

MEALS AND MORE



OBSERVANCES:

- National Fitness Day (May 4)
- Cinco De Mayo (May 5)
- Drinking Water Week (May 5-11)
- Mother's Day (May 12)
- Cherry Cobbler Day (May 17)
- National Asparagus Day (May 24)
- Memorial Day (May 27)
- National Senior Health and Fitness Day (May 29)
- Asian Pacific American Heritage Month
- Arthritis Awareness Month
- High Blood Pressure Education Month
- Older Americans Month
- National Asparagus Month
- National Strawberry Month

**MAY
2024**

SPRING IS HERE!

One of the first signs of Spring in Michigan is asparagus popping out of the ground, getting ready to harvest! We will have to wait a little longer for Michigan strawberries as they won't be ready until June, but both delicious, nutritious plants are celebrated this month! Check out the asparagus salad recipe on the back page and look for asparagus in both our Home Delivered Meals and served at our Community Dining Sites.

EXERCISING WITH ARTHRITIS

How Do I Exercising Safely With Arthritis?

Learn how you can safely exercise and enjoy the benefits of increased physical activity with these S.M.A.R.T. tips.

- **Start low, go slow.**
- **Modify activity when arthritis symptoms increase, try to stay active.**
- **Activities should be joint-friendly.**
- **Recognize safe places and ways to be active.**
- **Talk to a health professional or certified exercise specialist.**

Start low, go slow.

When starting or increasing physical activity, start slow and pay attention to how your body tolerates it. People with arthritis may take more time for their body to adjust to a new activity level. If you are inactive, start with a small amount of activity, for example, 3 to 5 minutes 2 times a day. Add activity a little at a time (such as 10 minutes) and allow enough time for your body to adjust to the new level before adding more activity.

Modify activity when arthritis symptoms increase, try to stay active.

Your arthritis symptoms, such as pain, stiffness, and fatigue, may come and go and you may have good

and bad days. Try to modify your activity to stay as active as possible without making your symptoms worse.

Activities should be joint-friendly.

Choose easy activities on the joints like walking, bicycling, water aerobics, or dancing. These activities have a low risk of injury and do not twist or “pound” the joints too much.

Recognize safe places and ways to be active.

Safety is important for starting and maintaining an activity plan. An exercise class may be a good option if you are inactive or unsure how to start your physical activity program. If you plan and direct your activity, find safe places to be active. For example, walk in an area where the sidewalks or pathways are level and free of obstructions, are well-lighted, have benches to rest if needed, and are separated from heavy traffic.

Talk to a medical exercise specialist.

To find one near you, go to <https://www.acefitness.org/resources/everyone/find-ace-pro/>

Adapted from www.cdc.gov/arthritis

Did You Know?

- There are more than 100 types of arthritis.
- An estimated 53.2 million US adults have arthritis. Experts believe that number will grow as our nation’s population gets older.
- Arthritis is a leading cause of work disability among US adults.
- Arthritis is common among people with other chronic conditions including obesity, diabetes, and heart disease.
- Participating in joint-friendly physical activity can improve your arthritis pain, function, mood, and quality of life.



SPOTLIGHT ON CAREGIVERS

Do you have high blood pressure? High blood pressure, also known as hypertension, is a serious medical condition that can increase your risk of developing heart disease, stroke, and other health complications. It occurs when the force of blood against the walls of your arteries stays consistently high. In many cases, high blood pressure symptoms can go unnoticed for years. That's why it's so important to know your numbers. Most adults usually have Normal blood pressure of less than 120/80 mm Hg. High blood pressure is diagnosed when blood pressure readings are consistently 130/80 mm Hg or higher. Having your blood pressure measured by a healthcare provider is a key first step in blood pressure control. Once you find out your numbers, ask what they mean for your heart health and if you should self-measure, measuring your blood pressure yourself, away from a clinical setting.

Having a blood pressure monitor at home allows you to measure your blood pressure any day or time that is convenient for you. You can take several steps to ensure you get the most accurate reading.

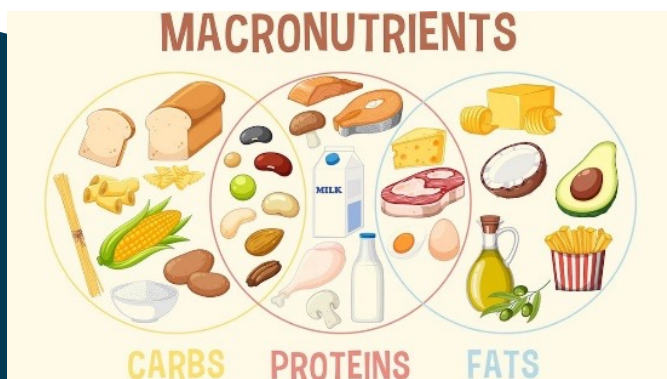
Here are some tips to help you get started before your reading:

- Avoid eating or drinking caffeine beverages or smoking, for 30 minutes before you measure.
- Go to the bathroom and empty your bladder.
- Look for a quiet area with a chair and a table you can use to take the reading.
- Relax for 5 minutes.

Here are some tips to help during your reading :

- Uncover your arm and wrap the blood pressure cuff around it, just above the elbow. Do not place the cuff over clothing.
- Place your arm at heart level on the table.
- Relax your muscles by keeping your feet flat, supporting your back, sitting with legs uncrossed, and keeping your palms up.
- Keep calm and relax during the test.

Record your blood pressure numbers to share with your healthcare provider at your next visit. Plan to take your blood pressure two or three times within one setting to ensure your results are the same—wait 1 to 3 minutes between each reading. Repeated blood pressure measurements are more representative of your true blood pressure numbers. Your pattern of measurements over time helps your doctor assess and manage your blood pressure. Visit nhlbi.nih.gov/hypertension to find resources and learn how heart-healthy living can help you keep yours in a healthy range.



Nutrient of the Month: Macronutrients

Macronutrients are the nutrients your body needs in large amounts, including fat, carbohydrates, and protein. They're the nutrients that give you energy and are often called "macros." Macronutrients contain the components of food that your body needs to maintain its systems and structures. You need all three macronutrients as part of a healthy diet, so you shouldn't exclude or seriously restrict them.

RECIPE: Asparagus and Walnut Salad

PREP TIME:
20 minutes

COOK TIME:
5 min

SERVING SIZE:
4 Servings

INGREDIENTS:

- 6 T. balsamic vinegar
- 1/4 c. olive oil
- 2 tsp. Dijon mustard
- 2 tsp. honey
- 1 clove garlic, minced
- dash of salt and pepper
- 2 pounds asparagus, diced
- 2/3 c. chopped walnuts, toasted
- 4 oz. feta cheese, crumbled

DIRECTIONS:

Bring a pot of water to boil.
Add asparagus and boil for 4 minutes until tender-crisp.
Fill a medium bowl with ice and cold water.
Drain asparagus and add to ice water for 10 seconds.
Transfer to a bowl with tomatoes and walnuts. Whisk vinegar, olive oil, mustard, honey, garlic, salt, and pepper in a small bowl until well blended.
Drizzle vinaigrette over the asparagus salad and toss lightly.
Sprinkle with feta and serve.

NOTES:

If available, slice a few strawberries and add them on top!



Our Senior Pantry at 1954 Fuller Ave NE, Suite B in Grand Rapids has new hours of operation! If you have any pantry questions, please call us at 616-459-3111 and select Option 3.

- Monday: 11:00 am-4:30 pm**
- Tuesday: 9:30 am-3:00 pm**
- Wednesday: 9:30 am-3:00 pm**
- Thursday: 8:30 am-2:30 pm**
- Friday: Closed**

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:

