

MEALS AND MORE



OBSERVANCES:

- Jan 1 - New Year's Day
- Jan 4 - National Spaghetti Day
- Jan 6 - National Bean Day
- Jan 15 - Martin Luther King Jr. Day
- Jan 16-22 - Healthy Weight Week
- Jan 19 - National Popcorn Day
- Jan 23 - National Pie Day
- Jan 29 - National Puzzle Day
- Jan - National Glaucoma Awareness Month
- Jan - National Oatmeal Month
- Jan - National Egg Month
- Jan - National Soup Month
- Jan - National Bath Safety Month



SOUPS ON!

January is National Soup Month and a perfect time to enjoy bowls of warm, satisfying soup to nourish the body and soul during this winter season. See the back page for a quick and easy soup recipe using foods that might be in your pantry. Also, we will be featuring soup as part of our community dining meals during the month of January. Please join us for lunch! Check out any one of our 15 dining centers across Allegan and Kent Counties by calling 616-459-3111 or visit us online at www.mealsonwheelswesternmichigan.org/community-dining-sites.

NATIONAL PUZZLE DAY

In honor of National Puzzle Day on January 29th, complete the puzzle and turn it in (to your delivery driver, at the pantry front desk, or to your dining site coordinator) to be entered in a drawing for a MOWWM prize! Answers will be shared in February's Meals and More.

1. What gets wet while drying? _____
2. What can you hold in your right hand, but never in your left hand? _____
3. What can you catch, but not throw? _____
4. What kind of band never plays music? _____
5. What has many teeth, but cannot bite? _____
6. What has lots of eyes, but can't see? _____
7. What has one eye, but can't see? _____
8. What can travel all around the world without leaving its corner? _____
9. What two things can you never eat for breakfast? _____
10. What kind of room has no doors or windows? _____
11. What do Alexander the Great and Winnie the Pooh have in common? _____

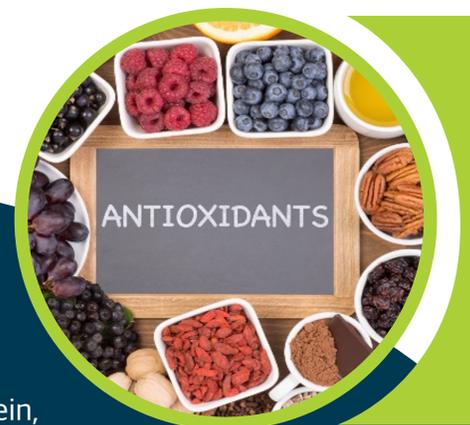
PRINT NAME: _____

PHONE NUMBER TO CONTACT IF YOU WIN: _____

NUTRIENT OF THE MONTH: ANTIOXIDANTS

An antioxidant is a compound that fights reactive molecules called free radicals that cause oxidative damage to cells and tissues. The most well-known nutrients that act as antioxidants include vitamins A, C, and E, selenium, and the carotenoids beta-carotene, lycopene, lutein, and zeaxanthin.

The body uses antioxidants to “scavenge” these compounds and prevent them from doing damage. But if the body's free radical load outweighs its antioxidant defenses, it causes a state of oxidative stress. This can lead to the development of diseases, including some cancers, Alzheimer's, and heart disease. So, to help prevent the progression of free radical damage, it's important to provide your body with enough antioxidants. It's best to get antioxidants from food sources. You can find vitamins A, C, and E, selenium, beta-carotene, lycopene, lutein, and zeaxanthin in fruits, vegetables, and other plant foods.
(healthyforlifemeals.com)



SPOTLIGHT ON CAREGIVERS

BATHROOM SAFETY FOR OLDER ADULTS: 10 TIPS TO KEEP YOU OR YOUR LOVED ONES SAFE

#1: Update Lighting

One of the first steps to take to provide bathroom safety for elderly individuals is to install proper lighting. Lighting should be bright enough for the person to see what they are doing, but not so bright that it dazzles their eyes — which could result in making them dizzy and throwing them off balance. Night lights are also a wonderful option, both in the bathroom and on the path between the bathroom and bedroom.

#2: Add Grab Bars and Safety Rails

Safety rails and grab bars are must-haves when it comes to bathroom safety for elderly individuals. Toilet grab bars are placed on either side of the toilet to provide assistance and support for getting on and off the toilet. Shower safety rails and grab bars help seniors maintain their balance as they step in and out of the tub or shower. Grab bars and safety rails should be installed, so they are easy to reach, and at a height that allows the individual to grab hold without having to reach too far up or down.

#3: De-clutter & Organize

Lotion, shampoo and conditioner, shower gel, toothpaste — while each of these things is considered necessary items, having too many can increase the risk of falls in the bathroom. De-cluttering and organizing the products throughout the bathroom, and keeping out only those items used daily, will be a helpful step in bathroom safety for elderly individuals.

#4: Install a Walk-In Shower & Hand-Held Shower Head

If possible, consider replacing an existing bathtub with a walk-in shower. Easy access showers are a perfect solution for people with limited mobility, and can even be edgeless to make it less challenging for a walker or wheelchair to roll in and out. Some models even come with a built-in corner chair. Installing a flexible, handheld shower wand is also helpful, and some are specially made with settings and features that are easy for older users to navigate.

#5: Add a Shower Chair or Transfer Bench

These waterproof, plastic chairs have a metal frame, come in a variety of sizes, and may be taken in and out of the tub or shower as needed. For extra safety, a non-slip mat can be added to the floor.

#6: Keep Items Within Easy Reach

Bath towels can be stored on a short, over-the-toilet shelf, while plastic storage drawers can be placed on the counter as a solution to under-the-counter storage. Some shower chairs also have safety features, such as seat belts, armrests, or a footrest.

#7: Use Non-Slip Mats & Ditch Throw Rugs

Remove any mats that do not have a non-slip backing. Replace them with rubberized, non-slip floor mats that won't slide when they're stepped on.

#8: Raise the Toilet

One solution to this problem is to install a raised toilet seat. These seats are easy to install and cheaper than replacing a complete toilet.

#9: Test the Water Temperature

Another factor that is often overlooked when determining how to make a bathroom safe for seniors is making sure the temperature of the water coming out of their faucets is set to a safe temperature. If the water is too hot, it can cause an excessive flow of blood to the skin, which can lead to a strain on the cardiovascular system — a highly dangerous situation for older adults who suffer from heart conditions. On the other hand, if the water is too cold, it can reduce blood flow to the skin, internal organs, and heart. This, too, could lead to heart strain. One way to minimize the danger of hot water injury is by lowering the hot water heater thermostat to 120 degrees Fahrenheit or lower. The ideal temperature for hot water coming from the faucet is 97 to 98 degrees.

#10: Make Sure Help Is “A Button Away”

Medical alert necklaces can be purchased as part of either in-home or on-the-go (mobile) medical alert systems. Home systems include a base station that plugs into the wall or uses cellular service to connect to a centralized emergency monitoring location. When the button on the necklace is pushed, a signal is sent to the response center. Operators are available to assist 24/7 and help the individual decide if they need the help of a loved one — or if emergency services should be contacted. (seniorservicesofamerica.com)

EAT MORE OATS!

Oats are one of the healthiest foods you can eat. They are loaded with fiber, vitamins, minerals, and antioxidants. When eaten regularly, they have been shown to help reduce cholesterol, lower blood sugar and be protective against heart disease. They also help with weight control, regularity, and maintaining a consistent release of energy for your mind and body. They are a power-house whole grain!



RECIPE: 7 Can Soup

PREP TIME:
5 minutes

COOK TIME:
15 minutes

SERVING SIZE:

INGREDIENTS:

1 can black beans (drained & rinsed)
1 can pinto beans (drained & rinsed)
1 can petite diced tomatoes (undrained)
1 can sweet corn (drained)
1 can (12.5 oz) chicken breast (drained & flaked)
1 can (10 oz) green enchilada sauce
1 can (14 oz) low-sodium chicken broth
1 packet taco seasoning
½ teaspoon cumin
½ teaspoon chili powder
½ teaspoon garlic powder

DIRECTIONS:

1. Combine all ingredients into a large soup pot and bring to a boil over medium-high heat.
2. Once boiling reduce heat to low and let simmer for at least 15 minutes. Stirring occasionally.
3. Serve with tortilla chips, shredded cheese, sour cream, and avocado!

NOTES:

<https://togetherasfamily.com/7-can-chicken-taco-soup/>

MAIN DISH



Just a reminder as we celebrate the beginning of 2024, we will be closed January 1st. If you are a client who normally receives home-delivered meals on Mondays, we will be delivering your meals for that day on Thursday, December 28. Please let us know if you will not be home for delivery during this holiday season. 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:

