS CHECKED!

National Check Your Meds Day, observed every October 21 and sponsored by the National Community Pharmacists Association, prompts consumers to bring their prescriptions to their local pharmacists for review. Pharmacists can remove any prescriptions that have expired, update prescriptions as necessary, and answer consumer questions. If nothing else, it's a rare chance for consumers to get free medical advice. Call your pharmacy to find out if they will be participating this year.

# SPOTLIGHT ON CAREGIVERS

## NATIONAL DEPRESSION SCREENING DAY

Whether for heart disease, high blood pressure, diabetes or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice. Major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults each year. Like screenings for other illnesses, depression screenings should be a routine part of healthcare. Check out this site for a free screening for you and your loved ones.

**SCREENING CAN HELP CATCH MENTAL HEALTH PROBLEMS EARLY—B4STAGE4.**



If you think you may be showing signs of a depressive disorder, [click here](http://www.mhascreening.org) to take a screening test.

A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

[www.mhascreening.org](http://www.mhascreening.org)  
Anonymous • Free • Confidential

## NUTRIENT OF THE MONTH: ZINC

Zinc is a trace mineral, meaning that the body only needs small amounts, and yet it is necessary for almost 100 enzymes to carry out vital chemical reactions. It is a major player in the creation of DNA, growth of cells, building proteins, healing damaged tissue, and supporting a healthy immune system. Zinc is also involved with the senses of taste and smell. Meats, poultry, and seafood are rich in zinc. Some plant foods like legumes and whole grains are also good sources of zinc, but they also contain phytates that can bind to the mineral, lowering its absorption. Zinc is available in supplement form as pills and lozenges. Excess zinc can interfere with the absorption of iron and copper. High doses can also cause nausea and even vomiting. It is important not to take supplemental zinc unless it is known that the diet is low in foods containing zinc or a zinc deficiency is confirmed.



**RECIPE:** Pumpkin Spice Muffins**PREP TIME:**  
5 minutes**COOK TIME:**  
22 minutes**SERVING SIZE:**  
24 muffins**INGREDIENTS:**

- 1 box spice cake mix
- 1 can pumpkin puree
- 1 cup water

**DIRECTIONS:**

1. Preheat the oven to 350 degrees.
2. Mix spice cake mix, water, and pumpkin in a medium sized bowl until well combined.
3. Line a cupcake pan with cupcake liners. Then, fill each cup with 3/4 of the mixture.
4. Bake for 20 - 22 minutes, or until an inserted toothpick comes out clean.

**NOTES:****FALL CHOICE MENU!**

It's October and the new Fall Choice menu is coming soon! We've taken your feedback and improved our menu offerings with more homestyle dishes and flavors from around the world. Our Home-Delivered Meal clients are about to enjoy some fall favorites, including beef & bean chili, vegetarian chili, and turkey with mashed potatoes and stuffing. We will send you a menu as soon as it becomes available!

**NEWS  
FROM  
MOWWM**

**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](http://www.mealsonwheelswesternmichigan.org)**

Meals on Wheels Western Michigan is supported by:

